

---

**INGLES      PRUEBAS DE ACCESO A LA UNED-PCE      JUNIO 2018****INSTRUCCIONES:**

- EL EXAMEN SE ESCRIBIRÁ CON TINTA AZUL O NEGRA, NO ROJA O VERDE NI LÁPIZ.
- NO UTILICE NINGÚN CORRECTOR (TIPP-EX), PORQUE EL LECTOR ÓPTICO PUEDE NO RECONOCER SU RESPUESTA.
- NO PUEDE UTILIZAR NINGÚN MATERIAL.
- SE DISPONDRÁ DE 90 MINUTOS PARA HACER EL EXAMEN.
- LA PUNTUACIÓN DE LAS PREGUNTAS ESTÁ INDICADA EN LAS MISMAS.

**BLOQUE 1 (PART 1). PREGUNTAS OBJETIVAS DE OPCIÓN MÚLTIPLE**

- LAS RESPUESTAS SE MARCARÁN EN LA HOJA DESTINADA A ESTE FIN
- SOLO HAY UNA RESPUESTA CORRECTA – A), B) O C) – PARA CADA PREGUNTA.

**Part 1**

**A) Comprehension questions on the text. Read the text and choose the correct answer (0,5 points each).**

New research shows that it is bad for children to watch TV, tablet or mobile phone screens before bedtime. Researchers from the University of Colorado found that "screen time" before sleeping damages children's health. The researchers looked at over 60 different studies on how screen time affects children. According to these researches: "Of more than five dozen studies looking at children aged from 5 to 17 around the world, 90 per cent have found that more screen time is associated with delayed bedtime, fewer hours of sleep, and poorer sleep quality." Screens are becoming smaller and smaller, so children can look at

them in bed. More than 75 per cent of children in the study had some kind of screen in their bedroom.

Children need a lot more sleep than adults. Pre-school children need 10 to 13 hours, preteens should get between 9 and 12 hours, and teenagers should be getting between 8 and 10 hours a night. The researchers highlighted three main reasons how screens affect children's sleep. First, the light from screens upsets a child's body clock. The light from screens getting into children's eyes before they sleep tricks their body into thinking it is still daytime. Second, children often watch videos of things that excite them or interest them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical activity to make them tired.

### 1. According to the text,

- a) pre-teens need more sleep than adults.
- b) everybody should sleep between 9 and 12 hours.
- c) adults need more sleep than babies.

### 2. According to the text, the light from the screens

- a) damages the brain.
- b) affects children's sleep in different ways.
- c) makes children want to do exercise.

### 3. According to the text,

- a) the university of Colorado has carried out five dozen studies.
- b) studies have found out that less than go per cent of the children in the world use screens before going to bed.
- c) many children in the study had some kind of screen in their bedroom,

### B) Use of English. Choose the correct answer (0,5 points each).

4. Complete the sentence: There \_\_\_ dust on this shelf. Please clean it.

- a) is/lots
- b) are/plenty
- c) is/a lot of

5. Choose the right preposition to complete the sentence: My brother has been doing the same job for 20 years and he's really fed\_\_\_\_\_ with it now. Actually, he is looking for another job.

- a) up
- b) off
- c) of

6. Which word means the same as actually?

- a) Now
- b) In fact
- c) At present

7. Choose the right option: Peter feels great now. He has slept \_\_\_\_\_ log.

- a) like
- b) as
- c) as though

8. Complete the sentence. Listen to the birds \_\_\_\_\_ in the garden!

- a) singing
- b) sang
- c) sings

9. Choose the right option: Do you know if Lindsey received my letter? No, I don't know if she \_\_\_\_\_ your letter.

- a) received
- b) had received
- c) receive

10. Complete the sentence: My cousin \_\_\_\_\_ be rather offended if I \_\_\_\_\_ go to her birthday party.

- a) would/wouldn't
- b) will/didn't
- c) would/didn't

---

Part II Write an essay of 120–150 words on the following subject (5 points):

Should parents limit how much time children spend on tech devices? Explain your view and give examples from your own experience.

