
 <p>GENERALITAT VALENCIANA Conselleria d'Educació, Cultura, Universitats i Ocupació</p>		<p>PROVA D'ACCÉS A LA UNIVERSITAT PRUEBA DE ACCESO A LA UNIVERSIDAD</p>		 <p>SUW sistema universitari valencià</p>	
<p>CONVOCATÒRIA: MODEL 2026</p>		<p>CONVOCATORIA: MODELO 2026</p>			
<p>ASSIGNATURA: ANGLÈS</p>		<p>ASIGNATURA: INGLÉS</p>			

INTERMITTENT FASTING MAY MAKE YOU FITTER, SMARTER AND EVEN YOUNGER

Until its recent emergence as a mainstream health craze, fasting was largely a religious ritual. But then longevity scientists discovered that regularly fasted bodies lived longer, with better metabolic and cardiovascular health. However, these bodies mostly belonged to mice. At present, Rishi Sunak, Elon Musk and many others are trying intermittent fasting (IF), with influencers singing its praises and apps offering to track your fasts and bombarding you with motivational messages.

The logic goes that, back when we were hunter-gatherers and our bodily systems evolved to work in balance, the absence of supermarkets and industrially produced food meant that fasting sometimes happened naturally. The IF lifestyle, it is thought, could help us reset these systems, avoid disease and live longer.

Valter Longo, a biologist at the University of Southern California, has been studying longevity and the effects of fasting on organisms from yeasts to humans for about 30 years. He has demonstrated that fasting can reverse diabetes and increase the effectiveness of cancer therapy (although more research is needed in this area). But what about the middle-aged seeking healthy old age? "It can make a big difference, but it depends on how you do it," he says.

Ioannis Nezis, a professor of cell biology at the University of Warwick, studies the cellular effects of fasting. He says the answer is a hard yes. "My research is focused on how fasting activates a mechanism called autophagy, which is responsible for the recycling of damaged proteins inside the cells," he says. "This is beneficial because your cells are clean and function better."

Aisling Pigott, a dietitian and spokesperson for the British Dietetic Association, is less sure. She says, "it is just another idea or diet packaged up in a slightly different format. It is another method or tool for restricting calories, but it's not going to be this magic answer." Many medical conditions could

make fasting risky, Pigott says, including low blood pressure, anemia, being immunocompromised and having problems with your stomach, bowels or gallbladder. When we eat, our gallbladder empties bile into the digestive tract; when we fast, it holds bile inside for long periods. "It can become concentrated and create gallstones, which can block your bile duct and cause problems in the liver or the pancreas."

Adapted from an article by Amy Fleming, The Guardian, 12-2-2024.

Part I. Reading Comprehension

1. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (2 points: 0.5 point each)

- A. Most research on the benefits of fasting has been done with mice.
- B. When supermarkets did not exist, fasting excluded liquids.
- C. Valter Longo has proved that fasting increases diabetes.
- D. When we fast, bile is held in the digestive track for long periods.

2. Taking into account the information in the text, answer the following questions using your own words. Copying directly from the text is not allowed. (2.5 points: 1.25 point each)

- a. What is the logic behind intermittent fasting (IF)?
- b. Could intermittent fasting (IF) be negative for our health? If so, why?

3. Taking into account the information in the text, answer the following questions using your own words. Copying directly from the text is not allowed. (2.5 points: 1.25 point each)

craze track magic problems therapy damaged

- a. record
- b. troubles
- c. enthusiasm
- d. miraculous

4. Choose a, b, c or d, in each question below. Only one choice is correct. (1.5 points: 0.5 point each)

1. Fasting used to be ...

- a. a general practice in medieval times.
- b. forbidden by some religions.
- c. part of religious ceremonies.
- d. related to speed while eating.

2. Rishi Sunak and Elon Musk ...
- sang the praises of intermittent fasting.
 - were influencers that tried intermittent fasting.
 - engaged in intermittent fasting like many other people.
 - saw the economic profits of intermittent fasting.
3. According to Aisling Pigott, intermittent fasting (IF) ...
- is a brand new way to lose weight.
 - is a tool for counting calories.
 - might be dangerous for some people.
 - is not the best way to stay young.

Part II. Composition (130 to 150 words approximately) (3 points)

5. Choose one of these two topics and write a composition about it.

- A. Intermittent fasting (IF) has become very popular. What do you think about this and other similar health trends?
- B. Why do people worry so much about the way they look? Write about the importance of image nowadays