
 <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>	
CONVOCATÒRIA: MODEL 2026		CONVOCATORIA: MODELO 2026			
ASSIGNATURA: ANGLÈS		ASIGNATURA: INGLÉS			

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. **T. But then longevity scientists discovered that regularly fasted bodies lived longer, with better metabolic and cardiovascular health. However, these bodies mostly belonged to mice. (Paragraph 1)**
- B. When supermarkets did not exist, fasting excluded liquids. **F. 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. (Paragraph 2)**
- C. Valter Longo has proved that fasting increases diabetes. **F. He has demonstrated that fasting can reverse diabetes and increase the effectiveness of cancer therapy. (Paragraph 3)**
- D. When we fast, bile is held in the digestive track for long periods. **T. When we eat, our gallbladder empties bile into the digestive tract; when we fast, it holds bile inside for long periods. (Paragraph 5)**

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)?

Information in the text: Paragraph 2, "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, swerve disease and live longer."

Suggested answer: The idea behind intermittent fasting is that our bodies evolved in times when food was not always available. Because of this, fasting may help the body work better, prevent diseases and improve health.

b. Could intermittent fasting (IF) be negative for our health? If so, why?

Information in the text: Paragraph 5, "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."

Suggested answer: Intermittent fasting can be harmful for some people, especially those with certain medical conditions such as low blood pressure, anemia or stomach problems.

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= track

b. troubles= problems

c. enthusiasm= craze

d. miraculous= magic

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. ✗ The text does not mention medieval times.

b. forbidden by some religions. ✗ The text says fasting was a religious ritual, not something prohibited by religions.

c. part of religious ceremonies. Paragraph 1, "fasting was largely a religious ritual"

d. related to speed while eating. ✗ The text is about not eating, not about eating quickly.

2. Rishi Sunak and Elon Musk ...

a. sang the praises of intermittent fasting. ✗ IF is praised by influencers, but the text does not say Sunak and Musk did.

b. were influencers that tried intermittent fasting. ✗ The text does not say they were influencers.

c. engaged in intermittent fasting like many other people. Paragraph 1, "Rishi Sunak, Elon Musk and many others are trying intermittent fasting (IF),"

d. saw the economic profits of intermittent fasting. ✗ The text never mentions money or economic benefits.

3. According to Aisling Pigott, intermittent fasting (IF) ...

a. is a brand new way to lose weight. ✗ Pigott says IF is "another idea", not a completely new method.

b. is a tool for counting calories. ✗ IF restricts calories; it is not used to count them.

c. might be dangerous for some people. Paragraph 5, "Many medical conditions could make fasting risky".

d. is not the best way to stay young. ✗ Pigott does not talk about staying young. She talks about health risks.

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.

Please note that **connectors, linkers and relevant vocabulary have been highlighted in bold**, while **target language has been highlighted in green**, so you can easily see how they contribute to the flow of the text.

MODEL ESSAY OPTION A

	SECTION	CONTENTS
Paragraph 1	INTRODUCTION 2-3 LINES	Nowadays, intermittent fasting and other health trends have become extremely popular, especially on social media. While some people believe these habits can improve our wellbeing , others think they can sometimes be dangerous or unrealistic.
Paragraph 2	MAIN BODY (1) FULL PARAGRAPH	On the one hand , some health trends can help people develop healthier habits . For example , intermittent fasting may help some individuals control their eating habits and improve their lifestyle . Moreover , many people become

		more interested in better eating habits, exercise and mental wellbeing thanks to these trends. For this reason , they can motivate people to take better care of themselves .
Paragraph 3	MAIN BODY (2) FULL PARAGRAPH	On the other hand , not all health trends are safe for everyone. In some cases, people follow diets or routines without professional advice, which can cause health problems. In addition , social media influencers often promote unrealistic body standards and "miracle" solutions. As a result , some people may feel pressured to follow unhealthy habits simply to improve their appearance .
Paragraph 4	CONCLUSION (2-3 LINES)	In conclusion , although some health trends can be positive, I believe people should be careful before following them. It is important to listen to medical professionals and focus on long-term positive habits instead of quick solutions. (147 words)

💡 Let's have a look in more detail why this model essay is a good example of writing.

📌 **Prompt breakdown:**

1. Reference to intermittent fasting and health trends
2. Positive aspects of health trends
3. Negative aspects / risks
4. Personal opinion
5. Reasons and examples

PROMPT	POINT COVERED?	EVIDENCE FROM ESSAY
Reference to intermittent	✓	"Intermittent fasting and other health trends have



fasting and health trends		become extremely popular..."
Positive aspects of health trends	✓	"Some health trends can help people develop healthier habits."
Negative aspects / risks	✓	"Not all health trends are safe for everyone."
Personal opinion	✓	"I believe people should be careful before following them."
Reasons and examples	✓	Examples related to healthy habits, social media and unrealistic body standards.

MODEL ESSAY OPTION B

	SECTION	CONTENTS
Paragraph 1	INTRODUCTION 2-3 LINES	Nowadays, physical appearance is very important in modern society , mainly because of social media . Many people believe that looking good can improve their confidence and help them make a good first impression .
Paragraph 2	MAIN BODY (1) FULL PARAGRAPH	On the one hand , taking care of our appearance can be positive. For example , some people feel happier and more confident when they are satisfied with the way they look . Moreover , social media often encourages people to exercise, dress well and follow healthier habits .

Paragraph 3	MAIN BODY (2) FULL PARAGRAPH	On the other hand, worrying too much about image can become unhealthy . In some cases, people compare themselves with influencers or celebrities, which may cause low self-esteem . In addition, edited photos create unrealistic expectations and pressure to look perfect .
Paragraph 4	CONCLUSION (2-3 LINES)	In conclusion, although appearance can sometimes be important, I believe personality and values such as kindness and respect matter much more. (136 words)

💡 Let's have a look in more detail why this model essay is a good example of writing.

📌 Prompt breakdown:

1. Reference to physical appearance / the way people look
2. Importance of image nowadays
3. Positive aspects of taking care of appearance
4. Negative effects of worrying too much about image
5. Personal opinion / final value judgement

PROMPT	POINT COVERED?	EVIDENCE FROM ESSAY
Reference to physical appearance / the way people look	✓	"Physical appearance is very important in modern society..."
Importance of image nowadays	✓	"Many people believe that looking good can improve their confidence and help them make a good first impression."



Positive aspects of taking care of appearance	✓	"Taking care of our appearance can be positive."
Negative effects of worrying too much about image	✓	"Worrying too much about image can become unhealthy."
Personal opinion / final value judgement	✓	"I believe personality and values such as kindness and respect matter much more."

