

## Examen integrador 1er Eje- 6to Ciencias 2023 – formato lectura

Name:

### Comprehension - completa la tabla en inglés o en español

What they eat	How they exercise
What they drink	How they relax

### Encuentra en el texto- completa en inglés

1. Find a word in line 8 that means ways of living: lifestyles
2. Find a word in line 15 that means people who study something:
3. Century means 100 years. Find a word in line 18 that means people who have lived 100 years or more:
4. Find a word in line 30 that means things that you do often:
5. Find a word in line 35 that means the way you feel about something:
6. Find a phrase in paragraph 1 in the present continuous (temporary action):
7. Find 2 examples of comparatives in paragraph 1 - explain
8. Find 1 example of superlative in paragraph 1:
9. Find a verb in the simple past negative in paragraph 2:
10. Find an example of verb in present simple affirmative and 1 negative in paragraph 3:

## The Healthiest Lifestyle in the World?



**I**n many countries around the world, people are living longer than before. People have healthier lifestyles, and healthcare is better, too.

Okinawa is an island off the coast of Japan. The people on Okinawa, the Okinawans, may have the longest lives and healthiest lifestyles in the world.

Researchers did a study. They started their study by looking at city and town birth records from 1879. They didn't expect to find many centenarians in the records. They were very surprised to find so many

old and healthy people living in Okinawa. The United States, for example, has 10 centenarians per 100,000 people. In Okinawa there are 34 centenarians per 100,000 people!

What is the Okinawans' secret? First, they eat a healthy diet. They eat many fresh fruits and vegetables. They also eat fish often and drink a lot of water and green tea. But researchers think that the Okinawans have other healthy habits as well. They don't do hard exercise such as weight lifting or jogging—instead, they prefer relaxing activities like gardening and walking. Researchers say that older Okinawans also have a good attitude about aging. They sit quietly and relax their minds with deep breathing exercises. They also enjoy massage.

Elige la opción correcta en cada situación

Mona's cycling to a hockey match. She left home at 2.45 but the match doesn't start until 3.30. She wrote a note in her diary this morning. Which is Mona's diary, A or B?

**A**

**Tuesday, 11 November**

My hockey match begins at three thirty. There isn't a bus at that time so I'll have to go by bike instead. I think it takes about 45 minutes to get there.

**B**

**Thursday, 15 December**

I'm playing in the hockey match today. It begins at a quarter to three. It'll take too long to cycle there. I'll catch the bus that leaves at half past, I think.

Zara sent a message to her three best friends to come and play tennis.

Look at her friends' answers. Tick (✓) the three questions (a-g) that Zara asks.

Hi Zara! Yes, I can play tennis this weekend. Half past three is best for me. Carlos.

Dear Zara, I'd love to play tennis. Let's play at the club by the beach. See you later! Louise.

Hi! What a great idea! We can cycle there, I think. That's the easiest way to get there. Brian.

- a  Who else can play?      e  How much does it cost?
- b  Where shall we play?      f  When can you play tennis?
- c  Whose racket can I borrow?      g  Why can't you play today?
- d  How can we get there?

Museum open from 12. Children must be with an adult.

- A Adults can take children to the museum in the morning.
- B Adults with children over 12 will enjoy the museum.
- C Children can visit the museum if they are with an adult.

Please note: this afternoon's football class will be tomorrow instead, as Mr Hall is away today.

- A There is no football class today.
- B Mr Hall can't come to the football class tomorrow.
- C You can choose to go to the football class today or tomorrow.

Hi Jane, Did you finish with that book I lent you? It's just that my brother needs it for a school project. Thanks, Louise.

- A Louise is offering to lend Jane a book.
- B Louise wants her book back from Jane.
- C Louise's brother borrowed a book from Jane.

From: Mrs Monmouth, Head Teacher  
To: All Pupils and Parents

Hello,  
This week, please don't use the car to get to school. Coming on foot is healthy and doesn't take much time.  
Thanks,  
Mrs Monmouth

- Why did Mrs Monmouth write this message?
- A to ask pupils to walk to school
- B to tell pupils to get to school on time
- C to explain about a health problem at school

Pedro's Pizza Bar  
Buy two pizzas at the same time, and we'll give you a third one for free! This offer is Mon-Fri only.

- A Pedro's Pizza Bar isn't open at weekends.
- B The third time you visit, you get a free pizza.
- C Three pizzas cost the same as two.

Picnic area  
No ball games here - please use the other side of the park.

- A You can buy food somewhere else in the park.
- B Please don't eat while you are playing sport here.
- C This is a place for eating and you can't play football here.