

OPCIÓN A

Read the text and the instructions to the questions very carefully. Answer all the questions in English.

Questions

Music Therapy is “the clinical use of music within a therapeutic relationship.” Put more simply, we use music to make life better, and music therapists are specially trained to use music in treatment, because it has a profound impact on our brains and bodies. Even babies who are one day old are able to detect differences in rhythmic patterns. Mothers across cultures and throughout time have used lullabies and rhythmic rocking to calm crying babies. We don’t know why, but our brains respond to music, even though it’s not essential for our survival. Children respond readily to music. Any parent knows that it’s natural for a child to begin singing and dancing at an early age. And have you seen the *YouTube* video of the baby dancing to Beyoncé?

Our bodies, especially our motor systems, respond to a rhythmic beat. Have you ever walked down the street, humming a song in your head, and noticed that you’re walking to the rhythm? Music affects our motor nerves, allowing our muscles to move to the rhythm without our having to think about it. Every time your breathing or your heart-rate quicken, that’s your body responding physiologically to music. Music therapists can use this to help stimulate a person in a coma or use music to help someone relax. Music affects our emotions. Have you ever listened to a piece of music and smiled? Or felt sad? Many people use this in a “therapeutic” way, listening to certain music that makes them feel a certain way. Music also helps improve our learning and memory. We can both learn and remember a song easily, and it stimulates our memories in a very powerful way. Music therapists who work with older adults with dementia have shown how music stimulates their patients to remember their past life.

1. Write a summary of the text in English, including the most important points, using your own words (approximately 50 words; 1 point).

2. Find words or phrases in the text that correspond in meaning to the words and definitions given here (1 point; 0.25 each).

- a) prepared for a specific job or situation
b) absolutely necessary
c) go faster
d) make better

3. Complete the second sentence of each pair so that it has the same meaning as the first one (2 points; 0.5 each).

a) Even babies who are one day old are able to detect differences in rhythmic patterns.

Even when babies ...

b) Have you ever walked down the street and noticed that you’re moving to the rhythm?

The writer asked the readers

c) Music affects our motor nerves, allowing our muscles to move to the rhythm

Music affects our motor nerves, which ...

d) Music therapists can use this to help stimulate a person in a coma.

This ...

4. Answer the following questions in your own words. Your answer must be based on the information given in the text (2 points; 1 point each)

a) Why does the writer mention “the *YouTube* video of the baby dancing to Beyoncé”?

b) What are the uses of music for people who are ill?

5. Write a letter to a friend who is feeling stressed because of an exam telling them what they can do to try to relax. Begin with "*Dear*" (Approximately 120 words: 3 points)

OPCIÓN B

Read the text and the instructions to the questions very carefully. Answer all the questions in English.

In 2012, the United States Department of Agriculture (USDA) estimated that Americans ate an average of 52.3 pounds of beef, 57.4 pounds of chicken, and 43.5 pounds of pork, per person. Vegetarians, about 5% of the US population, do not eat meat (including poultry and seafood). The USDA includes meat as part of a balanced diet, but it also states that a vegetarian diet can meet "the recommended dietary allowances for nutrients."

Many defenders of vegetarianism say that eating meat harms health, wastes resources, causes deforestation, and creates pollution. They often argue that killing animals for food is cruel and unethical since available non-animal food sources are plentiful. According to their theories, animals are sentient beings that have emotions and social connections. Scientific studies show that cattle, pigs, chickens, and all warm-blooded animals can experience stress, pain, and fear. In the United States about 35 million cows, 115 million pigs, and 9 billion birds are killed for food each year. These animals should not have to die to satisfy an unnecessary dietary preference.

On the other hand, those who oppose a vegetarian diet say that meat consumption is healthful and humane, and that producing vegetables causes many of the same environmental problems as producing meat. They also argue that humans have been eating and enjoying meat for 2.3 million years and that eating meat is not cruel or unethical; it is a natural part of the cycle of life. Vegetarians mistakenly elevate the value of animal life over plant life. Research shows that plants respond electrochemically to threats and may feel fear, so vegetarians are also causing harm every time they kill and eat a plant. Every organism on earth dies or is killed, at some point, so that other organisms can live. There is nothing wrong with this cycle; it is how nature works, they say.

Questions

1. Write a summary of the text in English, including the most important points, using your own words (approximately 50 words, 1 point)

2. Find words or phrases in the text that correspond in meaning to the words and definitions given here (1 point; 0.25 each)

- | | |
|----------------|-------------|
| a) damages | b) abundant |
| c) are against | d) raise |

3. Complete the second sentence of each pair so that it has the same meaning as the first one. (2points; 0.5 each)

a) A vegetarian diet can meet the recommended dietary allowances for nutrients.

The recommended

b) Killing animals for food is cruel and unethical since non-animal food sources are plentiful.

It is ...

c) Eating meat harms health, wastes resources, and causes deforestation.

Eating meat not only

d) Producing vegetables causes many environmental problems

If you

4. Answer the following questions in your own words. Your answer must be based on the information given in the text. (2 points; 1 point each).

a) Why do vegetarians argue that eating different kinds of meat is cruel?

b) According to the text, in what way is eating meat part of the natural cycle of life?

5. Do you think the way we eat in Galicia is healthy? Why/why not? If you didn't live with your parents, would you eat the sort of food you normally have at home? (Approximately 120 words; 3 points).

6. LISTENING TEST (1 point)

In this listening test you're going to hear a conversation in which Richard and Marian talk about eating out in restaurants.

Here is the beginning of the conversation:

Richard: For this week's podcast we're talking about one of my favourite topics: food! Well, not just food, eating out. And with me, to talk about eating out, is Marian.

Marian: Hi, Richard!

Richard: So, Marian. How often do you eat out?

The correct answer is: "Richard is very interested in food and restaurants".

Here is an example of a question:

Richard is very interested in

- food and how to cook it
- just food and eating
- food and restaurants

Ready? Now read the rest of the questions and alternative answers before listening to the conversation.

(2-minute pause)

Questions

1. Marian normally goes out to a restaurant

- ☐ more than once a week
- ☐ sometimes, if there's a birthday party
- ☐ once a week, sometimes more

2. Marian

- ☐ gets bored if she goes to different places
- ☐ likes to vary the kind of food she eats
- ☐ only eats Chinese and Italian food

3. If she's just got paid

- ☐ Marian is worried about the price
- ☐ Marian can choose a nice restaurant
- ☐ Marian probably puts price right on top of the list

4. For Marian, the ambiance

- ☐ is one of the two most important things about a restaurant
- ☐ is the most important thing about a restaurant
- ☐ is the least important thing about a restaurant

5. She thinks that

- ☐ waiters usually pay more attention to men than to women
- ☐ restaurants are never really sexist
- ☐ waiters usually discriminate age more than sex

6. Waiters bring Marian the check

- ☐ when she's ready to order
- ☐ when she's with people who look younger than her
- ☐ when she looks much younger than the friends she is with

7. Marian feels that in a restaurant

- ☐ she doesn't get treated differently from a man
- ☐ she's not very good at giving orders
- ☐ people look around at the way she's sitting

8. She decides to go to a new restaurant

- ☐ when one opens on the corner
- ☐ when she reads a good review
- ☐ when a friend tells her about one

9. If the bill says "service included", Marian would probably

- ☐ leave an extra 10 percent as a tip
- ☐ leave an extra 5 percent as a tip
- ☐ leave no tip at all

10. She is just about to go out to

- ☐ an Italian restaurant
- ☐ a Chinese restaurant
- ☐ an Indian restaurant

Now listen to the rest of the conversation. You will hear it three times. Write the correct answer in your exam notebook (cuadernillo). Write the complete answer, not just a letter. You must not write more than one answer for each question.

(Recording) Now you will hear the text again. (Recording) Now you will hear the text for the last time. (Recording)

That is the end of the Listening test. Write your answers in your examination notebook (cuadernillo) if you have not already done so. Then you can go on with the rest of the examination.