



4º ESO
Competencia Lingüística
INGLÉS

LISTENING COMPREHENSION



This is the listening test. You will hear the recording twice.

In the first part, you will hear a reporter giving you information about the Great Pacific Garbage Patch. For each question, choose A, B, C or D.

In the second part, you will hear Dr. Diana Ponce giving you tips on how to use less plastic. For each sentence, fill in the blanks using between one and three words.

You have one minute to read the questions.

PART 1

CHOOSE A, B, C or D.

1. What is the Garbage Patch?

- A. A new country.
- B. A new recycling method.
- C. A tropical island.
- D. An area with a lot of marine trash.

2. Where is the Garbage Patch?

- A. In front of France.
- B. In Hawaii.
- C. In the Pacific Ocean.
- D. Next to the Netherlands.

3. Who / What is Wilson?

- A. A cleaning project.
- B. A member of a group of scientists.
- C. A recycling tower.
- D. The name of a ship.

4. How often do the scientists pick the rubbish up?

- A. After fifteen minutes.
- B. After six months.
- C. After six weeks.
- D. After two days.

5. How much plastic could disappear from the Pacific Ocean in 5 years?

- A. A maximum of 5%.
- B. A maximum of 15%.
- C. A maximum of 50%.
- D. A maximum of 55%.

6. What may happen to the animals that get into the net?

- A. They may be safer.
- B. They may eat plastic.
- C. They may migrate to other oceans.
- D. They may swim faster.

PART 2

FILL IN THE BLANKS USING BETWEEN ONE AND THREE WORDS

- 7. According to Dr. Ponce, it's necessary that companies stop _____.**
- 8. She says that a bag made of plastic can be on our planet for _____.**
- 9. She recommends not buying _____ because their packaging has plastic.**
- 10. She suggests that we use a reusable _____ when we get drinks at takeaways.**
- 11. She advises creating our own less-toxic _____ at home.**
- 12. She thinks that it's better to use reusable containers and bags to pack our _____.**

READING COMPREHENSION



BINGE-WATCHING

Problems caused by binge-watching—watching episode after episode of a TV show—could go even deeper than previously thought.

It happens to the best of us. You sit yourself down in front of the TV and decide to start watching that new show everyone's been talking about. It's midnight and you've finished 5 half a season—and find yourself wanting to stay up to watch just *one more* episode.

Watching endless episodes of a show is quite a recent phenomenon. 1 However, on-demand services like Netflix and Amazon Prime mean you can watch pretty much anything whenever you want.

10 Thanks to streaming platforms, we're given access to several hundred show options that we can watch all in one sitting. Actually, a recent survey has found that 61 percent of Netflix users regularly watch between 2-6 episodes of a show without stopping.

Risks of binge-watching

15 Research shows that watching our favourite show from time to time makes us happy because our brain produces dopamine, a chemical that gives the body a natural reward of pleasure. It also offers us a temporary escape from our day-to-day routine, which can act as a helpful stress management tool. 2

In a study done by the University of Toledo, 142 out of 408 participants identified 20 themselves as binge-watchers. This group reported higher levels of stress, anxiety and depression than those who were not binge-watchers. 3 For example, if you find yourself choosing a night in with Netflix over seeing friends and family, it's a sign that this habit is headed towards a dangerous path.

Moreover, binge-watchers reported more fatigue, insomnia, poorer sleep quality and feeling more alert before going to sleep. 4 When it gets dark, our bodies start to prepare for sleep, but bright lights can trick our brains into thinking it's still daytime.

Here's the solution

25 People clearly aren't going to stop watching their shows, so how do we combat this binge-watching addiction? According to some experts, it's important to set rules for the time you spend with your television. For example, tell yourself, 'after three hours, I'm going to stop watching this show for the night.' 5

30 Also, it's essential to balance your binge with other activities. Go out with friends, do something fun or increase your physical exercise activity. After all, you don't have to cancel your streaming subscriptions, just set some reasonable limits and enjoy watching your favourite show in a healthy way.

Adapted from NBC News and Business Insider, 2017

13. The following sentences have been removed from the text. Choose from the sentences (A-E) the one that best fits each gap (1-5).

- A. However, the problem is when this occasional activity turns into a toxic habit.
- B. If setting a time limit doesn't work, try setting a number of episodes at the beginning.
- C. If you think this might be your case, you should look for clues.
- D. These symptoms are associated with looking at a bright screen at night.
- E. You used to have to wait a week for the latest episodes.

14. Read the text again and decide if the following sentences are True or False.

Read the text and choose the correct answer. Only one answer is correct.

Statement	True	False
A. Most Netflix users have a break after watching a few episodes.		
B. Watching an episode of a show can help us relax.		
C. Binge-watchers might be quieter and happier than other viewers.		
D. People would stop watching their shows if they did other activities.		

15. Some people who start watching a new show...

- A. finish all its episodes by 12:00 AM.
- B. go to bed at 12:00 AM.
- C. watch only one episode.
- D. watch several episodes one after another.

16. In the past...

- A. binge-watching didn't exist.
- B. episodes weren't as long as today.
- C. people couldn't watch shows.
- D. you could watch Netflix at any time.

17. While we are watching our preferred show...

- A. an artificial chemical is created.
- B. our brain isn't active.
- C. we can do other daily tasks.
- D. we stop thinking about other things.

18. Those who binge-watch...

- A. could spend less time with their loved ones.
- B. do not admit it.
- C. feel more relaxed.
- D. prefer watching Netflix with people they know.

19. Binge-watchers...

- A. don't want to sleep at night.
- B. fall asleep easily.
- C. may have difficulty falling asleep.
- D. sleep better than other people.

20. The author thinks that...

- A. nobody can stop binge-watching.
- B. other activities should replace watching your shows.
- C. there are ways to control binge-watching.
- D. you must binge-watch three hours a day.

Find the word in the text, which has the same meaning. Write only ONE word.

- 21. Enjoyment (lines 12-15)** _____.
- 22. Tiredness (lines 21-23)** _____.
- 23. Fight (lines 24-27)** _____.
- 24. Sensible (lines 28-31)** _____.

WRITING PART 1

Here are some sentences about a boy called Jack. Complete the second sentence so it means the same as the first. USE BETWEEN ONE AND THREE WORDS.

25. Jack didn't have enough time to go shopping for trainers.

Jack had very _____ time to go shopping for trainers.

26. Jack will never win the marathon unless he practises harder.

If Jack _____ harder, he will never win the marathon.

27. It's been a long time since I saw Jack because he lives in New York.

I _____ Jack for a long time because he lives in New York.

28. Jack's friend Karoline gave him a ticket to a basketball game.

Jack _____ a ticket to a basketball game by his friend Karoline.

THANK YOU FOR YOUR PARTICIPATION!