POLICÍA NACIONAL DEL PERÚ
DIRECCIÓN DE BIENESTAR Y APOYO AL POLICÍA
DEPARTAMENTO DE GESTIÓN DE SERVICIOS EDUCATIVOS
"La mejor profesión de la vida es ser persona de bien"

English Evaluation 2nd Bimonthly

STUDENT: _____GRADE & SEC: 4th ____DATE: ____/____/2026

READING: Technology and Our Mind

Today, many teenagers use their cellphones for many hours. This high screen time is a problem for their mental health. When you use your phone for six hours or more without a break, your brain receives too much information. This is called cognitive overload. It makes teenagers feel stressed and can cause anxiety.

Another big problem is sleep deprivation (not sleeping enough). Smartphones have a blue light. This light stops the body from preparing for sleep. Students who use their phones at 2:00 AM or 3:00 AM cannot sleep well. The next day, they are very tired in class.

Experts say that students need a digital detox. This means stopping the use of technology or social media for a few days. It helps to clear the mind. To do this, students need discipline and help from their school and family.

1. **Read and choose the correct answer (A, B, or C).**

1. When a teenager uses a cellphone for more than 6 hours...
A) they have a very happy life.
B) they must be experiencing cognitive overload.
C) they can't be tired.

2. A student is very tired and cannot focus in class. What is a logical deduction?
A) The student might be suffering from sleep deprivation.
B) The student must have excellent digital habits.
C) The student can't have a smartphone.

3. A "digital detox" is a good idea because...
A) it helps you get more followers on social media.
B) it might be the solution to balance your mental health.
C) it must cause more anxiety.

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4. According to the text, using your phone at 3:00 AM...

A) can't be good for your sleep and your brain.
B) must be great for your school grades.
C) might be excellent for your body.

2. Match the nutritional words on the left with their correct definitions on the right using lines.

1. Calories	A. The list of items used to make a food product.
2. Ingredients	B. A panel found on a package that shows the nutritional value.
3. Nutritional Facts	C. Units of energy that our bodies need to function.
4. Saturated Fats	D. Unhealthy fats often found in junk food.

3. Reading Passage: The Metabolic Battle in our Community

In the urban context of Oquendo, specifically at I.E. Juan Linares Rojas, adolescents face a critical nutritional dilemma. On one hand, the availability of **ultra-processed** "junk food" has reached an all-time high. These products, typically characterized as **high-sodium** and high-sugar, provide immediate caloric intake b ut lack essential nutrients. Consequently, if a student consumes these snacks regularly, their body will experience significant "sugar spikes," which disrupt insulin levels and eventually lead to chronic fatigue and decreased concentration in class. Furthermore, the long-term metabolic impact includes a higher risk of non-communicable diseases.

Conversely, Peru possesses a vast heritage of **superfoods** that represent a superior cultural and nutritional alternative. Superfoods like **Quinua**, a pseudo-cereal rich in protein, and **Camu Camu**, which contains sixty times more Vitamin C than an orange, offer physiological benefits that junk food cannot replicate. Whereas ultra-processed food harms the **metabolism**, superfoods strengthen the immune system and provide sustained energy. If we integrate these ancestral grains and fruits into our school diet, the community's collective health will improve significantly. Choosing local, nutrient-dense options is not merely a personal preference; it is a fundamental step toward the common good and academic excellence.

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4. Choose the correct answer based on the technical information provided.

1. **What is the metabolic consequence of frequent junk food consumption?**

   a) Improved insulin regulation and long-term focus.
   b) Sugar spikes followed by chronic fatigue and poor concentration.
   c) A significant increase in essential micronutrient absorption.

2. **How does Camu Camu compare to common citrus fruits?**

   a) It is higher in sodium but lower in refined sugars.
   b) It provides an immediate sugar crash similar to sodas.
   c) It contains a vastly superior concentration of Vitamin C.

3. **According to the text, if the school community adopts superfoods:**

   a) Local health and academic performance will likely improve.
   b) Students will experience more insulin disruptions.
   c) The cultural heritage of Oquendo will be forgotten.

4. **The term "Ultra-processed" refers to foods that are:**

   a) Naturally grown in the Callao region.
   b) Industrially manufactured with high levels of sodium and sugar.
   c) Rich in proteins and essential minerals like Quinua.

5. **What is the author's perspective on food choices?**

   a) They are private decisions that do not affect others.
   b) They are a way to promote the common good in the school.
   c) They are irrelevant to academic performance in secondary school.

5. Match the words with their correct definition in English:

a) Tech-savvy | b) Holistic health | c) Processed food

( ) Food that has a lot of fat and salt but low nutrients (junk food)
( ) A person who is very skilled and modern with technology
( ) Well-being that balances both body, mind, and habits

6. Read the sentences and choose the correct logical connector:

1. Technology is great for doing schoolwork. **(However / Furthermore),** looking at screens for 8 hours causes extreme anxiety.
2. Many students at school eat excessive candy and chips. **(In addition / Consequently),** they develop stomachaches and lack energy.
3. To protect your sleep, change your phone habits. **(Furthermore / On the other hand),** replace processed snacks with superfoods like quinoa.

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