

PARTE 6

RESPONDA LAS PREGUNTAS 31 A 35 DE ACUERDO CON EL SIGUIENTE TEXTO

Lea el texto y responda las preguntas

En las preguntas 31 - 35 marque A, B, C o D en su hoja de respuestas.

I know people who will do anything to avoid looking after their children at a playground. They will ask their friends to go with them so they don't have to do it alone, so they can listen to music and remain mentally absent.

I should say that, in general, I am very good at "doing nothing". I could sit looking at the wood on a table for a long time and be pleased. These days, there is a lot of literature on the necessity for children to "do nothing", which is mentioned in the context of warnings about giving children too much to do and the use of screens. However, there is less talk about the value of "doing nothing" for adults, although this habit often helps to develop thinking abilities to be active and efficient.

Lazy periods may seem useless; however, they can be valuable. Once, I had to wait in a row for an hour. This was actually a relaxing moment that made me think of life in all about. If I were to be a moment that I'll remember with the deepest nostalgia. On another occasion, I forgot my phone at home when I went out, and it was amazing! I learnt a lot from that "accident". I was able to take a breath and enjoy the simple things when I sat in the sunshine while my children rode their bikes up and down and then left them to play in the sand.

The funny thing about the two experiences of "doing nothing", passively waiting for something to end and going out without my phone, were the greatest moments of active and efficient thinking this week! I've done it again.

**31: What is the writer trying to do in the text?**

- A. explore new activities to have fun and attract your children
- B. convince people to leave their electronic devices at work
- C. recommend doing relaxing outdoor activities and living in nature
- D. encourage people to value lazy periods

**33: According to the author, "lazy periods" are**

- A. moments that make people avoid using their time, money and skills in the best way.
- B. unimportant daily life decisions that people forget very quickly.
- C. ordinary activities that can provide amazing and relaxing feelings.
- D. silent moments that can make your life stressful.

**35: What advice would the writer give his readers?**

A: Always leave your electronic objects at home. It'll let you breathe and relax.

C: Consider simple daily routines. They could develop your thinking abilities.

**32: What can the reader find out from this article?**

- A. difficulties that you could avoid when you decide to give up technology
- B. chances to develop your ideas, dreams and abilities when you are outdoors
- C. regrets about the writer's active life without his electronic objects
- D. benefits that you could receive from doing routine activities

**34: The most suitable title for the reading could be "One day I ..."**

- A. decided to pay attention to normal events; it was a surprising experience.
- B. admitted that I was absent when I played with my children.
- C. forgot my cellphone, and it was an awful and stressful experience.
- D. decided to give up my phone to avoid unimportant and stressful calls.

B: Cancel your stressful work activities. They might seriously damage your health.

D: Carry on with your routine. It may prevent accidents in your life.

Lea el texto y responda las preguntas

En las preguntas 41 - 45 marque A, B, C o D en su hoja de respuestas.

### Meet Katherine, A Part-Time Babysitter

Katherine, from Portland, got her degree from the University of San Francisco last June. She's taken care of children for the past four years, using babysitting to pay for her college, where she decided to take Child & Youth Studies as a degree. She has done everything from overnight jobs to traveling internationally with families. Here, she shares some aspects of her experience as a babysitter.

**What's the most satisfactory aspect of your job?** I didn't think babysitting would be my passion as much as it has become. I started with a family when their daughter was 6 weeks old and now, she's turning two; she continues to surprise me every day. To be an observer of her development fills my soul in so many ways. The connection I have with the families just gets deeper, and I don't feel like an employee but like a member of the family. It's beyond words. I get to go on vacation with them or eat all my meals at their house. I get paid for something that I love doing.

**What would you consider important to become a babysitter?** My philosophy is influenced by how I grew up, and as I was going through college, I decided to take some training in RIE parenting (Resources for Infant Educators) to learn more about taking care of children. Discipline is very important, but I never want to force my opinion on a child. RIE is absolutely about respecting the child, and I'm a huge fan of that.

**When you aren't babysitting, what do you do?** I brought my own bike from home, so I go biking here every day. I just love it.

41: What's Katherine mainly doing in this interview?

- A. encouraging people to hire her as their next babysitter
- B. suggesting that more people should get a degree in babysitting
- C. sharing the necessary steps to become a babysitter in San Francisco
- D. describing how the babysitting experience has been extraordinary for her

42: What can the reader find out about Katherine's idea of babysitting?

- A. She considers it is necessary to grow up with a babysitter.
- B. She recognizes that respect is key when dealing with children.
- C. She expects children to always have the same opinion as hers.
- D. She looks forward to being the child's babysitter for many years.

43: Katherine's work experience has been mainly

- A. negative because she always has to move around with families.
- B. positive because she will finally have a family and workday-hours only.
- C. negative because she's often surprised and ignores what comes next.
- D. positive because she's able to notice how children develop through the years.

44: In paragraph 2, the underlined phrase "it's beyond words" means

- A. She doesn't have the right words to describe her deep connection with families.
- B. She uses incorrect vocabulary while chatting with children during their trips.
- C. She can't really define what being a member of her family means.
- D. She needs more vocabulary to define and improve children's behavior.

45: If Katherine wanted to apply to a new babysitting job, which ad would she post?

**A:** Charming babysitter available this summer.  
Honest girl looking for a job to enter college. Call me.

**C:** Professional babysitter available this summer.  
Loving and qualified woman with studies in childcare.  
Call me.

**B:** New babysitter available this summer.  
Friendly neighbor willing to gain new experience.  
Call me.

**D:** Efficient babysitter available this summer.  
Responsible teenager looking forward to finding a family  
to live with. Call me.

PARTE 6  
RESPONDA LAS PREGUNTAS 38 A 42 DE ACUERDO CON EL SIGUIENTE TEXTO

Lea el texto y responda las preguntas  
En las preguntas 38 - 42 marque A, B, C o D en su hoja de respuestas.

### Fitness and Health

By Dr Charles Perry

A strong body is often the aim, if not always the result, of working out. However, "just because someone looks fit on the outside, it doesn't necessarily mean they are healthy on the inside," Dr. Michael Smith says. "Fitness and health, things that can and should be connected, are often very different things," he mentions.

Nutritionist Anna Jackson explains that "fitness is when your body gets used to exercise. If you lift a heavy weight, your body gets stronger so that the next time you lift that weight, it is better able to deal with that routine. Health can be explained as the lack of disease, but it also depends on environmental factors such as pollution or a poor diet."

Considering the previous definition of health, I could say it is possible to be healthy but unfit. As exercising does provide a level of protection from many medical conditions such as diabetes and heart disease, being fit increases your chances of being healthy and living a long life; however, being fit doesn't mean you won't suffer from poor health at some point.

You can be both fit and healthy. Honestly, extremes in exercise or poor diet choices can destroy your health. The charming benefits of running could be all but cancelled out by the health complications brought on by smoking or drinking too much. Everybody has to be very careful and understand that exercising won't give us a perfect health. Too much workout could reduce its benefits, and exercising always requires a well-planned diet to help our body gain the maximum.

**41: What is the purpose of the writer in this article?**

- A. to describe a suitable exercise routine to do a good workout.
- B. to provide several recipes to be used to improve our meals.
- C. to inform about the awful effects of certain dangerous exercise routines.
- D. to explain that being in good shape doesn't mean you won't need medicine.

**42: What can the reader discover in the article?**

- A. Too much training may produce trouble in your body.
- B. Working out prevents you from being healthy.
- C. how to avoid body pains during an exercise program.
- D. when to take advantage of a good training plan.

**43: Based on Dr. Smith's words in paragraph 1, we can imagine that**

- A. the possibility to achieve a gorgeous body is exciting.
- B. the solution to curing illnesses is being strong.
- C. a healthy shape might make us good-looking people.
- D. a person who doesn't look fit can also be healthy.

**44: What does Ms. Jackson communicate about fitness?**

- A. Exercise performance improves as you make it a habit.
- B. The more weight you lift the fewer illnesses you will get.
- C. A complicated environment increases your stress.
- D. Proper eating is the key to become stronger.

**45: Which sign in a gym agrees with Dr. Perry's ideas?**

**A:** Heroes eat more to be as strong as a wooden wall and exercise more to be healthier: Go for it!

**B:** Remember to support your exercise routine with the perfect diet for you. Visit our nutritionist regularly.

**C:** Get rid of stress with our new routine. Ask our trainers how you can benefit from it now.

**D:** Being unfit makes you suffer. Thin people are likely to look unhealthy. Work out hard.

## PARTE 6

### RESPONDA LAS PREGUNTAS 46 A 50 DE ACUERDO CON EL SIGUIENTE TEXTO

Lea el texto y responda las preguntas

En las preguntas 46 - 50 marque A, B, C o D en su hoja de respuestas.

I do not like when someone makes a mistake about my age. When someone says I look younger than I am, I don't think that person is accurate, because I'm a different person from who I was at 24, 25, even 26. I don't consider I actually look physically younger than 30. However, that doesn't explain why we don't always look like being 30 or why I can't get champagne in my local supermarket.

There are loads of videos on TikTok about why millennials (people born after the 80s) don't appear to be getting old "normally." Some have the hypothesis that it's because cosmetic operations are cheaper and more available now. Others have said that it's because millennials "have depression, so we're indoors all day, and we don't let our skin feel the sun." Still others have wondered whether it's due to camera phones, and the fact that we use them regularly, meaning we pay more attention to our looks. Or maybe we are getting old normally, but we just don't consider we are, and so we don't act like it. Before I continue, I must add I'm sure that age is not a main issue, and that putting labels to a person as a result of an arbitrary age opinion is not fair to their identities.

I know that most people don't actually "feel" their age, because they just feel like themselves (same here). But that doesn't mean I am not interested and curious about how I appear to others now that I'm in my 30s.

46: What is the writer mainly doing in the text?

- A. arguing about what social networks say regarding youths
- B. presenting facts about how to appear to be younger than you are
- C. discussing her thoughts about looking younger than you actually are
- D. mentioning how different she is nowadays than when she was in her youth

47: What can a reader find out in the text?

- A. that the writer does not care about her real age
- B. how people behave in front of a camera to display their age
- C. the writer knows her age according to the people around her
- D. how some people are not accurate when telling other people's age

48: In paragraph 1, with the underlined sentence the writer means she

- A. considers people usually are right about her real age
- B. agrees she is younger than some people say she actually is
- C. doesn't agree with what people say regarding how young she appears to be
- D. doesn't understand what some people say regarding how young she really is

49: What does the writer mean with the underlined sentence in paragraph 3?

- A. She feels younger than 30 and agrees with people's opinion on this.
- B. She doesn't feel comfortable based on what people say about her age.
- C. She wants to know how people identify her being a 30-something-year-old person.
- D. She is not anxious about what people say regarding how young she actually is.

50: what piece of advice would the writer give people according to the text?

A. "Take photos of yourself frequently to present to people that you are younger than they say you are."

B. "Go to the nearest supermarket and ask for a bottle of wine, they will tell you if you look like an old person."

C. "Do not worry about looking younger than you actually are; people often refuse your real age."

D. "Do not pay attention to what people say about your age and how younger you look; the important thing is how you see yourself."