	Pruebas de Acceso a la Universidad para mayores de 25 años Convocatoria 2007	INGLÉS Orden EDU/1924/2004	Texto para los Alumnos 2 páginas
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Elija íntegramente una de las dos opciones.

OPCIÓN A

IN PRAISE OF OMEGA-3s

We know that what you eat, and don't eat, can affect your health. But is there such a thing as brain food? Previous work has shown that the most important fatty acids in the brain are in the omega-3 class and a deficiency of them can leave the brain vulnerable to disease. Oily fish, like salmon, sardines and black cod, are the best sources of those special fats. Vegetarian sources of omega-3 fatty acids, such as walnuts and algae, are also good additions to the diet.

The effects of omega-3 fatty acids on humans are well established. The amount of omega-3 in a pregnant woman's diet helps to determine her child's intelligence, physical co-ordination and also propensity to anti-social behaviour. A study of about 4,000 senior citizens of Chicago showed that all of them lost some memory and speed of thinking as the years passed. However, among those who ate fish once a week, the rate of cognitive decline was 10% slower, the equivalent of being three to four years younger.

Omega-3 supplements are also given to alcoholics and prisoners to reduce their feelings of anger and violent behaviour. An old proverb suggests that you are what you eat. According to these findings it seems you act what you eat, too.

QUESTIONS

1. Translate the following paragraph into Spanish (0-4 marks):

We know that what you eat, and don't eat, can affect your health. But is there such a thing as brain food? Previous work has shown that the most important fatty acids in the brain are in the omega-3 class and a deficiency of them can leave the brain vulnerable to disease. Oily fish is the best source of those special fats.

2. Read the text and, according to it, answer the questions. Use your own words. Answers will be assessed from 0 to 1 (3 as a whole).


- a) Where can omega-3 fatty acids be found?
- b) Why is fish so important for the elderly?
- c) How do omega-3 fatty acids affect people who cannot control their temper?

3. Find a synonym in the text for each of the words below. 0 to 0.25 each (1 as a whole).

- a) illness b) particular c) tendency d) administered

4. Complete the following sentences. Use the appropriate form of the word in brackets when given. Answers will be assessed from 0 to 0.25 each (2 as a whole).

- a) It has been ____ (1) (know) for some time that omega-3 acids are important, but data from a long-term study of British children suggest they are even ____ (2) important ____ (3) previously ____ (4) (consider).
- b) Diets associated ____ (5) longevity and good health, such ____ (6) the Mediterranean and traditional Japanese diets, are high in omega-3 fatty acids from fish.
- c) For some people it may ____ (7) (be) easier to rely ____ (8) fish-oil supplements.

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OPCIÓN B

THE HOPEFUL CONTINENT

They may not be the richest, but Africans remain the world's most optimistic. An annual survey carried out by Gallup International, a research organisation, shows that, when asked whether this year will be better than last, Africa once again comes out on top.

Africans have some reasons to be cheerful. The continent's economy has been doing fairly well with South Africa, growing continuously over the past few years. Some of Africa's long-running conflicts, such as the war between the north and south in Sudan and the civil war in Congo, have ended. Africa even has its first elected female head of state, in Liberia. Yet there is no shortage of problems too. Most of Africa remains poor. Crises in places like Côte d'Ivoire, Sierra Leone and Zimbabwe are far from solved. AIDS killed over 2m Africans in 2005, and will kill more this year.

So is it all just a case of irrational exuberance? Meril James of Gallup speculates that religion may have a lot to do with it. Nine out of ten Africans are religious, the highest proportion in the world. But cynics argue that most Africans believe that 2006 will be prosperous because things have been so bad that it is hard to imagine how they could possibly get worse.

QUESTIONS

1. Translate the following paragraph into Spanish (0-4 marks):

Africans have some reasons to be cheerful. The continent's economy has been doing fairly well with South Africa, growing continuously over the past few years. Some of Africa's long-running conflicts, such as the war between the north and south in Sudan and the civil war in Congo, have ended. Africa even has its first elected female head of state, in Liberia.

2. Read the text and, according to it, answer the questions. Use your own words. Answers will be assessed from 0 to 1 (3 as a whole).

- a) What is the result of the survey?
- b) Which depressing experiences does Africa have to face?
- c) How do international observers justify the result of the survey?

3. Find a synonym in the text for each of the words below. 0 to 0.25 each answer (1 as a whole).

- a) wealthiest b) steadily c) resolved d) difficult

4. Complete the following sentences. Use the appropriate form of the word in brackets when given. Answers will be assessed from 0 to 0.25 each (2 as a whole).

Meril James of Gallup argues that there _____(1) (be), in fact, usually very little relation _____(2) the survey's optimism rankings and reality. Africans, this year led by Nigerians, are consistently the most positive, whether their fate gets _____(3) (good) or not. This may also _____(4) (help) explain why places that have _____(5) (suffer) recent misfortunes, such _____(6) Kosovo and Afghanistan, rank among the top five optimist. On the other hand, Greece – hardly the _____(7) (bad) place on earth – tops the pessimist chart, followed closely _____(8) Portugal and France.