	<p>Prueba de Acceso a la Universidad para mayores de 25 años</p> <p>Convocatoria 2005</p>	<p>“INGLÉS”</p> <p>Orden EDU/1924/2004</p>	<p>Texto para los alumnos</p> <p>Nº de páginas: 2</p>
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Elija íntegramente una de las dos opciones.

OPCIÓN A

FOLATE FOR EVERYBODY?

Folic acid is one of the more essential B vitamins, especially for women of childbearing age, and just a little bit goes a long way toward preventing spina bifida and other child defects. Now a major study published in the *Journal of the American Medical Association* has confirmed that women who consume large amounts of folate have a lower risk of developing hypertension.

The report, part of the ongoing Nurses’ Health Study, tracked the folate intake of nearly 94,000 women ages 27 to 44 over eight years and found that those who consumed at least 1,000 micrograms a day had a 46% lower risk of high blood pressure than women who took less than 200 a day. A parallel study of 62,000 women aged 43 to 70 found an 18% reduction.

Women who got their folate eating foods naturally high in the vitamin –such as nuts, leafy greens and berries– didn’t derive the same benefit as those who took folic acid supplements, perhaps because it’s hard to eat enough vegetables in one day.

Men haven’t yet been studied as thoroughly, but there’s no reason to think they wouldn’t get the same benefit from high doses of folate.

QUESTIONS

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

Folic acid is one of the more essential B vitamins, especially for women of childbearing age, and just a little bit goes a long way toward preventing spina bifida and other child defects. Now a major study published in the *Journal of the American Medical Association* has confirmed that women who consume large amounts of folate have a lower risk of developing hypertension.

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) Why is folic acid so important?
- b) Who are the women that have a lower risk of developing hypertension?
- c) Where is folic acid found?

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

- a) stopping b) investigation c) quantities d) methodically

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).

Dr. John Forman of Brigham and Women’s Hospital in Boston, the principal investigator, _____ (be not) ready _____ say that everybody _____ take 1,000 micrograms of folate a day. He _____ (want) to see his findings confirmed in a large, randomized trial in _____ half the subjects take the supplement _____ half take a placebo. Other scientists caution _____ early studies suggesting that large doses of vitamin E protect against heart disease haven’t _____ (give) reliable results.

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OPCIÓN B

ALTEA: RETIREMENT HEAVEN

When Scotsman David Henderson decided to retire twenty years ago, he chose Altea – and not just because it was a town on Spain’s Costa Blanca, with whitewashed houses, azure skies and turquoise waters. What sealed the deal was the friendliness of a stranger. “While we were looking at what would be my future house,” he recalls, “a tiny old local lady said to me with a wide smile: ‘I’ll be happy to have you as my neighbour’.”

Altea has opened its arms to foreigners looking for a peaceful place to spend their autumnal years. Amazingly, its population of retirees – they make up a quarter of the town’s 21,000 residents – hasn’t yet got out of hand.

Altea is obviously not the only retirement haven on the Spanish coast. In fact, lots of small towns have turned into cities for the elderly North Europeans. But what sets it apart is that it has made the transition without losing its soul. The old town seems little changed since the 16th century, but its medieval exteriors conceal a host of modern amenities: a health centre and the Specialized Centre for the Assistance of the Elderly.

The town also satisfies the seniors’ cultural needs: every winter the auditorium features performers like José Carreras and Rostropovich. And there’s, of course, a golf club.

QUESTIONS

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

Altea is obviously not the only retirement haven on the Spanish coast. In fact, lots of small towns have turned into cities for the elderly North Europeans. But what sets it apart is that it has made the transition without losing its soul. The old town seems little changed since the 16th century, but its medieval exteriors conceal a host of modern amenities.

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 was the main reason that made David Henderson decide to spend his retirement years in Altea?
- b) How has Altea changed with the arrival of so many retirees?
- c) What are the advantages, attractions and qualities that Altea offers to the retired foreigners?

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

- a) warmth b) quiet c) astonishingly d) hide

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) After _____ (travel) around the world as a professional photographer, David Henderson got used _____ the Mediterranean way of life very easily.
- b) Altea’s Specialized Centre for the Assistance of the Elderly, _____ has a rehabilitation pool, massage therapist, mental-health specialist and a variety of other services, is subsidized _____ the town and regional governments. “Foreigners get _____ (good) health care here _____ in their home countries,” says Per Svensson, 71, a Norwegian ex-real estate agent who _____ (live) in Altea _____ two decades.