	<p align="center">Pruebas de Acceso a Enseñanzas Universitarias Oficiales de Grado Mayores 25 y 45 años Castilla y León</p>	<p align="center">LENGUA EXTRANJERA: INGLÉS</p>	<p align="center">EXAMEN 2 páginas</p>
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OPTION A

SUPPORT YOUR MENTAL WELLBEING THIS WINTER WITH VITAMIN D

Is now a good time to invest in the best vitamin D supplement? Without a doubt. With the fall season in full swing, we are more likely to struggle with getting enough of this crucial nutrient. Vitamin D is produced by the body in response to sun exposure, which is why it is known as the sunshine vitamin. But when days get darker, our bodies may not be able to produce enough of it. Thankfully, supplements help us bridge this gap and avoid a potential vitamin D deficiency.

Vitamin D is involved in the regulation of calcium and phosphorus metabolism. This in turn has an impact on bone health. In fact, vitamin D deficiency can lead to several bone diseases. Getting enough of this vital nutrient helps reduce inflammation and boost our immune system, as well as improves sports performance and reduces risk of injury.

Although we can obtain this nutrient from diet, the list of vitamin D sources is relatively short, and mostly comes from animal-based products, mushrooms and fortified foods. Many people struggle with including these foods in their diet, especially if they are vegan or vegetarian. Patients with digestive disorders are also at higher risk of developing deficiency, as well as older adults and people with dark skin.

QUESTIONS

1. Translate the following paragraph into Spanish (4 points).


Vitamin D is produced by the body in response to sun exposure, which is why it is known as the sunshine vitamin. But when days get darker, our bodies may not be able to produce enough of it. Thankfully, supplements help us bridge this gap and avoid a potential vitamin D deficiency.

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

- a) Why is vitamin D called the sunshine vitamin?
- b) Name three vitamin D sources.

3. Complete the following sentences. Use the appropriate form of the word in brackets when given. Answers will be assessed from 0 to 0.5 each (4 points as a whole).

Vitamin D, also called the Sunshine Vitamin, is different _____ (1.) all the other vitamins. It is special because you don't only get it from the foods you _____ (2. eat), your skin can also make vitamin D when it is _____ (3. expose) to sunlight. In fact, just 10 minutes in the sun a few times a week can give your body a lot _____ (4.) the vitamin D it needs! Vitamin D helps your muscles _____ (5. move) and keeps your immune system strong. Being exposed to sunlight is the best way _____ (6.) make sure your body gets enough vitamin D. There are some foods that can give you vitamin D, but not all that your body needs. _____ (7. take) a supplement can help make sure your body gets enough vitamin D to stay healthy. Talk to your doctor about _____ (8.) or not a vitamin D supplement is right for you.

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OPTION B

HEDY LAMARR: AN UNKNOWN GENIUS

Hedy Lamarr was the type of woman people love to underestimate. With her hazy green eyes, black hair, and shy smile, she was once known as the most beautiful woman in the world. Her looks were so captivating that she captured the attention of Hollywood producers in the 1930s and 1940s. However, as Lamarr once said, “The brains of people are more interesting than the looks.” Although she became the stereotype of the seductive femme fatale, she was one of the most prolific inventors of the 20th century, illustrating the phrase “women in tech” before the concept even existed. Hedy invented the basis for all modern wireless communications.

While Lamarr wasn’t technically the Wi-Fi inventor, she conceptualized the type of spread spectrum technology that makes it possible. She called her invention “frequency hopping” and today, we see frequency hopping in Wi-Fi, Bluetooth, and GPS.

People tend to recognize true genius after a person is long gone. Despite the fame that she experienced as a glamorous actress, Lamarr was no exception to the rule. She died as a hermit although she invented the technology that powers so much of our world today. However, her legacy has shifted in recent years. In 1997, she and Antheil, her co-inventor, won the Pioneer Award from the Electronic Frontier Foundation (EFF).

QUESTIONS

1. Translate the following paragraph into Spanish (4 points).

People tend to recognize true genius after a person is long gone. Despite the fame that she experienced as a glamorous actress, Lamarr was no exception to the rule. She died as a hermit although she invented the technology that powers so much of our world today. However, her legacy has shifted in recent years.

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

- a) What did Lamarr call her invention?
- b) Who awarded Lamar and Antheil the Pioneer Award in 1997?

3. Complete the following sentences. Use the appropriate form of the word in brackets when given. Answers will be assessed from 0 to 0.5 each (4 points as a whole).

Hedwig Eva Marie Kiesler was born ____ (1.) November 9, 1914. She ____ (2. begin) her acting career at a noticeably young age. She featured in her first film, *Geld auf der Strase*, ____ (3.) age 17. Once she got into Hollywood, she resorted to change her name to Hedy Lamarr. She starred in her first Hollywood film *Algiers* (1938), ____ (4.) made her a huge star. Apart from being a beautiful and talented actress, Lamarr was ____ (5. note) for her work of invention in the beginning of World War II. She was extremely intelligent, and she patented an innovation idea that ____ (6. late) would form the basis for today’s Wi-Fi, GPS, and Bluetooth communication systems. Lamarr admitted that invention ideas ____ (7. come) naturally to her. She took advantage ____ (8.) her downtime from her acting career to experiment and come up with new inventions.