	<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

AFRAID OF LOSING YOUR PHONE? THERE'S A NAME FOR THAT: NOMOPHOBIA

Do you have trouble putting down your smartphone or feel anxious when you know you'll lose service for a few hours? Do thoughts of being without your phone cause distress? If so, it's possible you could have nomophobia, an extreme fear of not having your phone or not being able to use it. Most of us depend on our devices for information and connection, so it's normal to worry about losing them. Nomophobia, shortened from "no mobile phone phobia," describes a fear of not having your phone that's so persistent and severe it affects daily life.

The logic behind the smartphone addiction and any chemical substance addiction is quite similar. When our screen lights up with a new notification, our brain releases dopamine, a neurotransmitter that makes us feel good. It is the same when we eat our favorite flavored ice cream or get a hundred likes on a post. That's why some experts have suggested that nomophobia represents a type of addiction. Nomophobia symptoms can include anxiety, respiratory alterations, trembling, perspiration, agitation, disorientation and tachycardia. Within the above-mentioned symptoms of nomophobia, other mental disorders like social phobia, social anxiety and panic disorder may precipitate. It is very difficult to differentiate whether the patient becomes nomophobic due to cell phone addiction or existing anxiety disorders manifest as nomophobic symptoms.

QUESTIONS

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


When our screen lights up with a new notification, our brain releases dopamine, a neurotransmitter that makes us feel good. It is the same when we eat our favorite flavored ice cream or get a hundred likes on a post. That's why some experts have suggested that nomophobia represents a type of addiction.

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 is nomophobia?
- b) Which symptoms can be observed in nomophobia?

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).

The term nomophobia was _____ (1. coin) fairly recently to describe the fear of being without your phone. This includes not just losing, forgetting, or breaking your phone, but also being outside _____ (2.) mobile phone contact. It is a growing concern in a world where always _____ (3. be) connected seems more important than ever before. When people _____ (4. lose) their phone, when their mobile runs out of battery, or when they are in an area with no cellular coverage, it can lead to feelings of stress, anxiety, or even panic. This fear of being _____ (5.) a mobile device is considered a sign of problematic digital device use. Some experts believe it may have a detrimental impact _____ (6.) mental health and well-being. The fear of _____ (7. miss) out on something is perhaps what leads so many people to report that they would respond to a call or text even if they _____ (8. be) in the middle of something else.

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OPTION B

TWO ‘OBESE’ PANDAS GO ON A WEIGHT-LOSS DIET IN TAIPEI ZOO

Just like humans, animals have to follow a diet, too, for fear of them turning obese and having other health issues. In Taipei, Taiwan, two adorable pandas are being made to follow a healthy diet. These pandas, who were born via artificial insemination, are said to have become obese. As such, they will be following a new exercise routine and a special weight-loss diet.

The panda pair comprises a nine-year-old Yuan Zai and just over a year-old Yuan Bao, who are the star attractions of the zoo. They weigh 115 kg and 70 kg respectively. Adult female pandas should weigh between 105 kg and 110 kg on average. But Yuan Zai and Yuan Bao are too heavy, and if they get any heavier, the siblings could potentially face health problems like hypertension and hyperglycemia, same as humans.

Their special diet will include foods low in salt, sugar and fats, but high in protein. The zookeepers are likely to feed them a special balanced diet comprising “steamed bread and corn”, and other ingredients such as “soybeans”. The animals will also be made to exercise and lead a more active lifestyle inside the zoo; they could also potentially play games designed to help them burn their excessive fat.

QUESTIONS

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

Just like humans, animals have to follow a diet, too, for fear of them turning obese and having other health issues. In Taipei, Taiwan, two adorable pandas are being made to follow a healthy diet. These pandas, who were born via artificial insemination, are said to have become obese. As such, they will be following a new exercise routine and a special weight-loss diet.

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 do the two pandas in Taipei have to follow?
- b) What type of food will be included in their special diet?

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).

Two pandas at Taipei Zoo have been put on a new exercise regimen and a special weight-loss diet after _____ (1.) became obese. The two animals were born after mainland China gifted a pair of pandas to Taiwan in 2008. Nine-year-old Yuan Zai and its _____ (2. young) sister Yuan Bao, just over a year old, are the star attractions of Taipei Zoo. During their weight-loss journey, the sisters will be _____ (3. feed) a special diet low _____ (4.) salt, sugar and fats. They would be fed items such _____ (5.) steamed bread, corn, and soybean. Along with the diet, the pandas will be _____ (6. encourage) to exercise and lead an active lifestyle. “For the sake their health, I hope _____ (7.) help them achieve their ideal weight through the change of food,” their keeper said. The zookeeper said the animals have _____ (8. have) a sedentary lifestyle due to their time in captivity.