



**PRUEBAS DE ACCESO A LOS CICLOS FORMATIVOS DE GRADO SUPERIOR**  
*Convocatoria de 18 de junio de 2015 (Resolución de 25 de febrero de 2015)*

DATOS DEL ASPIRANTE	CALIFICACIÓN FINAL	
Apellidos:	<input type="checkbox"/> <b>No Apto</b> <input type="checkbox"/> <b>APTO</b>	(Cifra)
Nombre: D.N.I.:		
<i>Si ha superado un Ciclo Formativo de Grado Medio, indique el nombre:</i>		

**GRADO SUPERIOR. PARTE ESPECÍFICA: INGLÉS**

**Duración 2 horas**

**INSTRUCCIONES**

- Mantenga su DNI en lugar visible durante la realización del ejercicio.
- Lea detenidamente los enunciados de las cuestiones.
- Cuide la presentación y escriba la solución o el proceso de forma ordenada.
- Empezar por los ejercicios en los que esté más seguro.

**EJERCICIOS**

**HOUSEWORK: NOT GOOD EXERCISE**

A new study suggests housework is not the quality exercise many people consider it is. The report even said that those who did the most housework were usually the most overweight. The study is called "*Does doing housework keep you healthy? The contribution of domestic physical activity to meeting current recommendations for health*". It questions whether physical activities such as do-it-yourself, gardening and housework are such good exercise. It admits that any activity is better than none, but it says, "there is a danger that the people who do domestic 'chores' may assume that this activity is moderate intensity" and wrongly believe it is proper exercise.

A total of 4,563 adults participated in the survey, which was based on participants' weekly physical activity. The analysis from this research showed that people who included housework as part of their weekly exercise tended to be heavier.

Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should theoretically increase the amount of calories burnt. But we found that housework was inversely related to thinness, which suggests that either people are overestimating the amount of moderate intensity physical activity they do through housework, or they are eating too much to compensate for the amount of the activity they have to do".

**Question 1. (2 points) Indicate whether these statements are TRUE or FALSE and write down the part of the text justifies your answer:**

1. The study on housework is called "*Increasing health with housework*".

.....

2. The study said gardening is great exercise.

.....

3. The study suggests that housework is not such good exercise.

.....

4. The survey was based on the daily physical activity of the participants.

.....

**Question 2. (2 points) Answer the following questions in your own words.**

1. According to the study, who were the most overweight?

.....  
.....

2. What do some people do after housework? Why?

.....  
.....

**Question 3. (1.5 points) Find a synonym in the text for the following words.**

1. Fat (1<sup>st</sup> paragraph): .....
2. Took part (2<sup>nd</sup> paragraph): .....
3. Number (3<sup>rd</sup> paragraph): .....

**Question 4. (1.5 points) Complete these sentences with the correct structure.**

1. There are people \_\_\_\_\_ think that housework is very healthy. (*relative*)
2. If people ate healthy food, they \_\_\_\_\_ not be so fat. (*conditional*)
3. A lot of food \_\_\_\_\_ eaten by people after doing their housework. (*passive*)

**Question 5. (3 points) Write a short essay (about 100 words) on ONE of the following topics:**

- Advantages and disadvantages of doing housework yourself.

**OR**

- Your opinion about a healthy life.

### **CRITERIOS DE CALIFICACIÓN**

- Question 1. (2 points)**
- Question 2. (2 points)**
- Question 3. (1.5 points)**
- Question 4. (1.5 points)**
- Question 5. (3 points)**