Elija UNA de las dos opciones propuestas, A o B, para cada uno de los TRES EJERCICIOS [Reading comprehension, rephrasing, writing] de los que consta el examen. En cada pregunta se señala la puntuación máxima.

EJERCICIO 1. READING COMPREHENSION (5 points)

OPTION A

Reasons why Warsaw is awesome

Poland's capital city surprised me. It's a cool city, so long as you take the time to get to know it. Warsaw has quite a painful recent history. In 1939 Nazi Germany bombed Warsaw heavily. In 1944, toward the end of World War II, resistance forces in Warsaw decided to rise up against the Germans. The Warsaw Uprising largely failed, however, and the Nazis decided to punish the city by making an example of it — which meant essentially obliterating it. More than 80% of the city center was flattened after the Uprising, and the city's population dropped from 2 million to about 1,000 because people simply had nowhere to live and were forced to leave the city. Due to the Uprising and resulting destruction of the city, most of Warsaw is actually new –built after 1945. Even the "Old Town" is new, having been completely rebuilt after World War II.
Food is another reason to visit Warsaw and enjoy its many "milk bars". These are restaurants which offer delicious, filling and healthy food at budget-friendly prices. Contrary to their name, milk bars do not serve up milk – they serve up traditional Polish food on plastic flatware.
Finally, as far as art and science goes, Warsaw has also contributed a lot. Chopin was born here and all over the city you can find benches that will play his music when you walk by or sit down on them. And Marie Curie, the first woman to ever win a Nobel Prize, also called Warsaw home.

1. Add True or False, quoting the relevant information from the text to justify your answer. *(2 points)*
a) The "Old Town" in Warsaw is the oldest part of the city, and was built before World War II.
b) In milk bars you can get full for a low price.

2. Answer the following questions according to the information given in the text. Use your own words. *(2 points)*
a) What was the consequence of the Warsaw Uprising against the Germans?
b) How does the city of Warsaw pay tribute to Chopin?

3. Find words or phrases in the text which mean the same as the following: *(1 point)*
a) in fact:
b) decreased:
c) did not succeed:
d) impose a penalty, penalise:

OPTION B

Why people in Okinawa live longer than almost anyone on Earth

South of mainland Japan lies Okinawa, a group of islands known as the "land of the immortals" because residents here have among the longest life spans. Okinawans have also been found to have low rates of heart disease, stroke, cancer and diabetes. As researchers try to understand the reasons for the unusually long and healthy lives of these island residents, they have become convinced that their diet is a key component.
The traditional local diet was highlighted by scientists as a diet that works well for human health and for reducing the environmental impact of our food choices. Overall, their diet is a low-calorie, high-carbohydrate — mainly due to the sweet potatoes — moderate-protein and nutrient-rich diet, with sparse amounts of meat, refined grains, sugar and dairy. One study found that the ratio of protein to carbohydrates in the Okinawan diet (1:10) is nearly identical to the ratios in diets found to optimize life span.
In contrast, the typical U.S. diet lacks dietary fiber and a number of other nutrients. It also contains too much saturated fat and salt. While many Okinawans practice what is called *hara hachi bu*, which means eat until you are 80 percent full, many Americans consume a high number of calories. This kind of diet increases the risk of obesity.
Another factor in explaining the long lives of the Okinawan population is well-being and purpose. A social role and sense of belonging are seen as important as people get older. Certainly people who have stronger networks and who feel they have a role appear to suffer less from age-related diseases.

CONTINÚA AL DORSO

1. Add True or False, quoting the relevant information from the text to justify your answer. *(2 points)*
a) The Okinawan diet is high-carbohydrate because it contains a lot of sugar.
b) Okinawans always stop eating before they are full.

2. Answer the following questions according to the information given in the text. Use your own words. *(2 points)*
a) According to scientists, what are the two benefits of the traditional Okinawan diet?
b) In addition to the diet, are there other reasons why people in Okinawa live longer?

3. Find words or phrases in the text which mean the same as the following: *(1 point)*
a) inhabitants:
b) danger:
c) does not have:
d) emphasized, drawn attention to:

EJERCICIO 2. REPHRASING (2 points)

OPTION A

Complete the second sentence in each pair. The meaning should be the same as that of the first sentence. *(2 points)*
a) Marie Curie was the first woman to win a Nobel prize.
Before Marie Curie no (…)
b) It rained a lot during our holidays in Poland. However, we had a great time.
Even though (…)
c) "How long have you been living in Warsaw?", he asked them.
He wanted to know (…)
d) In 1939 Nazi Germany bombed Warsaw heavily.
In 1939, Warsaw (…)

OPTION B

Complete the second sentence in each pair. The meaning should be the same as that of the first sentence. *(2 points)*
a) We have ordered too much food. We cannot eat everything.
If we (…)
b) Thanks to their healthy diet, people in Okinawa live longer than in other places.
As (…)
c) The typical American diet contains more salt than the typical Okinawan diet.
The typical Okinawan diet doesn't (...)
d) If you do not reduce the quantity of fat and sugar that you eat, you will have health problems.
Unless (...)

EJERCICIO 3. WRITING (3 points)

OPTION A

Write a composition on the following: Describe the main attractions of a city you have visited. **(80-120 words).** (3 points)

OPTION B

Write a composition on the following: Should everyone become a vegetarian or a vegan? Give reasons to justify your opinion. **(80-120 words).** (3 points)