

Proves d'accés a la universitat per a més grans de 25 anys

Llengua estrangera Anglès

Sèrie 1

Fase general

Qualificació parcial			TR
Qüestions d'opció múltiple	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
Qualificació			

La suma parcial de les qüestions d'opció múltiple no pot ser inferior a 0 punts.

Qualificació total			TR
Qualificació parcial			
Qüestions	9		
	10		
Suma de notes parcials			
Qualificació final			

Qualificació

Etiqueta de correcció

Etiqueta de l'estudiant

Opció d'accés:

- ☐ A. Arts i humanitats
☐ B. Ciències
☐ C. Ciències de la salut
☐ D. Ciències socials i jurídiques
☐ E. Enginyeria i arquitectura

Ubicació

del tribunal

Aula



UAB
Universitat Autònoma
de Barcelona



upf. Universitat
Pompeu Fabra
Barcelona

Universitat
de Girona



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RAMON
LLULL

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EATING HABITS THAT ACTUALLY IMPROVE YOUR SLEEP

About 1 in 3 Americans say they're sleep deprived, and these deficits are linked to serious illnesses like heart disease, **stroke**, diabetes, cancer, and depression. Certain patterns of eating could lead to more nightly rest.

Good sleep also stabilizes the body's hunger hormones for less impulsive **snacking** the next day. "It's a cycle," says Marie-Pierre St-Onge, director of Columbia University's Irving Medical Center of Excellence for Sleep and Circadian Research. "If you eat better, you'll sleep better and be more refreshed. And that helps you make better decisions for your diet."

Key to improving nighttime rest is **picking** an eating regimen with plenty of compounds that promote sleep. This doesn't come down to any one food or ingredient. "It's more of a holistic profile with various helpful components," St-Onge says.

An ideal diet leaves out foods with substances that could spoil your **slumber**. They include less healthy **carbs** like low-fiber, high-sugar cereals, bagels, and fruit juices. People who eat unhealthy carbs tend to wake up more frequently overnight, according to St-Onge's research.

Although the Mediterranean regimen is backed by most of the research, other approaches could be just as beneficial if they offer the same sleep-promoting nutrients and compounds. Aim for diets with many vegetables, lower-sugar fruits, plant-based proteins, and unsaturated fats. "Such patterns probably influence sleep in the same way" as the Mediterranean approach, St-Onge says.

Text adapted from an article by
Matt FUCHS. *Time* [online] (July 18, 2024)

stroke: vessament cerebral / derrame cerebral

to snack: picar (menjar) / picotear (comida)

to pick: escollir / escoger

slumber: son / sueño

carb: carbohidrat / carbohidrato

Després d'haver llegit el text, responeu a les qüestions seguint les instruccions que es donen en cada cas. Cada qüestió val un punt. En les qüestions d'opció múltiple, es descomptaran 0,33 punts per cada resposta incorrecta; per les qüestions no contestades no hi haurà cap descompte. En les altres qüestions, es descomptaran 0,05 punts per cada falta d'ortografia, de morfologia, de lèxic o de sintaxi. Les faltes repetides només es comptaran una vegada.

Después de leer el texto, responda a las cuestiones siguiendo las instrucciones que se dan en cada caso. Todas las cuestiones valen un punto. En las cuestiones de opción múltiple, se descontarán 0,33 puntos por cada respuesta incorrecta; por las cuestiones no contestadas no habrá ningún descuento. En las demás cuestiones, se descontarán 0,05 puntos por cada falta de ortografía, de morfología, de léxico o de sintaxis. Las faltas repetidas solo se contarán una vez.

Choose the correct answer (1-8).

1. About 1 in 3 Americans
 - a) sleep well.
 - b) don't sleep well.
 - c) eat well.
 - d) don't eat well.
2. Not sleeping well is related to
 - a) heart disease.
 - b) stroke.
 - c) diabetes.
 - d) all the above-mentioned illnesses and more.
3. Sleeping well
 - a) is not related to eating well.
 - b) is more important than eating well.
 - c) makes one snack less.
 - d) makes one snack more.

4. In order to improve nighttime rest
- a) eating a specific ingredient is necessary.
 - b) the eating regimen one chooses doesn't matter.
 - c) it's important to choose a diet with components that help sleep.
 - d) eating high-sugar cereals is important.
5. Which of the following statements is TRUE according to the text?
- a) An ideal diet excludes low-fiber, high-sugar cereals, bagels, and fruit juices.
 - b) An ideal diet includes low-fiber, high-sugar cereals, bagels, and fruit juices.
 - c) An ideal diet includes foods with substances that could spoil your sleep.
 - d) The Mediterranean regimen is the best to sleep well.
6. According to the text,
- a) the Mediterranean diet is the best to sleep well because it includes many vegetables, lower-sugar fruits, plant-based proteins, and unsaturated fats.
 - b) any diet with many vegetables, lower-sugar fruits, plant-based proteins, and unsaturated fats is good to help sleep.
 - c) the Mediterranean regimen is not the best to promote good sleep because it doesn't include enough unsaturated fats.
 - d) all the diets influence sleep in the same way.
7. Which of the following CANNOT substitute the word *backed* in the phrase "Although the Mediterranean regimen is backed by most of the research, other approaches could be just as beneficial if they offer the same sleep-promoting nutrients and compounds"?
- a) refuted
 - b) supported
 - c) verified
 - d) corroborated
8. Which of the following is NOT a synonym for the word *key* in the phrase "Key to improving nighttime rest is picking an eating regimen with plenty of compounds that promote sleep"?
- a) essential
 - b) crucial
 - c) necessary
 - d) unimportant

Please answer the following questions in English. (Please do not copy text but rather answer in your own words; your answers should be between 40 and 60 words in length.)

9. What are the consequences of not sleeping properly?
10. According to the text, what properties should an ideal diet have?

TR	Observacions:
Qualificació:	Etiqueta de revisió

Etiqueta de l'estudiant



Institut
d'Estudis
Catalans