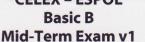


### ESCUELA SUPERIOR POLITÉCNICA DEL LITORAL **Centro de Lenguas Extranjeras** CELEX - ESPOL Basic B





(Face2Face Elementary Units 10A-12C and Face2Face Pre-intermediate Units 1A-2B)

# I. Reading Section (15 marks)

Read the article and do the activities.

### 'Mediterranean Diet' Cuts Heart Attack, Cancer Risk

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disease and cancer. The study found that people to be responsible for the improvement who ate a Mediterranean-style diet had a 33 percent reduction in the risk of death from heart In an editorial in Thursday's New England Journal of lower compared to volunteers who ate other foods.

often includes monthly servings of meat and in health. weekly meals of poultry, eggs and sweets. Vegetables, fruits, nuts, legumes, unrefined cereals, Vocabulary olive oil, cheese and yogurt are eaten most days, as vary - change is fish. Wine is consumed in moderation.

BOSTON Wed June 25 (Reuters) - A study of more Although olive oil is widely credited with many of the than 22,000 Greeks provided further evidence on benefits of the diet, the research team, led by Antonia Wednesday that the "Mediterranean diet" rich in Trichopoulou of the University of Athens Medical cheese, nuts and olive oil can protect against heart School, found that no specific food in the diet appeared

disease and a cancer death rate that was 24 percent Medicine, in which the study was published, Frank Hu of Brigham and Women's Hospital in Boston said specific nutrients or foods in the diet may somehow The diet, which varies from country to country, interact to reduce the risks of cancer and heart disease

### A. Answer the following questions. (6 marks)

- 1. Why is a Mediterranean-style diet a good thing?
- 2. What was the nationality of the people involved in the study?
- 3. Who was responsible for the research team?
- 4. Write four different things that people eat almost every day in the Mediterranean region. (2 marks)
- 5. According to the study, do Mediterranean people drink a lot of wine?

### B. Complete the following sentences. Choose the best answer. (3 marks)

- 1. Heart disease and cancer are ...
- a. kinds of food

- b. kinds of people
- c. kinds of illnesses

- 2. Many people believe that olive oil ...
- a. is not good for you.b. is responsible for the good health of Mediterranean people.
- c. should be consumed in moderation.
- 3. The study was published ...
- a. in the University of Athens Medical School
- b. by Reuters in Boston
- c. in the New England Journal of Medicine.

### Food around the World

For 99% of human history, people took their food from the world around them. They ate all they could find, and then moved on. Then about 10,000 years ago, people learned to farm the land and control their environment.

The kind of food we eat depends on which part of the world we live in. For example, in the south of China they eat rice, but in the north they eat noodles. In Scandinavia, they eat a lot of herrings, and the Portuguese love sardines. But in central Europe, away from the sea, people don't eat so much fish, they eat more meat and sausages. In Germany and Poland, there are hundreds of different kinds of sausage.

In North America, Australia and Europe, there are two or more courses to every meal and people eat with knives and forks. In China, there is only one course, all the food is together on the table, and they eat with chopsticks. In parts of India and the Middle East, people use their fingers and bread to pick up the food.

Nowadays, it is possible to transport food easily from one part of the world to the other. We can eat what we like, when we like, at any time of the year. Bananas come from the Caribbean or Africa; rice comes from India or China; strawberries come from Chile or Spain. Food is a very big business. But people in poor countries are still hungry, and people in rich countries eat too much.

Source: unknown

### C. Read the article carefully and decide if these sentences are true or false. (6 marks)

- 1. All the Chinese eat the same type of food.
- 2. Farms have always existed.
- 3. In Scandinavia, they eat a lot of fish.
- 4. People in China use a knife and fork to eat.
- 5. According to the article, people from the U.S., Europe and Australia eat too much.
- 6. According to the article, we can eat strawberries all year round because they are easy to grow.

# II. Use of English Section (25 marks)

A. Fill in the gaps	with the	correct form	of these
verbs (8 marks)			

	2					
	go lose stop drink eat have do get (x2)					
_	五					
1	I go to the gym every weekend					
2	1					
3						
4	I smoking about four years ago.					
5	I hardly ever fried food these days.					
6	You shouldn'tstressed about work.					
7	Do you know a good way to weight?					
8	I a heart attack when I was only 41.					
9	I didn't any alcohol last week.					
	Source: Face2Face Elementary Teacher's Book/Chris Redston					
	& Rachel Clark/CUP/2005/Progress Tests page 221					
P	. Write the correct questions for the following					
	nswers. (3 marks)					
1	B: They're very generous					
2	A:					
_						
	B: He likes going to the gym and playing tennis.					
2						
3						
4	B: She's quite tall and slim with blonde hair.					
4	A:					
C	B: He's very funny but he's not very generous					
7	ource: Face? Face Flementary Teacher's Book / Chris Redston					

# C. Read the following email. Put the verbs in brackets in the Present Simple, Present Continuous, Past Simple or Present Perfect. (8 marks)

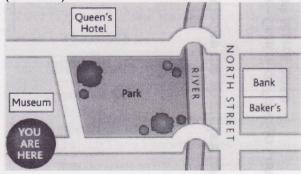
& Rachel Clark/CUP/2005/Progress Tests page 221

How <u>are you</u> ? I hope you`re OK. At the moment I (sit) in an Internet café. I (arrive) in London two days ago and I (want) to do an English course for a month you ever (go) to London? It`s an amazing city, but I (not
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ever(go) to London? It`s an amazing city, but I(not
ever(go) to London? It`s an amazing city, but I(not
an amazing city, but I(not
understand) the people very well -
the problem is they (talk)
very fast.
I`m here with one of my cousins,
Javier. You (meet) him
Javier. You (meet) him last year when you (come)

(do) some shopping in
Oxford Street at the moment because
he(need) to buy a new coat.
Javier(visit) London a
couple of times for work, so he
(know) a lot of good places
to go. Last night we (go) to
a concert in Camden and
(see) a new band called The Love
Doctors - it(be) great!
Well, my phone (ring) -
it`s probably Javier. I`ll write
again soon.
Love Julie

Source: Face2Face Elementary Teacher's Book/Chris Redston & Rachel Clark/CUP/2005/Progress Tests page 224

# Look at the map. Then fill in the gaps 1-13. (3 marks)



A Excu	se me. Is there a b	ank here?			
B Yes,	one in N	orth Street. Go			
	this road and	go the			
bridge.	bridge. Then turn left - that's North Street. The				
bank is	your right,	a baker`s.			
A Excu	se me. Do you	the Queen's			
Hotel?					
B Yes,	go this roa	ad and turn left. Go			
	_ the museum and	d turn The			
Queen's	Hotel is	_ the park. You can`t			
	_ it.				
Source: Face2Face Elementary Teacher's Book/Chris Redstor					
& Rachel Clark/CUP/2005/Progress Tests page 222					

# E. Agree $(\checkmark)$ or disagree (X) with these statements. (3 marks)

statements. (3 marks)		
A: I don't like Mondays.	B: <i>Oh, I do</i>	(X)
A: I haven't got a car.	B:	<b>(√)</b>
A: I hate washing up.	B:	(X)
A: I can't speak German.	B:	<b>(√)</b>
A: I'm an architect.	B:	<b>(√)</b>
A: I didn't go out last weekend.	B:	(X)
A: I went to London last Saturda	ay. B:	<b>(</b> ✓)
Source: Face2Face Pre-Intemediate Teache	r's Book/Rachel	Clark
& Anna Young /CUP/2005/Progress T	ests page 211	

## III. Listening Section (10 marks)

Listen to some telephone messages. Decide if each statement is true or false (10 marks). One

- 1. David has curly brown hair and blue eyes.
- 2. David's number is 981 2146.

#### Two

- 3. Mary is at her boyfriend's house.
- 4. Susy should call Mary at 7 o'clock in the morning.

### Three

- 5. The man's last name is ROJIRS.
- 6. He's calling about Susy's travel reservations.

### Four

- 7. Susy can call Linda any day of the week.
- 8. Her number is 537 8665.

### Five

- 9. Andre invited Kathy to the movies.
- 10. Kathy can't go because she is sick.

# IV. Writing Section (15 marks)

- A. Write a letter to Tony who is overweight. Write down five things he should do to lose weight and why he should do them.  $(7\frac{1}{2} \text{ marks})$
- B. Write about what you do in your free time. Give as many details as possible. (71/2 marks)
- V. Oral Exam (15 marks)
- VI. Homework and Tests (20 marks)