



ABAU

Código: 12

XUÑO 2017

OPCIÓN A

1.

The use of music as a therapeutic method proves that this is beneficial both for mental health and for our physical well-being. One of the best examples is its application in babies to get them to sleep.

It is a fact that the body responds to the sound of music and literally reacts by moving rhythmically to it, but it also makes us react emotionally making us feel good and helps to improve our memory capacity.

2.

- a) trained to
- b) essential
- c) quicken
- d) improve

3.

- a) Even when babies are one day old are able to detect differences in rhythmic patterns.
- b) The writer asked the readers if they had ever walked down the street and noticed that they were moving to the rhythm.
- c) Music affects our motor nerves, which allows our muscles to move to the rhythm.
- d) This can be used to help stimulate a person in coma by music therapists.

4.

a)

The author offers us a clear example of how our body naturally responds rhythmically to the stimulus of music since we are children.

b)

Therapists can use it in cases of coma and also dementia. In the latter, music therapy seems to favor patients remembering events from their past lives.

5.

Dear friend,

I will not ask you how you are feeling at this very moment because the answer is of course that you are exhausted and stressed out with that exam. I just want you to know that all the teachings that I have tried to instill in you and the advice I have given you only pursue my desire to do you the best good. The truth is that there are moments in life that everything seems impossible to overcome, but believe me if I say that nothing away from reality, even the weakest of mortals can achieve their goals. I trust everything will work out well now or later or when it has to be. Besides, you are already my hero, you know, you do not need a cloak to be a hero, just a skateboard is enough.

See you soon mate.

Love,

(Signature)



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OPCIÓN B

1.

According to data provided by the USDA, Americans appear to be large consumers of meat while only 5% of the population are vegetarians. From the perspective of the latter, eating meat is a cruel and unnecessary act of, among other things, making animals suffer. On the other hand are those who believe that the consumption of animal meat is part of the natural and vital process that contributes health and enriches a good diet.

2.

- a) harms
- b) plentiful
- c) oppose
- d) elevate

3.

- a) The recommended dietary allowances can be met for nutrients by a vegetarian diet.
- b) It is cruel and unethical to kill animals for food since non-animal food sources are plentiful.
- c) Eating meat not only harms health and wastes resources but it also causes deforestation.
- d) If you produce vegetables, you will cause many environmental problems.

4.

a)

Apparently, they believe that these animals should not simply die to satisfy the "whims" of people who do not need it to follow a healthy diet because there are enough other supplementary resources. What is more, there are studies that show that animals suffer from states such as fear and stress.

b)

According to the text, in the food chain the death of a living organism benefits the next, thus following a life cycle that would not be possible to maintain otherwise. In this way, both meat and vegetables are part of the chain and both are equally important.

5.

It is a fact that quality and quantity are not at odds with Galician food. It is true that our diet, in its measure, is an arsenal of great qualities of flavor and nutrients that certainly make us strong. However, we often fail to exceed the limits of desirable consumption, and more when it comes to food with a high fat content, vegetable and animal type. On the other hand, it is very probable that I would not have followed the same diet if I had been born in the heart of a Mediterranean family, so it is important to bear in mind that the context and the dietary needs are different, both the climate and the culture are key factors that determine our diet to a greater or lesser extent.