

EXERCICI 8: SEGONA LLENGUA ESTRANGERA - ANGLÉS I i II
EJERCICIO 8: SEGUNDA LENGUA EXTRANJERA - INGLÉS I y II
(Durada / Duración: 1 h 30 min)

Read the following text:

Just Juice

Can giving up food really improve your health? Joanne Fullerton spent a week at a retreat centre to find it out.

When I arrived at the Just Juice Retreat Centre, I was feeling a bit nervous. I was going to do a seven-day fast, drinking only fresh organic fruit and vegetable juices. I'm the type of person that eats three meals a day and can't wake up without a cappuccino, so the idea of living on juice for a week was rather terrifying.

After checking in, I was taken to the guest house where everyone was staying. Louise, the person who I was sharing a room with, had been on the retreat four times and she looked healthier than anyone I'd ever met. According to Rachel Carr-Hill, the woman whose fasting programme we were following, going without food is one of the best things we can do for our health. The food that we usually eat contains toxins which stay in our bodies and stop our digestive system working properly. When we fast, our body doesn't have to digest food, so it has time to get rid of these toxins.

The first day started with yoga at seven o'clock and then we had "breakfast" –a big glass of carrot juice. We spent the day listening to talks about health, having massages and relaxing, with a different juice meal every three hours. On the second day I had an awful headache and felt as if I was getting a cold. Apparently it was a normal reaction because my body was starting to get rid of the toxins. On day three my headache was much worse and this was also when I started getting really hungry. I began daydreaming about cheeseburgers, pasta, chocolate – anything but more juice. However, by day five the hunger had gone and I felt more relaxed than I'd been for years.

At the end of the retreat. I'd lost three kilos and felt like a new woman. Now I'm much more careful about what I eat – but I still can't live without my morning cappuccino!

By Joanne Fullerton, published at Face2face, Klett Verlag

1. State in your own words what the text means by (paragraph 2):

"According to Rachel Carr-Hill, the woman whose fasting programme we were following, going without food is one of the best things we can do for our health."

2. Decide whether the following statements are true or false, according to the text. Write T or F. If the answer is not mentioned in the text, mark it false.

- a) Joanne was scared because she thought she would be forced to drink cappuccinos.
- b) Louise worked at the retreat center.
- c) Fasting helps your body to get rid of toxins.
- d) Since the retreat Joanne hasn't drunk cappuccino anymore.

3. These words and expressions are found in the text: FOOD, RETREAT, TERRIFYING, TYPE, PROPERLY, FAST, RATHER, ACCORDING. Choose the ones that mean the same as the following.

- a) diet
- b) a bit
- c) retirement
- d) kind

4. Choose the best option (a, b or c), according to the text. Only one answer is correct.

1. 1. According to Rachel Carr-Hill
 - a) it is healthy to eat food for a while.
 - b) there is a fast program we shouldn't follow.
 - c) we should stop eating for a while if we really want to be healthy.
2. When we fast
 - a) our digestive system starts working quickly again.
 - b) we eliminate things which aren't healthy for our body.
 - c) we are probably saving our lives.
3. On the first day
 - a) she felt really awful.
 - b) she had a fruit juice for breakfast.
 - c) She had a different juice every three hours.
4. On the second day
 - a) she couldn't have any juice.
 - b) she felt how the diet was having effects on her.
 - c) she caught a cold.

5. Answer the questions using your own words.

- 1) Would you like to go on a retreat as the one in the article. Why?/Why not?
- 2) Do you know anyone who has done a retreat like this? If so, did they enjoy it?

Críteris de qualificació / Criterios de calificación	
<ul style="list-style-type: none"> - Cada pregunta té una valoració de 2 punts. - En les preguntes amb opció, es descomptaran 0,5 punts per cada resposta errònia. - Es tindrà en compte la coherència amb el tema, la correcció gramatical (morfologia, sintaxi i ortografia), la correcció en la tria del vocabulari i la capacitat de comunicació. - L'exercici es qualificarà amb una puntuació numèrica entre 0 i 10 punts, sense decimals, i es consideraran negatives les qualificacions inferiors a 5. 	<ul style="list-style-type: none"> - Cada pregunta tiene una valoración de 2 puntos. - En las preguntas con opción, se descontarán 0,5 puntos por cada respuesta errónea. - Se tendrá en cuenta la coherencia del tema, la corrección gramatical (morfología, sintaxis y ortografía), la correcta elección del vocabulario y la capacidad de comunicación. - El ejercicio se calificará con una puntuación numérica entre 0 y 10 puntos, sin decimales, y se considerarán negativas las calificaciones inferiores a 5.