



Castilla-La Mancha

Consejería de Educación,
Cultura y Deportes

PRUEBAS DE CERTIFICACIÓN

INGLÉS / B1

COMPRENSIÓN DE TEXTOS ESCRITOS

SESIÓN ORDINARIA 2023

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 45 minutos.**
- **PUNTUACIÓN:** Será necesario superar todas y cada una de las cinco actividades de lengua de las que constan las pruebas de certificación con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 65%.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

| | | |
|---------------|----------------------------------|--------------------------------|
| APELLIDOS: | | |
| NOMBRE: | | DNI: |
| COMISIÓN: | OFICIAL <input type="checkbox"/> | LIBRE <input type="checkbox"/> |
| CALIFICACIÓN: | | |

TASK 1

Read the text and choose the best answer (A, B or C). Answer (0) is an example. Write your answers in the Answer Box. (1 item = 0.8)

LEVI STRAUSS



Levi Strauss was born in the city of Buttenheim, Germany on February 26, 1829. He was the youngest of six children. Growing up in Germany was tough on his family because they were Jewish. Many people there didn't like Jews and made it difficult on Levi and his family.

When Levi was sixteen, his father died from tuberculosis. Since Levi's older brothers were already living in America, his mother decided to move the family there. In 1847, together with his mom and two sisters, Levi boarded a ship and headed to America. They lived in New York City where his brothers had opened a dry goods business.

While living in New York, Levi worked for his brothers. He learned about the merchant business and how to run a store. Levi had heard about the California Gold Rush and thought this would be an excellent opportunity for a new business. In 1853, he boarded a ship and took the long voyage around South America to San Francisco, California. He didn't go to California for gold, he was going to open a dry goods store and make his fortune in business.

Once in San Francisco, Levi opened up a dry goods store called Levi Strauss & Co. One big advantage that Levi had over other stores was that he was able to get supplies from his brothers in New York. He sold all sorts of products including sewing supplies, clothing, canvas for tents, bedding, and tools.

Over the years, Levi's business grew. At first, he mostly supplied goods for gold prospectors, but as the city of San Francisco grew, he began to provide goods for the families that lived in the city as well. He also became a supplier for smaller stores and outposts located outside the city. Levi became a prominent and respected businessman and citizen in the city.

In 1872, Levi Strauss was approached by a Nevada tailor named Jacob Davis. Davis had invented a new way to make durable work pants. Davis, however, could not make enough of them and he needed help. Strauss hired Davis and began to manufacture the new type of pants in volume.

At first these new pants were made with canvas, but eventually Strauss began to use a tough material called denim. The denim was dyed blue to hide stains. Strauss called these pants "waist high overalls", but they eventually became known as "Levi's" or "blue jeans." The pants were very popular and soon Levi had built a large factory just to manufacture the pants. He continued to sell other items, but he became famous and made the most money off of his unique pants.

(Adapted from: ducksters.com)

0. **Levi had a difficult time growing up because...**
 - A. he had many brothers and sisters.
 - B. he was much younger than everyone else.
 - C. his family was different from other people.
1. **Levi's mother moved the family to New York because...**
 - A. his father died.
 - B. of a business opportunity.
 - C. they had family there.
2. **Levi went to California because he...**
 - A. heard about it from his brothers.
 - B. thought he could make a fortune in gold.
 - C. wanted to start his own company.
3. **A difference between Levi's store and the others was that...**
 - A. he could get his products more easily.
 - B. he sold a wide variety of products.
 - C. his brothers were living in New York.
4. **Originally, Levi sold his products to...**
 - A. a select group of people.
 - B. families living in San Francisco.
 - C. other businesses outside the city.
5. **When Jacob Davis met with Levi, he...**
 - A. needed a way to make his new product stronger.
 - B. wanted help with the design of a new type of pants.
 - C. was looking for a way to produce more of his product.
6. **An advantage for using denim was that it...**
 - A. had a more effective color for hiding stains.
 - B. was more popular than other types of material.
 - C. was stronger than the original material.
7. **As a result of the new pants, Levi...**
 - A. changed the name of the product.
 - B. constructed a special place to make the product.
 - C. had difficulty selling other products.
8. **By reading this article, we learn...**
 - A. how Levi jeans are made.
 - B. the history of Levi jeans.
 - C. why Levi jeans are so popular.

ANSWER BOX

| QUESTION | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|----------|---|---|---|---|---|---|---|---|---|
| ANSWER | C | | | | | | | | |

TASK 2

Read the text and complete each numbered space (9-16) with the extract (A-K) which best completes the sentence. There are TWO extra extracts. Space (0) is an example. Write your answer in the Answer Box. (1 item = 0.8).

AWAKE AT 3 A.M.? READERS OFFER ADVICE

Many people had sleepless nights during the pandemic. Readers talked about (0) _____.

A teacher (9) _____ has trouble getting back to sleep at 3 a.m. She closes her eyes and thinks of an electrical wiring scheme in a kitchen. The mental exercise induces boredom, much like counting sheep. This helps her (10) _____. Sometimes she recites the names of every state in America in alphabetical order. "I have not yet made it past 'N,'" she said.

A reader created a ritual. When he has trouble falling back to sleep late at night, he takes a mental (11) _____. To make himself sleepy, he thinks about the trip in detail. He sees himself packing his luggage, walking down his steps, loading his car, and pulling out of his driveway. Then he drives along familiar highways to get to Seattle, Portland, or San Francisco. "Part of the trick is you want to make an itinerary that is going to take a while to end," he said. "To make this work, you do not actually want to get to your final destination — you want to fall asleep along the way. This is the one time when (12) _____ is a good thing."



A reader focuses her mind on calming childhood memories. "In my mind, I take a tour of my childhood home, and I fall asleep," she said. Others told (13) _____ a former school or library. They see small details such as the wallpaper, a stack of books, or a collection of photographs. Others make themselves (14) _____ audiobooks, chants, or BBC Radio. There are sleep apps like *Calm*. Some listen to the tranquil, underwater sounds of whales. "Whales talking at low volume seems to do the trick for me," one reader said. Another said he prefers classical music. "If I lie awake, at least I get a little taste of culture," he said. Breathing exercises can (15) _____. One popular exercise is the 3-4-5 technique. It involves breathing in for three seconds, holding your breath for four seconds, and then slowly exhaling to the count of five. Another suggestion: Make sure your (16) _____. Keeping your space between 16-20 degrees Celsius can promote better sleep.

(Adapted from: *thetimesinplainenglish.com*)

EXTRACTS

| | | |
|--|--------------------------------------|--|
| A. bedroom isn't too warm | E. journey to another city | I. us they think about J. what worked for them K. who also renovates houses |
| B. fall back to sleep | F. routine exercise adding up | |
| C. falling asleep while driving | G. sleepy by listening to | |
| D. help you get relaxed | H. they fall asleep in | |

ANSWER BOX

| QUESTION | 0 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|----------|---|---|----|----|----|----|----|----|----|
| ANSWER | J | | | | | | | | |

Marks 2: _____/6,4

TASK 3

Read the text and choose the best heading for each paragraph. There are **TWO** extra headings. Paragraph (0) is an example. Write your answers in the Answer Box. (1 item = 0.8).

EASY WAYS TO EAT LESS PROCESSED FOOD

Here are 10 realistic strategies to help you eat less processed food:



G. KEEP HEALTHY SNACKS READY

0. Keeping your kitchen stored with plenty of nutritious snacks like fresh fruit or mixed nuts, can make it much easier to make healthy choices when you are in a hurry.

17. If you're feeling adventurous, give your favorite processed foods a healthy twist by recreating them in your kitchen. This gives you complete control of what you're putting on your plate while letting you experiment with interesting new ingredients. I love trying to recreate meals from my favorite restaurants at home.

18. One of the simplest ways to reduce your intake of processed foods is to start trading them for healthier whole foods. Instead of refined grains like white pasta, rice and bread, use whole grain alternatives.

19. Sugary beverages like soda, sweet tea, fruit juice, and sports drinks are high in sugar and calories but low in essential nutrients. Trading these drinks for water throughout the day is a great way to cut back on your intake of processed foods.

20. Planning and making meals in large quantities once or twice each week ensures that you have plenty of nutritious meals ready in your fridge even when you're too busy to cook. To get started, set aside a specific time to prepare your meals.

21. Include at least one serving of vegetables to increase your intake of healthy, unprocessed foods. Vegetables are highly nutritious and great sources of fiber, which keeps you feeling full between meals.

22. It's much easier to limit your intake of processed foods when you don't have any on hand. Next time you go to the grocery store, fill your cart up with healthy, minimally processed ingredients like fruits, vegetables, whole grains, and legumes.

23. You can trade your sugary breakfast cereal for a bowl of oatmeal with fresh fruit or pop your own popcorn on the stove in place of microwave popcorn, or prepare a homemade vinaigrette with olive oil and vinegar in place of processed dressings.

24. You can simply exchange sausages and hot dogs for varieties of meat, such as fresh chicken or turkey. You can also replace packaged lunch meats with other sandwich fillings and eat more plant-based proteins, such as beans or lentils.

25. There's no need to completely eliminate processed foods from your diet all at once. In fact, making gradual changes is often more effective and sustainable in the long run.

(Adapted from: healthline.com)

| HEADINGS | |
|----------|--------------------------------------|
| A. | CHANGE YOUR SHOPPING ROUTINE |
| B. | DRINK MORE WATER |
| C. | ELIMINATE SALAD DRESSINGS |
| D. | TRY MORE NATURAL CEREALS |
| E. | GET CREATIVE IN THE KITCHEN |
| F. | INCLUDE MORE VEGETABLES IN YOUR DIET |
| G. | KEEP HEALTHY SNACKS READY |
| H. | MAKE CHANGES SLOWLY |
| I. | STOP HAVING MEAT |
| J. | TRY PREPARING YOUR MEALS IN ADVANCE |
| K. | A VARIETY OF SIMPLE SUBSTITUTIONS |
| L. | TURN TO HEALTHIER VARIETIES OF MEAT |

ANSWER BOX

| PARAGRAPH | 0 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|-----------|---|----|----|----|----|----|----|----|----|----|
| HEADING | G | | | | | | | | | |

Marks 3: _____ /7,2

| TASK 1 | TASK 2 | TASK 3 | TOTAL MARK |
|--------|--------|--------|------------|
| | | | _____/20 |

TASK 1
LEVI STRAUSS

ANSWER KEY

| ITEM | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|---|---|---|---|---|---|---|---|---|
| ANSWER | C | C | C | A | A | C | C | B | B |

TEXT

Levi Strauss was born in the city of Buttenheim, Germany on February 26, 1829. He was the youngest of six children. **Growing up in Germany was tough on his family because they were Jewish. Many people there didn't like Jews and made it difficult on Levi and his family (0).**

When Levi was sixteen, his father died from tuberculosis. **Since Levi's older brothers were already living in America, his mother decided to move the family there (1).** In 1847, together with his mom and two sisters, Levi boarded a ship and headed to America. They lived in New York City where his brothers had opened a dry goods business.

While living in New York, Levi worked for his brothers. He learned about the merchant business and how to run a store. Levi had heard about the California Gold Rush and thought this would be an excellent opportunity for a new business. In 1853, he boarded a ship and took the long voyage around South America to San Francisco, California. **He didn't go to California for gold, he was going to open a dry goods store and make his fortune in business (2).**

Once in San Francisco, Levi opened up a dry goods store called Levi Strauss & Co. **One big advantage that Levi had over other stores was that he was able to get supplies from his brothers (3)** in New York. He sold all sorts of products including sewing supplies, clothing, canvas for tents, bedding, and tools.

Over the years, Levi's business grew. **At first, he mostly supplied goods for gold prospectors (4),** but as the city of San Francisco grew, he began to provide goods for the families that lived in the city as well. He also became a supplier for smaller stores and outposts located outside the city. Levi became a prominent and respected businessman and citizen in the city.

In 1872, Levi Strauss was approached by a Nevada tailor named Jacob Davis. Davis had invented a new way to make durable work pants. **Davis, however, could not make enough of them and he needed help (5).** Strauss hired Davis and began to manufacture the new type of pants in volume.

At first these new pants were made with canvas, but eventually **Strauss began to use a tough material called denim (6).** The denim was dyed blue to hide stains. Strauss called these pants "waist high overalls", but they eventually became known as "Levi's" or "blue jeans." The pants were very popular **and soon Levi had built a large factory just to manufacture the pants (7).** He continued to sell other items, but he became famous and made the most money off of his unique pants.

(8) General context

(Adapted from: ducksters.com/biography/entrepreneurs/levi_strauss.php, 441 words)

TASK 2
AWAKE AT 3 A.M.? READERS OFFER ADVICE

ANSWER KEY

| | | | | | | | | | |
|---------------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| GAP | 0 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| ANSWER | J | K | B | E | C | I | G | D | A |

TEXT

Many people had sleepless nights during the pandemic. Readers talked about **what worked for them (0)**.

A teacher **who also renovates houses (9)** has trouble getting back to sleep at 3 a.m. She closes her eyes and thinks of an electrical wiring scheme in a kitchen. The mental exercise induces boredom, much like counting sheep. This helps her **fall back to sleep (10)**. Sometimes she recites the names of every state in America in alphabetical order. “I have not yet made it past ‘N,’” she said.

A reader created a ritual. When he has trouble falling back to sleep late at night, he takes a mental **journey to another city (11)**. To make himself sleepy, he thinks about the trip in detail. He sees himself packing his luggage, walking down his steps, loading his car, and pulling out of his driveway. Then he drives along familiar highways to get to Seattle, Portland, or San Francisco.

“Part of the trick is you want to make an itinerary that is going to take a while to end,” he said. “To make this work, you do not actually want to get to your final destination — you want to fall asleep along the way. This is the one time when **falling asleep while driving (12)** is a good thing.”

A reader focuses her mind on calming childhood memories. “In my mind, I take a tour of my childhood home, and I fall asleep,” she said. Others told **us they think about (13)** a former school or library. They see small details such as the wallpaper, a stack of books, or a collection of photographs.

Others make themselves **sleepy by listening to (14)** audiobooks, chants, or BBC Radio. There are sleep apps like Calm. Some listen to the tranquil, underwater sounds of whales. “Whales talking at low volume seems to do the trick for me,” one reader said. Another said he prefers classical music. “If I lie awake, at least I get a little taste of culture,” he said.

Breathing exercises can **help you get relaxed (15)**. One popular exercise is the 3-4-5 technique. It involves breathing in for three seconds, holding your breath for four seconds, and then slowly exhaling to the count of five.

Another suggestion: Make sure your **bedroom isn’t too warm (16)**. Keeping your space between 16-20 degrees Celsius can promote better sleep.

(Adapted from: thetimesinplainenglish.com, 29/09/202, 394 words)

TASK 3
EASY WAYS TO EAT LESS PROCESSED FOOD

ANSWER KEY

| | | | | | | | | | | |
|---------------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| TITLE | 0 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| ANSWER | G | E | D | B | J | F | A | K | L | H |

TEXT

Here are 10 realistic strategies to help you eat less processed food.

G. KEEP HEALTHY SNACKS READY

0. Keeping your kitchen stored with plenty of nutritious snacks like fresh fruit or mixed nuts, can make it much easier to make healthy choices when you are in a hurry.

E. GET CREATIVE IN THE KITCHEN

17. If you're feeling adventurous, give your favorite processed foods a healthy twist by recreating them in your kitchen. This gives you complete control of what you're putting on your plate while letting you experiment with interesting new ingredients. I love trying to recreate meals from my favorite restaurants at home.

D. TRY MORE NATURAL CEREALS

18. One of the simplest ways to reduce your intake of processed foods is to start trading them for healthier whole foods. Instead of refined grains like white pasta, rice and bread, use whole grain alternatives.

B. DRINK MORE WATER

19. Sugary beverages like soda, sweet tea, fruit juice, and sports drinks are high in sugar and calories but low in essential nutrients. Trading these drinks for water throughout the day is a great way to cut back on your intake of processed foods.

J. TRY PREPARING YOUR MEALS IN ADVANCE

20. Planning and making meals in large quantities once or twice each week ensures that you have plenty of nutritious meals ready in your fridge even when you're too busy to cook. To get started, set aside a specific time to prepare your meals.

F. INCLUDE MORE VEGETABLES IN YOUR DIET

21. Include at least one serving of vegetables to increase your intake of healthy, unprocessed foods. Vegetables are highly nutritious and great sources of fiber, which keeps you feeling full between meals.

A. CHANGE YOUR SHOPPING ROUTINE

22. It's much easier to limit your intake of processed foods when you don't have any on hand. Next time you go to the grocery store, fill your cart up with healthy, minimally processed ingredients like fruits, vegetables, whole grains, and legumes.

K. A VARIETY OF SIMPLE SOLUTIONS

23. You can trade your sugary breakfast cereal for a bowl of oatmeal with fresh fruit or pop your own popcorn on the stove in place of microwave popcorn, or prepare a homemade vinaigrette with olive oil and vinegar in place of processed dressings.

L. TURN TO HEALTHIER VARIETIES OF MEAT

24. You can simply exchange sausages and hot dogs for other kinds of meat, such as fresh chicken or turkey. You can also replace packaged lunch meats with other sandwich fillings and eat more plant-based proteins, such as beans or lentils.

H. MAKE CHANGES SLOWLY

25. There's no need to completely eliminate processed foods from your diet all at once. In fact, making gradual changes is often more effective and sustainable in the long run.

(Adapted from: healthline.com,03/10/2022, 413 words)