

PREPARATORIA OFICIAL NO. 86 GUÍA EXAMEN EXTRAORDINARIO

No. Lista _____

SEGUNDO SEMESTRE

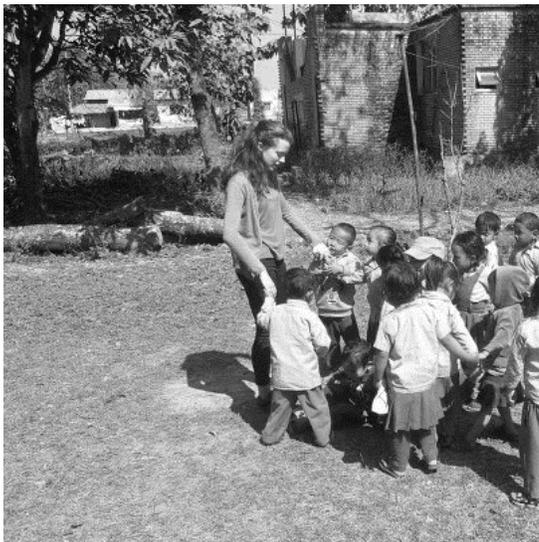
CICLO ESCOLAR 2019 – 2020 II

EXAMEN

Asignatura: Inglés VI
Profesor: S. Ivonne Barrón Hernández
Grado: Tercero Grupo: Turno: Matutino
Nombre del Alumno:
No. Aciertos: Calificación:

I. READ NEXT TEXT AND ANSWER QUESTIONS AFTER IT

David and Lauren Scruggs, Volunteered on the Rural Community Project, Nepal, in February 2013



For my daughter's 18th birthday I promised to take her anywhere or do anything she wanted. When the answer was "I want to do volunteer working Nepal" it literally brought tears to my eyes.

I was impressed with the projects available and my daughter and I opted to work at the Daycare Center in the Chitwan region. Admittedly, we were both a bit scared of the unknown on our way out to Nepal. We are both seasoned travellers but this was the first time we travelled to a less developed country and neither of us knew what to expect.

We were greeted at the airport by staff and we immediately put at ease. Despite the somewhat different (read nail-biting) drive from the airport to the hotel, we settled in and were accompanied by Phil Palmer into Kathmandu for a quick visit and a bite to eat. The first night was a shocker and an eye-opener having seen kids no more than 10 years old living on the street, camping by fires and sniffing glue to forget they surely

wanted to stay warm. The constant barking of the numerous wild dogs and the images of homeless kids made sleep that night hard to find.

The next day we were greeted by Phil and Sunju in the hotel. Sunju spent the day taking us around Kathmandu to temples, museums and markets. It was a pleasure to see Kathmandu in the daytime and we quickly felt more comfortable with the environment. Phil and Sunju made sure we felt comfortable and that was well received by both my daughter and myself. We then took a bus to Chitwan where we were met by our homestay family.

They brought us to our room and we rested up. They immediately made us feel at home and looked after us like family. We worked for week at the Daycare Center and working with the kids and staff was an absolute delight. From playing with them to teaching them the alphabet, washing their faces to fixing lunches, it was all just an amazing experience. Dilu and Binu (our homestay Dad and Mom) made our stay in Chitwan an excellent experience. We even had time for a few elephant safaris and jungle walks. To top it off they organized the biggest and best 18th birthday party anyone could have ever imagined, with several people from the village over dancing and sharing local tradition with Lauren.

I was speechless. I was moved by the poverty. I was motivated by the beauty. I was encouraged by how happy and friendly people can be when they have so little. Kids playing hacky sack with makeshift elastic

band balls, families and friends just sitting and talking, people working on the farms, in the numerous little home shops... everything just seemed to be in harmony.

For our second week, we decided to travel and see some of the rest of Nepal. For the first time in 20 odd years Dilu left Binu for more than the day and came with us. He took us to Bandipur and to Pokhara looking out for us and taking us to visit some of the most amazing places we have ever seen. Upon our return to Kathmandu we met up with Phil and he found us another hotel on my request away from the howling dogs, he brought us there and made sure we got settled in before meeting up with us later that night to enjoy dinner with some new volunteers.

I spent a lot of time talking to Raj and Phil and I am admired by their dedication and their selflessness. They work hard and make sure that the volunteers have an excellent experience... while helping people in Nepal get access to education, medical care, shelter, and some of their ideas and new projects on how to help Nepal have captivated me.

I would like to thank everyone for making this experience possible. I highly recommend for any volunteer looking to help people and gain an amazing and unforgettable experience

a. Answer next questions, understanding the text. Wrote the answer's letter on the line

1. Who wrote the text?

2. What is this text about?

3. Where did they go?

4. What kind of people are Laura and David?

5. What kind of people are Phil and Suju?

6. What kind of people are Dilu and Binu?

7. Where did they stay the first night?

8. How was David's first night at Kathmandu?

10. When did they go to that place?

11. Where is the specific place they were working at?

12. Next is one of the troubles the author mentions in the place he visited

13. Why did they went to Nepal?

14. How did they get the place they worked at?

15. These are two places they visited during their travel to Nepal

b. According to text, complete next statements to make sense sentences.

16. When Laureen said her dad she wanted to be volunteer in Nepal, he got _____

17. People at the village made an _____ birthday party

18. Phil Palmer's dedication is _____ to other people.

19. Kids and dogs near the hotel were _____

20. People from Nepal is named _____ as their nationality

21. People in Nepal are _____ and _____ as their national character

22. Nepal volunteering programs are not _____ to satisfy people's needs

23. Nepalese people are _____ to get access to some elemental services

24. Volunteering is an example of _____. Charity is very related to.

25. David and Laureen's experience was _____ .

II. Read next text and answer questions below.



10 convincing health reasons you should eat more of the stuff

By Andrew Baker
28 October 2016 • 9:30am

Chocolate is the ultimate comfort food, a sure-fire stand-by in times of stress, a reliable source of consolation when life has let us down, and a mood-enhancer¹ and romance-inducer in more positive circumstances. But is it at all healthy?

If you eat greedily lots of it, obviously not. But there are a multitude of medically confirmed ways in which chocolate — good chocolate, which is to say dark chocolate, with a cocoa percentage of around seventy per cent or more — really is good for us.

Research is continuing all the time, and experts have already found that chocolate is good for the heart, circulation and brain, and it has been suggested that it may be beneficial in such major health challenges as autism, obesity and diabetes.

And in fact, the very latest research suggests that eating chocolate could help keep your brain function slipping into old age. Here are ten scientifically established health benefits of good chocolate.

1. It's good for the heart and circulation

A recent study found that dark chocolate **helps restore flexibility to arteries** while also preventing white blood cells from sticking themselves to the walls of blood vessels - both common causes of artery obstruction

2. It reduces risk of stroke

¹ Enhance: make stronger and more powerful

Researchers in Finland have found that chocolate consumption lowers the risk of suffering a stroke - by a staggering 17 per cent average in the group of men they tested.

3. It's mineral rich

Dark chocolate is **packed with beneficial minerals** such as potassium, zinc and selenium, and a 100g bar of dark (70 per cent or more) choc provides 67 per cent of the Recommended Daily Allowances of iron

4. It reduces cholesterol

Consumption of cocoa has been shown to reduce levels of "bad" cholesterol (LDL) and raise levels of "good" cholesterol, potentially lowering the risk of cardiovascular disease.

5. It's good for your skin

The flavanols in dark chocolate **can protect the skin against sun damage** (though you'd probably better still slap on some sun cream), according to a Californian dermatologic laboratory

6. It can help you lose weight

Chocolate can help you lose weight. Really. Neuroscientist Will Clower says a small square of good chocolate melted on the tongue 20 minutes before a meal activates the hormones in the brain that say "I'm full", cutting the amount of food you subsequently consume. Finishing a meal with the same small trigger could reduce subsequent snacking.

7. It's good for mothers and babies

A Finnish study found that chocolate reduced stress in expectant mothers, and that the babies of such mothers smiled more often than the children of non-chocolate-eating parents.

8. It may prevent diabetes

It sounds mad, but **cocoa has been shown to improve insulin sensitivity.** So dark chocolate – in moderation – might delay or prevent the beginning of diabetes.

9. Chocolate is good for the brain

Flavanols are thought to reduce memory loss in older people, and the anti-inflammatory qualities of **dark chocolate have been found beneficial in treating brain injuries** such as concussion. And this is actually being tried in several hospitals, in Japan and Korea.

10. Chocolate makes you feel better

Chocolate contains phenylethylamine (PEA), which is the same chemical that your brain creates when you feel like you're falling in love. PEA encourages your brain to release feel-good endorphins.

As a chocolate lover I would also add that certain kinds of chocolate can be good for the soul: this is chocolate for which the raw materials have been grown with care by farmers who are properly rewarded for their work; then processed by people who take time and care in their work, and finished by chocolatiers who love what they do. It will not be mass-produced, and it may not be cheap. But it will be good for you, heart and soul.

1. Why does chocolate make you feel better? Because

2. Which is the relation between chocolate and diabetes?

3. What is PEA?

4. Where does dark chocolate works in human body?

5. Which are flavanols' effects?

6. When was found chocolate helps to prevent heart attacks?

7. What are the daily recommend consumption of iron?

8. Who found chocolate improve bond between babies and mothers?

9. Where is cocoa used as alternative treatment to brain concussions?

10. Is chocolate better for women or men? Why?

11. Who is Clower?

12. How does chocolate improve your blood circulation?

13. How does chocolate improve your soul?

14. Does chocolate reduce all kind of cholesterol?

15. What cocoa percentage is considered "good chocolate"?

16. What minerals are part of cocoa?

17. Does cheap chocolate help to improve your soul and heart?

18. Who said chocolate is helpful to prevent skin damage?

19. How does chocolate help to lose weight?

20. Can you eat lots of chocolate to become healthier and happier?
