

**PROVA D'ACCÉS - 2**  
**A CICLES FORMATIUS DE GRAU MITJÀ**

**PART SOCIOLINGÜÍSTICA**  
**LLENGUA ANGLESA**

**READING** - A day in the life of Paula Radcliffe - Marathon Runner

I usually wake up my daughter Isla. After I get up, I have a drink and a snack while Isla has also her breakfast. **9.30am** My husband, Gary and I take Isla to nursery and then I start my training. I run, and Gary rides his bike next to me and gives me drinks. Four times a week, I have a cold bath or go for a swim in a lake. **12.30pm** I pick up Isla from nursery and we go home and I eat a big lunch, I have rice and salmon, or toast and peanut butter. After lunch, I play with my daughter. **2pm** I have a nap in the afternoon. When I wake up, I have a drink and a snack while Isla has milk. I eat a lot during the day, especially bananas and dark chocolate.

In the evening, I go running again. In total, I run about 145 miles every week. I write about all my runs in my training journal. In the evening, I do my exercises. Gary and I eat our dinner. I have red meat four times a week with rice, pasta or potatoes, and lots of vegetables. We put Isla to bed and relax. I check my emails and watch TV or chat with Gary. **10.30pm** Time for bed. I enjoy reading, but I haven't read much since Isla was born. (229 words)

Adapted from <http://www.examenglish.com/index.html>

1. **Are the following sentences True or False? Underline the correct option. (¿Son las siguientes frases verdaderas o falsas? Subraya la respuesta correcta)** (0,5 points each = 2 points)

1. Paula and Gary never wake up her daughter Isla. TRUE or FALSE
2. Paula has cold baths or goes for a swim in a lake. TRUE or FALSE
3. Paula doesn't sleep in the afternoon. TRUE or FALSE
4. Paula writes down her runs. TRUE or FALSE
5. Paula eats red meat every day. TRUE or FALSE

2. Answer the following questions. Write a complete sentence. **(Contesta las siguientes preguntas. Responde con una repuesta larga)** (0,4 points each= 2 points)

1. What does Gary do while Paula has her morning run?

\_\_\_\_\_

2. What does Paula eat the most? \_\_\_\_\_

3. What time does Isla go to sleep? \_\_\_\_\_
4. What do Paula and Gary do at night?  
\_\_\_\_\_
5. Does Paula like reading? Does she read? Why or why not?  
\_\_\_\_\_

**3. Answer the following questions about you. (Contesta las siguientes preguntas sobre ti) (0,5 points each = 1,5 points)**

- a. How often do you eat during a day?  
\_\_\_\_\_
- b. Do you eat healthy food? \_\_\_\_\_
- c. What do you have for breakfast?  
\_\_\_\_\_  
\_\_\_\_\_

**4. Which word does not belong to the group? Example: red / blue / short / black**  
( 0,25 points each = 1 point)

- a) apple / banana / meat/ orange  
b) football / basketball/ volleyball / athletics  
c) teacher / class / police officer / cook  
d) Saturday / Monday/ Wednesday / Thursday

**5. WRITING - What do you do during a weekday? Write an e-mail to a friend telling him/her about your routines. (Escribe un e-mail a un amigo/a explicándole tus rutinas diarias) (3,5 points)**

To: \_\_\_\_\_@gmail.com  
From: \_\_\_\_\_@\_\_\_\_\_  
Subject: \_\_\_\_\_

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