

Candidat nº

DNI

NOM

COGNOMS

PROVA DE CERTIFICACIÓ DE COMPETÈNCIA LINGÜÍSTICA

CERTIFICAT DE NIVELL B1

ANGLÈS B1

Data: 28 Març 2015

Temps: 60 minuts

Reading Comprehension

Instructions

- DO NOT OPEN THIS BOOKLET UNTIL YOU ARE TOLD TO DO SO.
- Write your name and surname in CAPITAL LETTERS within the space provided.
- Do NOT use pencil.
- Write your answers in the spaces provided in this booklet.
- When time expires, stop writing and hand in this booklet.

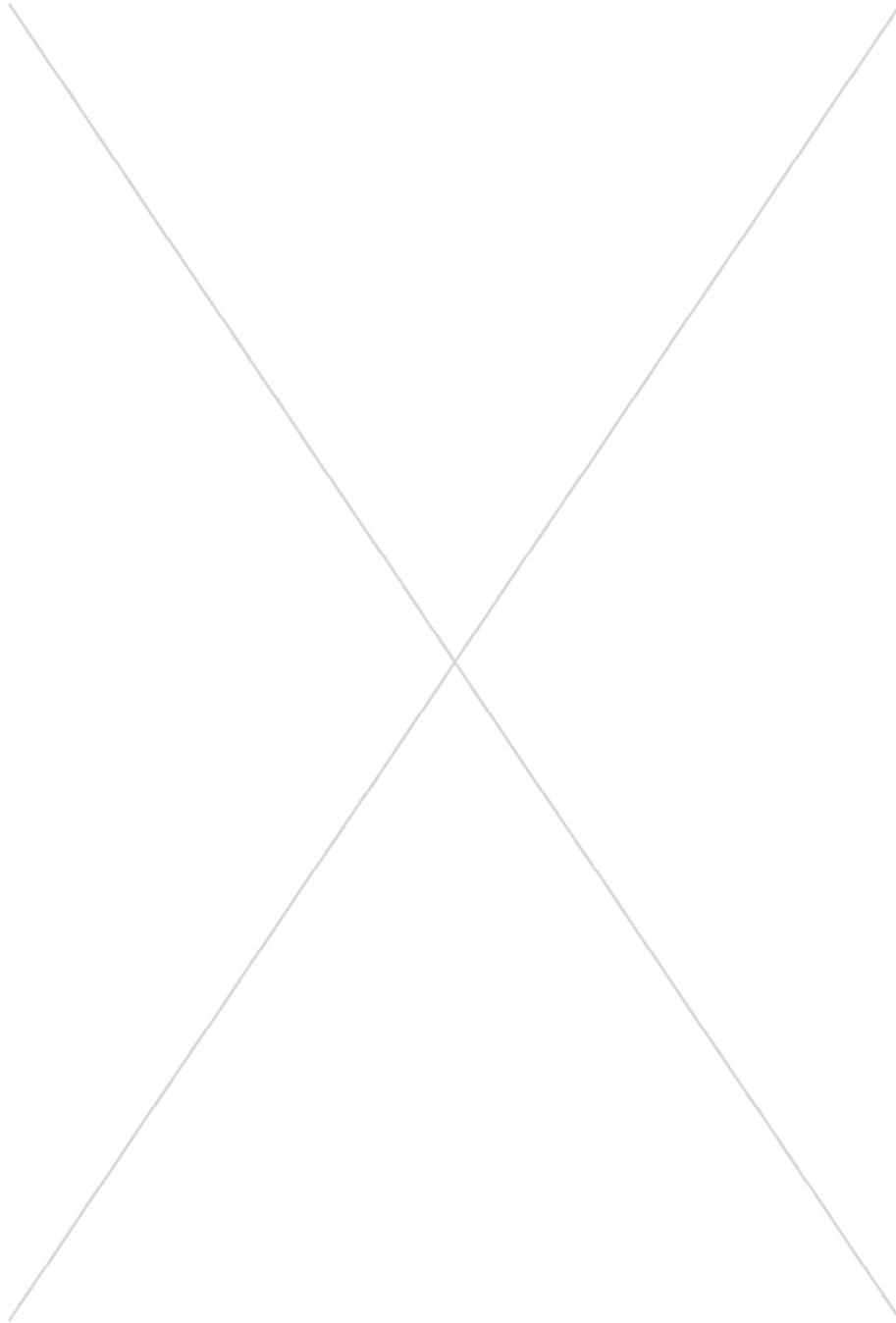
Information

This section consists of 3 tasks.

I have read and understood the instructions above

Signature:

Absent



READING TASK 1 (Q1-Q7)

- Read this text about Sleep.
- Match the headings (Q0-Q7) with their corresponding paragraphs (A-J). The first one (Q0) has been done for you as an example.
- Write your answers in the space provided.

Tips from The Sleep Council can help you have a more restful night.

A

Going to bed and getting up at roughly the same time every day will programme your body to sleep better. Choose a time when you're most likely to feel sleepy.

Your bedroom should be kept for rest and sleep. Keep it as quiet and dark as possible. It should be neither too hot nor too cold. Temperature, lighting and noise should be controlled so that the bedroom environment helps you to fall (and stay) asleep.

B

It's difficult to get restful sleep on a mattress that's too soft or too hard, or a bed that's too small or old. If you have a pet that sleeps in the room with you, consider moving it somewhere else if it often makes noise in the night.

C

Moderate exercise on a regular basis, such as swimming or walking, can help relieve some of the tension built up over the day. Make sure that you don't do vigorous exercise too close to bedtime, however, as it may keep you awake.

D

Cut down on stimulants such as caffeine in tea or coffee, especially in the evening. They interfere with the process of falling asleep, and they prevent deep sleep. The effects of caffeine can last a long time (up to 24 hours), so the chances of it affecting sleep are significant. Instead, have a warm, milky drink or herbal tea.

E

Too much food or alcohol, especially late at night, can interrupt your sleep patterns. Alcohol may help you to fall asleep initially, but it will disrupt your sleep later on in the night.

F

Have a warm bath, listen to quiet music or do some gentle yoga to relax the mind and body. Your doctor may be able to recommend a helpful relaxation CD.

G

Deal with worries or a heavy workload by making lists of things to be tackled the next day. If you tend to lie in bed thinking about tomorrow's tasks, set aside time before bedtime to review the day and make plans for the next day. The goal is to avoid doing these things when you're in bed, trying to sleep.

H

If you can't sleep, don't lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then return to bed.

Q0	Less caffeine	D
Q1	Create a restful sleeping environment	
Q2	Write away your worries	
Q3	Make sure that your bed is comfortable	
Q4	Don't over-indulge	
Q5	Try to relax before going to bed	
Q6	Don't worry in bed	
Q7	Get moving regularly	

Source: <http://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx>

READING TASK 2 (Q8-Q14)

- Read this text about a Mexican Restaurant
- Say whether the statements (Q8-Q14) are true or false. Justify all your answers.
- The first one (Q0) has been done for you as an example.
- Write your answers in the space provided.

Frida - Paints better pictures than chef can cook up

Located in the trendy Andersonville area right on Clark Street “La Cocina de Frida” opened its doors four months ago. I enjoy Mexican food from time to time and the pleasant evening made me crave a refreshing margarita.

The main restaurant room is welcoming and decorated with Frida Kahlo’s imagery. It has a rustic yet comfortable feel where patrons talk animatedly while waiting for their orders. I had heard of a back patio so we decided to head in that direction to enjoy the good weather in an open area. The patio was spacious and partially covered by vines and we sat at a bistro-like table with a top made terracotta tiles. I felt I was at an authentic little restaurant in a town south of the border. So far, so good. With pop music in Spanish as a background, our waitress, a lively Mexican young woman, brought us chips and a chile guajillo salsa, smoky and slightly hot. “What would you like to drink? We have delicious margaritas,” she said in her heavily accented English. We ordered two traditional ones, with salt, of course. The menu was quite limited and included some special dishes with Frida Kahlo-related names along with fajitas and the like. Prices were on the steep side and I realized the margaritas were \$9. “They’d better be excellent ones,” I thought.

Our waitress came with the drinks and was ready to take our order. We had decided on the pollo en mole. Mole is a complex sauce. It can give me an idea of how good a Mexican restaurant really is. The margaritas were not as delicious as our waitress claimed. They were made with tequila, a sour mix and ice—nothing special. We munched on the chips and salsa until the pollo en mole arrived. The presentation was nice but I knew right away that I would have to eat more chips if I wanted to be satisfied. The smallish dish consisted of a meager chicken breast, grilled in a hurry, covered in the mole sauce and sprinkled with sesame seeds. A tiny portion of rice and some refried beans smeared on the plate, covered by some añejo cheese and two corn chips stuck on it finished the dish. The flavor was fine but nothing out of the ordinary.

I was expecting more from a restaurant owned by two Mexican sisters who claim to follow Frida’s cuisine style. We were hungry and finished our meal. After we declined a second margarita the check arrived: \$50 before taxes. Expensive for such uninspired food. I am sure that if Frida Kahlo were to visit “her kitchen” in Andersonville she would fire the cook on the spot.

Q0. La Cocina de Frida is a restaurant which has years of experience.

FALSE. They opened four months ago.

Q8. The restaurant is decorated with a famous Mexican artist's pictures.

Q9. The famous patio of the restaurant was partially covered with terracotta tiles.

Q10. They have a varied menu in the restaurant.

Q11. The writer considers the prices were high.

Q12. The writer thinks that most restaurants can make a good "pollo en mole."

Q13. The portions of the dishes aren't big enough.

Q14. According to the writer, the painter would not be happy with the food in the restaurant.

Source: <https://findyourhobbies.files.wordpress.com/2013/12/pdf-frida-layout-project.pdf>

READING TASK 3 (Q15-Q20)

- **Read the text about London Metropolitan University.**
- **Answer questions (Q15-Q20), with information from the text.**
- **The first one (Q0) has been done for you as an example.**
- **Write your answers in the spaces provided.**

About London Metropolitan University

At London Metropolitan University we believe that everyone has the right to an affordable quality education. Our fees for 2013/14 have been set at levels significantly lower than other Universities, and our courses recently received top marks from the UK's Quality Assurance Agency. We are committed to delivering affordable quality education, and are proud of the diversity & achievements of our students, alumni and staff.

Here at London Met we put our students at the centre of all we do. London Met is a great place to study, located in the heart of one of the world's most exciting cities. We stand out because we offer courses of quality, in a vibrant, socially diverse environment, which will help launch your career.

We are committed to helping our students build rewarding careers. Courses are designed and updated to be directly relevant to the current employment market. As a student, we can help you find placements, work experience and voluntary opportunities across a wide variety of organisations.

London Met is as dynamic and multicultural as the city in which it is situated. Here you will meet and study with people from around the world, who will enrich your learning. Since our students come from a range of backgrounds, we have always made sure that the education we offer is accessible and flexible.

Source: [http://www.erasmusprogramme.com/university.php?name=London Metropolitan University](http://www.erasmusprogramme.com/university.php?name=London_Metropolitan_University)

Q0. What was made less expensive than other Universities?

Their fees for 2013/14

Q15. Which organisation examined London Metropolitan University recently?

Q16. What or who is the most important thing for London Metropolitan University?

Q17. Where exactly is London Met situated?

Q18. What can the University help students find?

Q19. What do London Met and London City have in common?

Q20. Why does the University ensure it provides accessible and flexible education?
