

**Prova lliure per a l'obtenció del títol de graduat/ada  
en educació secundària obligatòria**

---

**Convocatòria 10/2019**

**Àmbit de la comunicació en llengua anglesa**

**Pauta de correcció**

## Activity 1

[25 points]

1. Listen to the text entitled «Why Hiking Is the Perfect Mind-Body Workout» and underline the 8 sentences which are true, according to the text. Pay attention as wrong answers will be penalised. [16 points]

*(Podeu consultar les transcripcions dels textos orals al final del document.)*

### Audio 1

- a) Walking and hiking are the same.
- b) **Walking and hiking are radically different.**
- c) Flat surfaces prevent your body from doing a good job.
- d) **Daniel Ferris is a professor of engineering and biomechanics.**
- e) Passive dynamics refers to devices using electric power.
- f) **One person's step is like the swing of a pendulum.**
- g) **A pendulum keeps moving thanks to gravitational and kinetic energy.**
- h) On flat surfaces your body keeps moving like a dolphin.
- i) On irregular surfaces your body keeps moving with little effort.
- j) **Nature paths and beaches usually present irregular surfaces.**
- k) Irregular surfaces make energy transfer easier.
- l) **Body energy consumption is higher when hiking on irregular terrain than in flat one.**
- m) **Ferris conducted a study at the University of Michigan.**
- n) You should walk upside down when performing a work.
- o) The advantages of hiking go beyond the calories consumption.

**2. Listen to the text and write down if the sentences are true (T) or false (F).** [9 points]

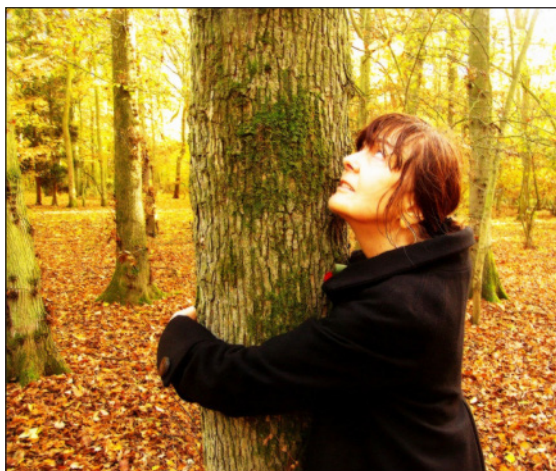


Image by Sean\_Hickin from the web side <https://www.flickr.com>

**Audio 2**

	T	F
Trees in towns neither like nor need to be hugged		X
Embracing a tree is an easy way to embrace mother nature	X	
You will need to walk around one mile before feeling comfortable		X
Your mind and body will relax as you smell the trees		X
The energy of the tree can be absorbed with your feet		X
You will find yourself attracted towards a particular tree	X	
If you pay attention, you can perceive tree singing		X
Avoid talking to the tree when leaving		X
There are ten steps to hug a tree	X	



**Activity 2***[25 points]***1. Read the text and answer the questions.****What Is Umami?**

Most of us were taught as children that the basic taste groups are: sweet, sour, salty and bitter. But there has been a gaping hole in all of our educations. One of the most important and most glorious flavours we experience daily has long been ignored. That flavour is what we now refer to as umami.

Umami, which in Japanese means “pleasant savoury taste” was first noted by the chemist and food lover Kikunae Ikaeda in the 1908 when eating a bowl of dashi (seaweed soup). He realized he was tasting something delicious that could not be described by one of the four taste categories. With his science background, he was able to take this observation to the lab and find out exactly what this flavour was. He named it “umami”.

Ikaeda is famous for saying: “Those who pay careful attention to their taste buds will discover in the complex flavour of asparagus, tomatoes, cheese and meat, a common and yet absolutely singular taste which cannot be called sweet, or sour, or salty, or bitter...” It’s umami.

The popularity of umami, however, didn’t rise until the 1980s when research about the fifth basic taste began to increase. In 1985 the Umami International Symposium held in Hawaii determined umami was the scientific term of this fifth taste.

Experts from the symposium agreed that umami is on its own and was not produced by any combination of other basic tastes. Umami was found to be independent of other basic tastes, it has its own specific receptor for its taste, and lastly, it is found universally in many foods.

Technically, umami refers to glutamate —a type of amino acid, which occurs naturally in many foods such as meat, fish, vegetables and various dairy products. When glutamate breaks down— when it dies or ferments, which happens when you cook a piece of meat, or when cheese ages, or when a tomato ripens under the sun —it becomes L-glutamate, and that’s when things start to taste really good.

The use of glutamate in cooking has a long history. Fermented fish sauces, which are rich in glutamate, were used widely in ancient Rome, fermented barley sauces rich in glutamate were used in medieval Byzantine and Arab cuisine, and fermented fish sauces and soy sauces have histories going back to the 3rd century in China.

Now, umami has become really trendy and there are restaurants that try to persuade customers offering special menus for those interested in flexing their umami-taste-muscle.

Text adapted from: <https://www.thespruce.com/what-is-umami-1664724>

a) How many basic tastes are there, without including umami? *[2 points]*

**There are four.**

b) Who has first named this new flavour as “umami”? *[2 points]*

**Kikunae Ikaeda.**

c) Where can umami be found? [2 points]

**In asparagus, tomatoes, cheese and meat.**

d) Despite it was named in 1908, when was umami scientifically recognised? [2 points]

**In 1985.**

e) Which was the first European civilization to make use of glutamate? [2 points]

**The Romans.**

f) How is the term “umami” described? Find three definitions in the text? [3 points]

- **“One of the most important and most glorious flavours we experience daily”**
- **“Pleasant savoury taste”**
- **“Something delicious that could not be described by one of the four taste categories”**
- **“A common and yet absolutely singular taste which cannot be called sweet, or sour, or salty, or bitter”**
- **“the scientific term of this fifth taste”**
- **“a type of amino acid, which occurs naturally in many foods such as meat, fish, vegetables and various dairy products”**

*Criteri de puntuació de l'apartat f) :*

*Si es respon 1 definició (1 punt)*

*Si se'n responen 2 (2 punts)*

*Si se'n responen 3 (3 punts)*

**2. Match the two columns to form correct sentences according to the text.**

[12 points, 2 points each pair]

- |                               |  |
|-------------------------------|--|
| 1. Dashi                      | A. are rich in glutamate               |
| 2. Umami                      | B. is a delicious seaweed soup         |
| 3. When glutamate breaks down | C. was already used in the 3rd century |
| 4. Fermented fish sauces      | D. has its own specific receptor       |
| 5. The basic taste groups     | E. it becomes L-glutamate              |
| 6. Soy sauce                  | F. are taught when one is a child      |

<b>Number</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Letter</b>	<b>B</b>	<b>D</b>	<b>E</b>	<b>A</b>	<b>F</b>	<b>C</b>

**Activity 2**



**Activity 3**

[25 points]

**Read the following proverbs.**

1. A watched pot never boils.
2. The early bird catches the worm.
3. When in Rome, do as the Romans do.
4. A picture is worth a thousand words.
5. Better late than never.
6. Two wrongs don't make a right.
7. Never look a gift horse in the mouth.
8. Don't put all your eggs in one basket.

**1. Choose the most suitable explanation from the list A-L for each proverb (1-8). There are several extra explanations which you do not need to use. [16 points, 2 points each pair]**

- A. Don't be ungrateful when you receive a present.
- B. When you are visiting another place, you should follow the customs of the people in that place.
- C. Be on your best behaviour; be careful of your language.
- D. It is not acceptable to do something bad to someone just because they did something bad to you first.
- E. What someone writes can have more effect than violent actions.
- F. You should wake up and start work early if you want to succeed.
- G. Pictures convey emotions and messages better than written or spoken explanations.
- H. Don't criticize other people if you're not perfect yourself.
- I. Save your money. Saving money is just like making money.
- J. It's best to do something on time. But if you can't do it on time, do it late.
- K. Time feels longer when you're waiting for something to happen.
- L. Don't concentrate all your prospects or resources in one thing or place, or you could lose everything.

<b>Proverb</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Letter</b>	<b>K</b>	<b>F</b>	<b>B</b>	<b>G</b>	<b>J</b>	<b>D</b>	<b>A</b>	<b>L</b>

**2. Answer the following questions concerning some words from the previous activity. [9 points]**

1. Write down «a thousand» in figures: **1,000**
2. The plural form of the word «mouth»: **mouths**
3. The opposite of «careful»: careless, **inaccurate, negligent**
4. A synonym for «effect»: **result, consequence, response, etc.**
5. A word derived from «criticize»: **critic, critical**
6. An antonym for «perfect»: **imperfect, bad, wrong, incomplete, etc.**
7. A word from the proverbs meaning «a deep round metal container used for cooking food in»: **pot**
8. One word from the proverbs with the same vowel sound as “hurt” or “serve”: **Early, bird, worth, words.**
9. Find the name of two animals in the proverbs: **bird, worm, horse**



## Activity 4

[25 points]

**Write a text about your favourite foods.** (about 70 words)

Explain:

- When you eat them
- How you cook them
- When you first tried them
- Are they healthy? Why?

**Criteria per corregir la redacció** (sobre 25 punts)

**Valoració global (coherència i adequació):** 10 punts

*10-8 punts:* El text respon al tema demanat i incorpora els requeriments que es demanen. Es desenvolupa de manera adequada, ordenada i comprensible.

*7 o 6 punts:* El text respon a la tasca, però no incorpora tots el requeriments demanats. Es perceben idees desordenades, malgrat que el text és coherent.

*5 o 4 punts:* El text respon a la tasca, però presenta problemes de coherència i adequació al registre, tot i que pot incorporar o no els requeriments demanats.

*3 o 2 punts:* L'escrit no respon gaire a la tasca. Resulta difícil de llegir, presenta bastants problemes de coherència, adequació al registre i organització.

*1 o 0 punts:* Text no avaluable, massa curt, no respon a la tasca i no incorpora cap dels requeriments que es demanen. Text incomprendible.

**Riquesa lingüística:** 5 punts.

*4-5 punts:* Utilitza un ventall ampli d'estructures, vocabulari i connectors de manera adequada al context. S'arrisca per aconseguir la comunicació. S'admet algun error de lèxic.

*2-3 punts:* Utilitza un ventall poc ampli d'estructures, vocabulari i connectors que es repeteixen.

*0-1 punts:* El text presenta moltes interferències lingüístiques i/o errors. No hi ha puntuació.

**Correcció lingüística (morfosintaxi i ortografia):** 10 punts

Per cada errada ortogràfica o gramatical descomptem 1 punt; en descomptem 2 si l'errada és greu i dificulta la comprensió del text. No hi ha un màxim de punts a descomptar.

**Observacions**

*Aquestes definicions només són orientatives, la qual cosa no implica que, obligatòriament, la puntuació final hagi de ser un nombre enter.*

## Activity 4

**PUNTUACIÓ TOTAL**

**Puntuació màxima: 100 punts**



## Transcripció dels textos orals

---

### Audio 1

#### Why Hiking Is the Perfect Mind-Body Workout

At first, walking and hiking may sound like two words for the same form of exercise. The footwear and scenery may vary, but the lower-body mechanics seem the same.

Surprisingly, though, they're radically different. Research shows that your joints, heart and muscles perform in distinct ways during a hike compared to what they do during a walk around the block.

"When you walk on a flat surface, your body does a really good job of what's known as passive dynamics," says Daniel Ferris, a professor of engineering and biomechanics at the University of Florida. Your walking step, he says, is like the swing of a pendulum. "Thanks to gravitational and kinetic energy, if I start that pendulum swinging, it's going to keep moving back and forth for a long time without any additional energy input," he says.

Like a pendulum, walking on flat terrain allows you to keep moving with little effort. "But when you walk on irregular terrain"—the type you'd encounter on nature trails, deep-sand beaches or other natural surfaces—"that destroys a lot of that energy transfer," Ferris says. "Your heart rate and metabolic rate go up, and you burn more calories."

In fact, hiking on irregular terrain increases the amount of energy your body uses by 28% compared to walking on flat ground, Ferris found in a study he conducted at the University of Michigan. The varying ground slopes you encounter while hiking also make it different from flat-ground walking. Paths that go up, down and sideways require subtle shifts in the way your leg muscles lengthen or shorten while performing work, and those shifts increase the amount of energy you're expending during your trek.

But the benefits of hiking extend well beyond the extra calorie burn.

Navigating uneven ground —whether you're hiking or trail-running— recruits different muscles than you would use on flat, man-made surfaces. "You're turning on and strengthening a lot of muscles in your hips and knees and ankles that you don't normally use," Ferris says.

Passage adapted from: <<http://time.com/4820394/hiking-walking-mind-body-workout/>>

## Audio 2

Certainly, you have heard the phrase Hug a Tree before, but have you ever taken a moment out of your day to actually do this?

Although some trees, like people, are more huggable than others, they all need a hug now and again. The Earth is our mother. Mother Nature has much to teach us. Hugging a tree is perhaps the easiest way to embrace mother nature.

Ten Steps for Getting to Know and Hugging a Tree:

1. Find yourself a quiet park, forest, or woodland area.
2. Walk among the trees until you feel comfortable in their presence.
3. Feel the different bark textures with the palms of your hands.
4. Smell the perfume of the various trees.
5. Absorb their life's energies as you look upwards to the branches overhead.
6. Find the perfect tree that fits your mood. You will know which one is right for you.
7. Speak softly to the tree verbally or communicate with it using telepathy.
8. Encircle it with your arms while gently pressing your cheek to the trunk being careful not to scratch your face.
9. Press tightly. Be one with your tree.
10. When you are ready, thank the tree and yourself for sharing life together and continue with your day.

Passage adapted from: <<https://www.thoughtco.com/tree-hugging-1725801>>