

TEXTO A

Can our Bodies Withstand Global Heating?

“Every human being is at risk from extreme heat – it’s a fact of life, your body needs to function in a certain environment,” says Mike McGeehin, environmental health epidemiologist. “And when that environment becomes extreme then you are at risk.” The impact of extreme heat on the human body is not unlike what happens when a car overheats. Failure starts in one or two systems, and eventually it takes over the whole engine until the car stops.

The hypothalamus, located in the brain, regulates body temperature using information passed to it by temperature sensors in our skin, muscles, and other organs. When high temperatures are detected, the brain initiates a cascade of responses to help us cool down, such as sweating, increased respiration and the impulse to seek water and cooler environments. But when the system overheats, these responses start to fail, and miscommunication can occur in the brain, contributing to confusion, dizziness and altered behaviour. Each organ responds differently to extreme heat exposure, with symptoms that quickly become fatal or cause permanent damage from which the body may never fully recover. For instance, to sweat and cool off, blood flow shifts to the periphery of the body, causing a fall in blood pressure in vital organs. The heart starts to beat faster to compensate, but, if the person does not replenish their water reserves, blood pressure can drop dangerously and cause fainting.

Between 1998 and 2017, more than 166,000 people died due to heat, according to the World Health Organization (WHO), and countries around the world are experiencing a year on year rise in recordbreaking high temperatures. For many people, unendurable heat is becoming the new normal. It is most likely to disproportionately affect the poor, the sick – those with chronic conditions, or heart and kidney disease in particular – and older people.

Adapted from “Too Hot to Handle: Can our Bodies Withstand Global Heating?” The Guardian, October 20, 2021.

QUESTIONS

A.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. Use a complete sentence. No marks are given for only TRUE or FALSE.

a) Extremely high temperatures affect both cars and human bodies in similar ways.

True, the evidence is: “The impact of extreme heat on the human body is not unlike what happens when a car overheats.”

b) The hypothalamus is the only human organ that senses body temperature.

False, the evidence is: “The hypothalamus, located in the brain, regulates body temperature using information passed to it by temperature sensors in our skin, muscles, and other organs.”

(Puntuación máxima: 2 puntos)

A.2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.

a) Name two responses of the human brain to overheating.

The human brain makes our body carry out some tasks in order to get cooler and sweat as a response to overheating: blood flow is directed to limbs, which leads blood pressure to fall in internal organs, and the heart beats more rapidly to balance.

b) According to the text, who will most probably suffer the consequences of high temperatures? The consequences of high temperatures will be much more suffered by impoverished people, people with long-lasting health issues and the elderly.
(Puntuación máxima: 2 puntos)

A.3.- Find the words in the text that mean:

- a) gains control of (paragraph 1) **takes over**
 - b) deadly (paragraph 2) **fatal**
 - c) everlasting (paragraph 2) **permanent**
 - d) intolerable (paragraph 3) **unendurable**
- (Puntuación máxima: 1 punto)

A.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given.

- a) If she **hadn't exercised** (not / exercise) in such hot weather yesterday, she **wouldn't have got** (not / get) sunstroke.
 - b) Kidneys, **which** are responsible **for** regulating the concentrations of water and salts in blood, may be damaged by extremely high temperatures.
 - c) Nearly 300,000 people **are diagnosed** (diagnose) with skin cancer every year. **Therefore**, sunbathing is still a very popular activity.
 - d) Complete the following sentence to report what was said. "Which steps do we have to take to stop global warming?" In 2015 the WHO asked them **which steps they had to take to stop global warming**.
- (Puntuación máxima: 2 puntos)

A.5.- Write about 150 to 200 words on the following topic. Some people prefer to live in hot climates whereas others prefer the cold ones. Discuss both views and give your opinion.
(Puntuación máxima: 3 puntos)

At the time of deciding where you want to settle down most people take into account the weather. In this sense, some prefer hot weather while others opt for colder places. Personally, if I had to base my decision on that fact, I would choose a warm place to live but not too hot.

One of the most convincing arguments for choosing warmer places is that they usually lead to happier lives due to the more extended time of sunlight, and so the greater number of activities one can enjoy outdoors. On the other hand, colder places are linked to higher levels of unhappiness. In fact, some cold countries have the highest rates of suicide, like Greenland.

Nevertheless, people who prefer colder places to live tend to argue that hot weather is sometimes unbearable, especially now that global warming is more and more noticeable everywhere in the world.

In a nutshell, I would like to live in a warm nice place because I find it much more enjoyable but I have to agree on the fact that it may not be the cleverest decision given the tendency of increasingly higher temperatures.



TEXTO B

The Rise of the 'Granfluencer'

Over the past decade, social media platforms like Instagram, TikTok and YouTube have rapidly grown in importance. According to a recent report, more than 45% of the world's population is tapped into social media. Within this large number, there's a common misconception that most people posting, liking, and commenting on social feeds are twenty-somethings and younger. The truth is, many seniors have broadened their horizons when it comes to technology. According to a research study, the percentage of adults aged 65 and older who used social media grew from 3% in 2005 to 45% in 2021.

Some seniors have even become 'granfluencers', and people of all ages can't get enough of their content. Granfluencers are senior influencers who know their way around social media and use their popularity to make money (snapping pics, recording videos, and learning the art of selfies). This group also engages in leisure tasks that do not generate income, such as tech and travel, working out and dining out, all while sharing on social media.

The added bonus with granfluencers is that there's immense value in their wisdom and life experiences, filling the need of audiences that seek out content that encourages diverse voices and makes them feel good. After all, what's more heart-warming than a grandma enjoying a product she loves or having fun with the latest TikTok challenge? There are quite a few seniors sharing their authentic voices in the social space these days – some of the best-known granfluencers include 92-year-old performance artist Helen Ruth Elam and 75-year-old Joan MacDonald, who is a health and fitness influencer. Women aren't the only ones boosting ratings and capturing hearts, though: Nicky Elliott is a lively and entertaining man who helps people enjoy and learn sign language through music.

Adapted from "How Granfluencers Are a Growing & Positive Influence for Us All," Resort Lifestyle Communities, September 9, 2021.

QUESTIONS

B.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. Use a complete sentence. No marks are given for only TRUE or FALSE.

a) Statistics show that the number of over 65s who use social media has decreased in the last years.

False, the evidence is: "According to a research study, the percentage of adults aged 65 and older who used social media grew from 3% in 2005 to 45% in 2021."

b) Granfluencers are only popular among the elderly.

False, the evidence is: "Some seniors have even become 'granfluencers', and people of all ages can't get enough of their content."

(Puntuación máxima: 2 puntos)

B.2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.

a) What kind of non-profit activities are granfluencers interested in?

Granfluencers are interested in activities related to recreation like technology or going on trips. They also like to share online how they exercise or the restaurants they visit.

b) What is the extra plus of a granfluencer if compared to a “regular” influencer?

A regular influencer cannot show such knowledge of life and that is perceived as highly valuable. (Puntuación máxima: 2 puntos)

B.3.- Find the words in the text that mean:

a) error (paragraph 1) **misconception**

b) extended (paragraph 1) **broaden**

c) getting pleasure from (paragraph 3) **enjoying**

d) increasing (paragraph 3) **boosting**

(Puntuación máxima: 1 punto)

B.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given.

a) A study that **was published** (publish) last month found that our level of self-esteem depends on how **socially** (social) accepted we feel.

b) People who **are** (be) interested in beauty and fashion use social media to keep up **with** the latest news.

c) I wish the Internet **had** (have) more educational content, but this is something hard **to find** (find) these days.

d) If I **had become** (become) a social media influencer years ago, I **would be** (be) a wealthy person now. (Puntuación máxima: 2 puntos)

B.5.- Write about 150 to 200 words on the following topic. Does technology make older people’s lives better? Justify your answer.

(Puntuación máxima: 3 puntos)

Undoubtedly technology evolves to try to improve people’s lives, but can we state that it is actually making our older peers’ lives better?

Elderly people have seen how life has changed tremendously due to the advance in technology in the last few years. Some of these advancements have affected their lives positively. Nowadays there is a wide range of wearables that can help detect health issues. Some can measure cardiac rhythm, blood pressure or even help to locate Alzheimer’s’ patients.

On the other hand, it is undeniable that most of them have to struggle daily to keep up with the rhythm imposed by the use of new technologies in most aspects of our lives. For example, currently you need to use the Internet to carry out many bank transactions, to get an appointment in many businesses or to get information about medical appointments.

In a nutshell, even though technology has improved older people's lives in many aspects it cannot be stated that it has completely made their lives better since we are assuming they have to acquire a knowledge on new technologies they may not be ready to do at this stage in their lives.

