

## TEXTO A

### The Origin of Chess

Chess is one of the world's most popular and beloved games. Almost 605 million players around the globe enjoy it regularly - about 8% of the world's population. While most games are forgotten

one decade after their invention, chess has survived the test of time. The game also got a boost thanks to the 2020 Netflix series *The Queen's Gambit*, with around 62 million watchers within its first four weeks. This led to a chess-buying boom, with eBay seeing a 215% increase in chess-set sales in the weeks after the show was released.

Its specific origins are difficult to determine, but most historians think the game originated in India. This is due to an ancient legend with written records dating from 1256 that names Grand Vizier Sissa Ben Dahir as the game's originator because he gifted the first chessboard to King Shirham of India. Against this theory, a few scholars follow the Spanish chess player and researcher Ricardo Calvo. He wrote that "most certainly it was invented in Iran", a conclusion reached largely on the basis that ancient Persian literature mentions chess prior to it ever being mentioned in Indian literature.

Regarding the game age, there is no credible evidence that chess existed in a form approaching the modern game before the 6th century. Since that time, the game has evolved, with different cultures introducing both minor and major changes. Most regional cultures - those rich and unified enough to expand geographically - had their own forms of chess. In time, however, chess became more standardized thanks to the influence of 15th-century mathematician Luca Pacioli, who wrote *On the Game of Chess*. His book quickly established itself as a "chess bible", codifying the rules and popularising the game the way it is known today.

Adapted from "Who invented chess?" Livescience, July 27, 2022

<[https://www.livescience.com/32431-who-invented-chess.html?utm\\_campaign=368B3745-DDE0-4A69-A2E8-62503D85375D](https://www.livescience.com/32431-who-invented-chess.html?utm_campaign=368B3745-DDE0-4A69-A2E8-62503D85375D)>

## QUESTIONS

**A.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)**

a) Unlike chess, most games don't stand the test of time.

True. Evidence: "While most games are forgotten one decade after their invention, chess has survived the test of time."

b) The majority of history experts don't believe that chess comes from India.

False. Evidence: "Its specific origins are difficult to determine, but most historians think the game originated in India."

**A.2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text. (Puntuación máxima: 2 puntos)**

a) How did The Queen's Gambit series influence chess?

The Queen's Gambit series influenced chess by boosting its popularity and sparking a chess-buying boom. It attracted a large number of viewers and led to an increase in chess set sales.

b) What was Ricardo Calvo's theory about where chess originated?

Ricardo Calvo's theory about the origin of chess was that it was most likely invented in Iran. His conclusion was based on the mention of chess in ancient Persian literature predating its mention in Indian literature.

**A.3.- Find the words in the text that mean: (Puntuación máxima: 1 punto)**

a) inhabitants (paragraph 1) **population**

b) gave (paragraph 2) **gifted**

c) proof (paragraph 3) **evidence**

d) wealthy (paragraph 3) **rich**

**A.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given. (Puntuación máxima: 2 puntos)**

- a) He ordered Jim to switch **on** the TV because the news was about **to start** (start).
- b) My favourite cinema director made a film 3 years **ago**, but this year he **hasn't released** (not/release) anything yet.
- c) John **strongly** (strong) disagrees with me about **who** the best chess player is.
- d) Complete the following sentence to report what was said.

"Minecraft is the most boring videogame I've ever played."

Robert told me **that Minecraft was the most boring videogame he had ever played.**

**A.5.- Write about 150 to 200 words on the following topic. (Puntuación máxima: 3 puntos)**

What kind of board games do you like the most? Justify your answer.

Cooperative board games have gained popularity in recent years as an alternative to traditional competitive games. For someone like me, who is not fond of intense competition and seeks a more collaborative gaming experience, cooperative board games have become a preferred choice.

Cooperative board games offer a refreshing departure from the cutthroat nature of competitive games. Rather than fighting players against each other, these games encourage collaboration and teamwork. Players work together towards a common goal, combining their skills and resources to overcome challenges. This cooperative approach fosters a sense of unity and shared accomplishment, creating a more inclusive and enjoyable gaming experience for non-competitive players.

Moreover, cooperative board games promote effective communication and interpersonal skills. Players engage in meaningful discussions, exchange ideas, and collectively make decisions as a team. This emphasis on shared decision-making encourages active listening, empathy, and cooperation. The cooperative nature of these games cultivates a positive and supportive environment, fostering stronger social connections and enhancing the overall gaming experience.

In conclusion, cooperative board games provide a welcome escape for non-competitive players who seek a more collaborative and inclusive gaming experience. By prioritizing teamwork, effective communication, and shared accomplishments, these games offer a refreshing alternative to competitive gameplay. Cooperative board games create an environment that fosters unity, enhances social interaction, and allows players to enjoy the journey of collaboration. For non-competitive players, cooperative board games serve as a gateway to meaningful connections and shared enjoyment.

## TEXTO B

### The Case against Energy Drinks is Getting Stronger

Energy drinks are popular among teens and adults, but studies continue to show they may have serious side effects, including high blood pressure and hyperactivity.

In a report published in *Pediatric Emergency Care*, from 2011 to 2013 researchers conducted a questionnaire at two emergency departments that surveyed adolescents between ages 12 and 18

about their energy drinks habits in relation to health issues. Of the 612 young people who responded, 33% said they drank them frequently. Among those teens, 76% said they had suffered

a headache in the last six months, 47% said they had experienced anger and 22% reported difficulty when breathing. It is impossible to say whether any of those behaviors were due to power

drinks, but young people who consumed them were more likely to report the symptoms than those who didn't. However, those who drank energy drinks were more inclined to say they helped them to do better in school or in sports, to focus and to stay up at night.

Energy drinks contain multiple stimulating ingredients beyond caffeine. "Often energy drinks contain an energy blend which is a combination of herbal supplements as well as vitamins in often

greater levels than the appropriate daily intake," says one of the researchers. "Further research may be needed to determine their use and dosages."

As *Time* magazine has previously reported, energy drink companies insist their products are safe and that a link between their beverages and side effects can't be confirmed. They claim that their products give an energy boost and improve physical and cognitive performance. However, studies

supporting these statements are limited: although power drinks may have beneficial effects on physical performance, they also have possible adverse health consequences. The promotion of energy drinks should be limited until independent research confirms their safety, particularly among adolescents.

Adapted from "The Case Against Energy Drinks Is Getting Stronger," *Time*, November 16, 2016.  
<<https://time.com/4569694/energy-drinks-soda-caffeine>>

## QUESTIONS

**B.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)**

a) Teenagers who participated in the survey felt that taking energy drinks improved their sports performance.

False. Evidence: "However, those who drank energy drinks were more inclined to say they helped them to do better in school or in sports, to focus and to stay up at night."

b) Until scientific evidence shows they are safe, power drinks advertising should be restricted.

True. Evidence: "The promotion of energy drinks should be limited until independent research confirms their safety, particularly among adolescents."

**B.2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text. (Puntuación máxima: 2 puntos)**

a) What was the aim of the research published by the *Pediatric Emergency Care*?

The aim of the research published by the *Pediatric Emergency Care* was to investigate the relationship between energy drink consumption and health issues among adolescents by conducting a questionnaire at two emergency departments.

b) According to the companies, what are the two effects of drinking energy drinks?

The companies claim that the consumption of energy drinks can result in heightened energy levels and enhance both physical and cognitive abilities.

**B.3.- Find the words in the text that mean: (Puntuación máxima: 1 punto)**

a) trouble (paragraph 2) **difficulty**

b) suitable (paragraph 3) **appropriate**

c) connection (paragraph 4) **link**

d) negative (paragraph 4) **adverse**

**B.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given. (Puntuación máxima: 2 puntos)**

a) So far, research **hasn't proved** (not / prove) that some foods and drinks are **harmful** (harm) to your health.

- b) Tea **was brought** (bring) to Britain in the early 17th century **by** a private company.
- c) When **deciding** (decide) your child's diet, **the best** (good) method is following the doctor's advice.
- d) Complete the following sentence to report what was said.

"Do you enjoy drinking coffee after your dinner?"

He asked me **if/whether** I enjoyed drinking coffee after my dinner.

**B.5.- Write about 150 to 200 words on the following topic. (Puntuación máxima: 3 puntos)**

Do you think that your present eating habits will affect your future health? Justify your answer.

Maintaining a healthy diet is crucial for long-term health, but does the occasional indulgence in unhealthy foods impact our future well-being? As someone who follows a balanced diet but allows for occasional indulgences, I believe our present eating habits can influence our future health.

Firstly, our eating habits affect our weight and body composition. Consistently consuming nutrient-rich foods prevents weight gain and associated health risks like obesity and diabetes. Occasional indulgences may not have an immediate impact, but frequent deviations can lead to gradual weight gain and increased health problems.

Secondly, our dietary choices impact our overall nutrition. A balanced diet provides necessary nutrients for optimal functioning. Regularly consuming fruits, vegetables, whole grains, and lean proteins strengthens the immune system, supports organ function, and improves mental well-being. Neglecting balanced eating can lead to nutritional deficiencies and increased disease susceptibility.

In conclusion, our present eating habits do influence our future health. Striking a balance between a mostly healthy diet and occasional indulgences is important. By practicing moderation, making informed choices, and prioritizing a balanced diet, we can enjoy our favourite treats while preserving our long-term well-being.