

## TEXTO A

### Theatre Audience Etiquette

Face masks, proof of vaccine and strict seating assignments, might not sound like your ideal night out at the theatre. But while many of these rules may appear unprecedented in British performance venues, COVID-19 protocols can be connected to a long history of regulating audience behaviours in theatres. In the approximately 2,500 years of theatre history, rules and expectations of theatre audiences have reflected the ways that societies negotiate social norms. Spectators' conduct has frequently raised questions about how they should behave and who should oversee that behaviour.

Audiences in the theatre of ancient Greece were active participants in the many dramatic festivals. Aristotle describes an angry audience shutting down a performance after they perceived inconsistency in the show. Alongside this lively conduct was also an impulse to regulate audience behaviour: a kind of "theatre police" was tasked with maintaining order during performances. Sixteenth-century England was renowned for its noisy audiences who, in public outdoor theatres, could sleep, eat and drink heartily all while taking in Shakespeare's newest work. And in the mid- 18th century, celebrated theatre manager David Garrick renovated his theatre to move the spectators off stage (up to that point audience members could actually sit on stage alongside the performers) and prevent them from entering the theatre via the actors' dressing rooms.

Nowadays, the notion of proper etiquette at the theatre persists, although the audience is more docile. Audience etiquette guides, which cover everything from dress code and late arrivals to coughing and unwrapping candies, are widely available today. Cell phone use has also become a particularly controversial issue, sometimes policed by the actors themselves: in 2015, American actress Patti Lupone stopped a New York City performance by physically confiscating an audience member's phone because it was ringing.

Adapted from "Theatre audience etiquette and norms have always shifted with the times," *The Conversation*, November 21, 2021. <<https://theconversation.com/theatre-audience-etiquette-and-norms-have-always-shifted-with-the-times-169834>>

### 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) In Shakespeare's times, theatre viewers were forbidden to eat during performances.

False. The evidence is on the second paragraph: "Sixteenth-century England was renowned for its noisy audiences who, in public outdoor theatres, could sleep, eat and drink heartily all while taking in Shakespeare's newest work."

b) Theatre audiences today have easy access to information on how to behave properly.

b) True. The evidence is on the last paragraph: “Audience etiquette guides, which cover everything from dress code and late arrivals to coughing and unwrapping candies, are widely available today.”

**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) Which two changes did Mr. Garrick implement in his theatre?

Mr. Garrick implemented two changes in his theatre. First, he reconditioned the theatre to prevent the spectators from sitting on stage since before that change audience members could sit there along with the performers. Second, he banned the audience from entering the theatre through the actors' changing rooms.

b) What did Patti Lupone do during the performance in 2015?

In 2015, Patti Lupone, an American actress, policed cell phone use by herself by taking an spectator's phone during the play because of its ringing.

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

a) linked (paragraph 1) **connected**

b) often (paragraph 1) **frequently**

c) supervise (paragraph 1) **oversee**

d) irritated (paragraph 2) **angry**

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

a) The performers acted **incredibly** (incredible) well, despite not having rehearsed **for** several months.

b) If I **had taken** (take) drama classes as a child, I **would be** (be) a reasonable actress now.

c) Little babies are fond **of** classical music, **which** has a relaxing effect on them.

d) Complete the following sentence to report what was said. "What is your favourite show?"

He asked him *what his favourite show was*.

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

**Would you like to participate in a TV show? Justify your answer.**

Personally, I would love to participate in a TV show. The world of television offers a unique platform for self-expression, creativity, and the opportunity to connect with a wide audience. Being part of a TV show would provide a chance to pursue my passion and potentially launch a career in the entertainment industry.

Moreover, participating in a TV show can be an exciting and transformative experience. It offers the chance to work with talented professionals, learn from industry experts, and gain invaluable exposure. The collaborative nature of TV production would allow me to collaborate with like-minded individuals, fostering personal growth and skill development.

Furthermore, appearing on a TV show can have a positive impact on one's personal brand and reputation. It can open doors to new opportunities, whether it's in the form of endorsements, partnerships, or further television appearances. The reach and influence of television allow for a broader audience, increasing the potential impact and significance of my work.

In conclusion, participating in a TV show would be a dream come true for me. It combines my passion for performing, the opportunity for personal growth, and the chance to make a lasting impression on a wide audience. The world of television offers endless possibilities, and I am eager to embark on this exciting journey.

## TEXTO B

### The Risks of Ultra-processed Foods

In many households, ultra-processed foods are popular options at the kitchen table, including unhealthy products that you may not even think of as junk food such as snack bars and sweetened yogurts. Breakfast cereals, soft drinks and energy drinks count, too. Every year, food companies introduce thousands of new ultra-processed foods with an endless variety of flavours and ingredients. They are what scientists call hyper-palatable: easy to overeat, and capable of controlling the brain's reward system and provoking powerful desires. Some experts argue that ultra-processed foods are so appealing to us not only because they taste really good, but also because they contain potent combinations of fat, sugar, sodium and artificial flavours.

Ultra-processed foods represent a larger share of the world's diet in relation to earlier decades. Almost 60 percent of the calories that adults in America eat are from these foods. They account for 25 to 50 percent of the calories consumed in many other countries. Yet in dozens of studies, scientists have found that ultra-processed foods are linked to higher rates of obesity, heart disease, hypertension, and colon cancer. In 2021, a study found that people who ate a lot of ultra-processed foods had a 19 percent higher likelihood of early death from cancer and a 32 percent higher risk of dying young from a heart attack, compared with people who ate few ultra-processed foods.

Research also shows that our bodies seem to react differently to ultra-processed foods compared with similar foods that are not so highly processed. For example, on a diet of ultra-processed foods, people quickly gain weight and body fat. However, on an unprocessed, homemade diet, the reverse happens: people lose weight, and they have reductions in cholesterol and an increase in their levels of an appetite-suppressing hormone.

Adapted from "What are ultra-processed foods? What should I eat instead?" The Washington Post. September 27, 2019. <<https://www.washingtonpost.com/wellness/2022/09/27/ultraprocessed-foods/>>

## 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) Sweetened yogurts are healthy.

False. The evidence is on the first paragraph: “In many households, ultra-processed foods are popular options at the kitchen table, including unhealthy products that you may not even think of as junk food such as snack bars and sweetened yogurts.”

b) People around the world are consuming fewer ultra-processed foods than in the past.

False. The evidence is on the second paragraph “Ultra-processed foods represent a larger share of the world's diet in relation to earlier decades.”

**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) How do ultra-processed foods affect our life expectancy? Explain your answer.

Consuming a diet high in ultra-processed foods is associated with increased mortality risks since, according to research, people with such diet have a considerably higher chance of dying early from cancer or a heart disease.

b) Which two effects does eating homemade food have in our bodies?

Homemade, unprocessed food has two positive effects on our bodies. Firstly, individuals tend to experience weight loss and a decrease in body fat when adhering to such a diet. Secondly, their cholesterol levels exhibit improvement, accompanied by an elevation in the levels of a hormone that helps suppress appetite. Therefore, it enhances overall health.

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

a) range (paragraph 1) **variety**

b) attractive (paragraph 1) **appealing**

c) respond (paragraph 3) **react**

d) opposite (paragraph 3) **reverse**

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

- a) According **to** recent investigations, eating fruit and vegetables reduces the risk of **suffering** (suffer) cancer.
- b) Food companies **rarely** (rare) think about how they could make their products **better** (good) than those produced by their competitors.
- c) If I **had known** (know) that this pizza had so much salt, I **wouldn't have bought** (not / buy) it when I went to the supermarket yesterday.
- d) People **whose** diet includes oily fish and vegetables **at** least once a week have lower rates of diabetes.

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

Discuss how people's eating habits could be improved in our society.

Improving people's eating habits in our society is crucial for promoting better health and well-being. Several steps can be taken to achieve this goal. Firstly, raising awareness and providing education about nutrition is essential. This can be done through public health campaigns, educational programs in schools, and community initiatives.

Secondly, promoting the availability and affordability of fresh, unprocessed foods is vital. Many communities face challenges in accessing nutritious options, particularly in areas known as "food deserts." Initiatives such as farmers' markets, community gardens, and partnerships with local farmers can help make fresh produce more accessible and affordable.

Thirdly, encouraging cooking skills and home-cooked meals can significantly impact eating habits. Teaching basic cooking techniques and providing resources for healthy recipes can empower individuals to prepare their own meals using fresh ingredients. This not only promotes healthier choices but also fosters a stronger connection to food and a greater appreciation for its nutritional value.

Furthermore, reducing the prevalence and marketing of ultra-processed foods is important. Policies that restrict the advertising and availability of unhealthy products, particularly to children, can help shift societal norms and preferences towards healthier options.

In conclusion, improving people's eating habits in our society requires a comprehensive approach that includes raising awareness, promoting access to fresh foods, encouraging cooking skills, and reducing the influence of ultra-processed products. By implementing these strategies, we can pave the way for a healthier future for individuals and communities.

