



PEGAR
ETIQUETA

Nivel 2

Competencia lingua inglesa

Sinatura Firma	
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Obxectivo / <i>Objetivo</i>	Avaliar as capacidades vinculadas á competencia lingüística, lingua inglesa. / <i>Evaluar las capacidades vinculadas a la competencia lingüística, lengua inglesa.</i>
Duración	1 hora
Estrutura da proba / <i>Estructura de la prueba</i>	A proba está integrada por un texto con cinco cuestións de elección múltiple sobre este (<i>Reading</i>), seis cuestións de elección múltiple sobre vocabulario e gramática ingleses e unha pregunta de resposta aberta (<i>Writing</i>). / <i>La prueba está integrada por un texto con cinco cuestiones de elección múltiple sobre este (Reading), seis cuestiones de elección múltiple sobre vocabulario y gramática ingleses y una pregunta de respuesta abierta (Writing).</i>
Materiais que pode utilizar / <i>Materiales que puede utilizar</i>	Bolígrafo de tinta negra ou azul / <i>Bolígrafo de tinta negra o azul</i>
Criterios de cualificación da proba / <i>Criterios de calificación de la prueba</i>	Cada pregunta de elección múltiple valórase con 1 punto e a pregunta de resposta aberta valórase con 4 puntos. A puntuación máxima é de 15 puntos / <i>Cada pregunta de elección múltiple se valora con 1 punto y la pregunta de respuesta abierta se valora con 4 puntos. La puntuación máxima es de 15 puntos.</i>

COMPRESIÓN ESCRITA. LEA O TEXTO SIGUIENTE E ESCOLLA A OPCIÓN CORRECTA.

COMPRESIÓN ESCRITA. LEA EL TEXTO SIGUIENTE Y ELIJA LA OPCIÓN CORRECTA.

Useful information for a happier and healthier life

Too much stress can be dangerous. Here, we offer you some information to live your life without stress.

Do things that you enjoy. It is good for you. Simple activities can help, for example, watching sports with a friend or meeting friends for coffee. You can also relax and be happy if you do something that you are good at. Cooking or dancing are a fantastic way to enjoy yourself.

It is positive to do exercise regularly and make time for yourself. A healthy lifestyle is necessary too: a well-balanced diet is very important. Don't eat too much and don't drink too much alcohol. Don't forget to sleep enough; it is extremely important. Most people need between 7 and 8 hours.

You can see that there are a lot of things that we can do. So, let's learn how to relax!

- Take 5 minutes to go for a walk. Enjoy the fresh air!
- Do things slowly.
- After work, do some sport.
- Play games.
- Take a day when you do not go to work.
- At work, relax for some minutes.
- Work with nice people.
- Don't work in the evenings.
- Organize your time.

Finally, we need to remember that communication is really important: talk to a friend, a family member or someone who can help you.

1. Choose the correct answer.

In order to have a happy life:

- A. You can eat and drink everything you like.
- B. You need to work harder.
- C. You should do things that make you feel good.

2. Choose the correct answer.

If we want to have a healthier life:

- A. We should sleep less than seven hours.
- B. We should sleep between seven and eight hours.
- C. We should sleep more than eight hours.

3. Choose the correct answer.

When you have a problem:

- A. Talk about it with family or friends.
- B. It is essential to get professional help.
- C. Keep it to yourself and you will be happier.

4. Choose the correct answer.

- A. Time for yourself is important for a healthy, happy life.
- B. Time to relax is not necessary for our life or health.
- C. The way we organize our time is not important for our health.

5. Choose the correct answer.

- A. Stress has positive consequences for a healthy, happy life.
- B. The text gives ideas to improve your life.
- C. The text gives information about how to work less.

GRAMÁTICA E VOCABULARIO. ESCOLLA A RESPOSTA CORRECTA.

GRAMÁTICA Y VOCABULARIO. ELIJA LA RESPUESTA CORRECTA.

6. Choose the correct answer.

- A. How high is your sister? She's very tall.
- B. How good is your sister? She's very well.
- C. How old is your sister? She is seventeen.

7. Choose the correct answer.

- A. My father visited Paris last week.
- B. My father visit Paris last week.
- C. My father will go to Paris last week.

8. Choose the correct answer.

- A. Please, write me the last week.
- B. Please, write me the next week.
- C. Please, write me next week.

9. Choose the correct answer.

- A. He is my best friend.
- B. He is my better friend.
- C. He is my most good friend.

10. Choose the correct answer.

- A. All vegetarian people can eat eggs
- B. Fruit is good for vegetarians.
- C. Milk is part of a vegetarian diet.

11. Choose the correct answer.

- A. She listen to music often when she make her bed.
- B. She often listens to music when she makes her bed.
- C. She often listens to music when she making her bed.

12. Expresión escrita. Escriba sobre un día feliz na súa vida (50 – 75 palabras máximo).

Expresión escrita. Escriba sobre un día feliz en su vida (50 – 75 palabras máximo).

Writing task. Write about a happy day in your life (50-75 words max.).

