**HEALTH WARNING ON CHILDREN’S FOOD**

Children who eat a regular diet of food which is specifically marketed to appeal to them could be at risk of future health problems such as obesity, diabetes and even cancer, consumer watchdogs have warned. “Products targeted at youngsters, many of which use cartoon characters and colourful labelling, can confuse and mislead parents about what they actually contain”, the Consumers’ Association said.

They asked the nutritionist Dr Helen Crawley to study two daily menus of food a child might consume based on the claims and marketing messages made on the products. Dr Helen Crawley concluded that to follow such a diet on a regular basis would be damaging to a child’s health. She said it could increase the risk of becoming overweight, as well as the danger of diseases such as tooth decay, diabetes, cancers and heart disease in later life.

The Consumers’ Association called on manufacturers to take action to make sure products aimed at children did not contain higher levels of sugar, fat and salt than products aimed at adults. They also said that cartoons and images aimed at children should not be used on these products. Their “honest labelling shop” highlighted a number of concerns about labelling of child products. While packets of drinks showed “an abundance” of fruit, only a tiny percentage of the product was actually made up of that fruit. Many tinned products were higher in sugar and salt than the adult equivalents.

*Daily Mail Online, 27-1-2016*
I. **Answer the following questions using your own words but taking into account the information in the text. (2 points: 1 point each)**

a. What did Dr Crawley find in her study?
b. What did the Consumers’ Association ask manufacturers to do?

II. **Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (1.5 points: 0.5 each)**

a. Both children and parents are confused about what food products contain.
b. A nutritionist was asked to examine children’s menus every two days.
c. The Consumers’ Association claimed that cartoons and images targeted at children ought not to be used on food products.

III. **Find a synonym for each of the four words below from these six options. All words are underlined in the text (1 point: 0.25 each)**

<table>
<thead>
<tr>
<th>diet</th>
<th>study</th>
<th>increase</th>
<th>risk</th>
<th>overweight</th>
<th>percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. fat</td>
<td>b. raise</td>
<td>c. danger</td>
<td>d. analyse</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

IV. **Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 each)**

1. Products aimed at youngsters…
a) always use cartoon characters and colourful labelling, and they confuse parents.
b) often use cartoon characters and colourful labelling, and they can confuse parents.
c) might use cartoon characters and colourful labelling, but do not confuse parents.

2. Dr Crawley reported that following a diet based on marketing messages is likely to cause children to become…
a) overweight and to have diabetes in a month.
b) overweight and to have many other diseases.
c) overweight and to have other diseases in the long run.

3. The “honest labelling shop” claimed that packets of drinks have…
a) the same percentage of fruit as they show.
b) more percentage of fruit than they show.
c) less percentage of fruit than they show.

**Part B. Composition (130 to 150 words approximately) (4 points)**

Do you think that eating habits have an impact on health problems? Explain why.
OPCIÓ B/OPCIÓN B

Part A. Reading Comprehension
Read the following text:

LIFE IN A REFUGEE CAMP: “THE COLD AND FEAR GET IN YOUR BONES”

“I was not born to live here like this”, says Ali. He is from Iran. We are in a refugee camp. But to describe this as a camp is wrong. There are no basic facilities. None. It’s a field of mud and tents. I am surrounded by people waiting to see a doctor holding little tickets, looking at each other with suspicion.

Families are arriving all the time. The average refugee is a young man, but there are more and more women and children. Women sit in tents frying potatoes. They smile and chat, but everyone is cold. Everything is wet. Everyone has a story of how they got here. Some show me on their phones images of them getting out of boats. As they have travelled from Syria or Eritrea, fleeing Islamic State, torture, unimaginable darkness, the phones are their lifelines. They connect them back to where they have come from and to a world they are now locked out of.

Ali considers getting to England as “an exam, a challenge. I have failed five times. But I will do it”. Every night, people try different ways to get over the wire or into the trucks. And many of the injuries the doctors treat are the direct result of attempts to reach the UK. But the way these people are forced to live is also making them ill. Respiratory and stomach infections are everywhere, as are rats, mice.

The conditions of these “camps” don’t meet any basic UN humanitarian standards. Everything here is dangerous. Fires start as candles tip over. Trapped, desperate people do desperate things. The cold and fear get inside your bones.

I. Answer the following questions using your own words but taking into account the information in the text. (2 points: 1 point each)

   a. Why shouldn’t this place be called a camp?
   b. Why are refugees’ phones so important?

II. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (1.5 points: 0.5 each)

   a. There are more women and children than men in the camp.
   b. Ali thinks that he will never manage to get to England.
   c. People in the camps do not have a minimum quality of life.

III. Find a synonym for each of the four words below from these six options. All these words are underlined in the text (1 point: 0.25 each)

      holding      fleeing      considers      injuries      result      fear

   a. outcome
   b. regards
   c. fright
   d. escaping

IV. Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 each)

   1. Refugees in the camp...
      a. have no idea how they got to the camp.
      b. have clear memories of how they got to the camp.
      c. have a story about how they can cross over the wire.

   2. Every night...
      a. refugees are injured in the camps and treated by doctors.
      b. refugees cross over the wire and climb onto a lorry.
      c. refugees think of possible ways to get to UK.

   3. The way refugees are living in the camps...
      a. is making them ill due to desperation.
      b. is making their clothes wet and dirty.
      c. is making their health deteriorate.

Part B. Composition (130 to 150 words approximately) (4 points)

What problems do refugees face nowadays?