

ACCESO MAYORES DE 25 AÑOS-UNIVERSIDAD COMPLUTENSE-AÑO 2009-INGLÉS

Diet with Your Dog

In many countries obesity is a serious problem. At least half of the adults in America are overweight or obese. We hear about it on television and radio, and we are inundated with suggestions about how to undo the damage. However, what many people do not take into account is that our pets are getting fat too. The percentage of dogs and cats that are obese is also just about half, and rising every year.

The implications of weight-related health problems in animals are the same as in humans: increased risks of heart disease, diabetes, and other complications. Small dogs begin to suffer health problems with just a couple of extra pounds. One extra pound on a dog is the equivalent of more than 20 pounds on an adult human. Research also shows that fit pets live about 15 percent longer. Not coincidentally, research suggests that overweight people and overweight pets often live in the same homes.

What can we do about it? Everybody knows that people trying to lose pounds have a better chance if they exercise and follow a diet with the support of a friend. Dogs can serve as social support for their owners for weight loss. They may be the most devoted, reliable, supportive, workout partners you could have ever hoped for. Dogs never offer excuses as to why today is not a good day to exercise; nor will you catch them checking their watch and thinking, "I only have this much time to give you."

1. In your own words and based on the ideas in the text, answer these questions. Be careful with the grammar. Write precise answers. (Puntuación máxima: 2)

- a) What do studies about pets' weight show?
- b) How can a pet help a fat person to lose weight?

2. Are the following sentences TRUE or FALSE? Copy the evidence from the text. No marks are given for only True or False. (Puntuación máxima: 2)

- a) American mass-media ignore the problem of the obese population.
- b) The number of overweight dogs and cats is on the increase.

3. Find the words in the text that mean:

- a) ideas (paragraph 1)
- b) opportunity (paragraph 3)

(Puntuación máxima: 1)

4. Follow the instructions for each part of this question. (Puntuación máxima:2)

- a) Put the verb in brackets in the correct tense and fill in the second blank with a preposition.

While enormous quantities of food \_\_\_\_\_ (waste) in rich countries, many children in poor countries suffer \_\_\_\_\_ malnutrition.



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b) Fill in the first blank with a relative pronoun and the second one with a possessive.

According to a British survey there was a high proportion of overweight mothers \_\_\_\_  
thought that \_\_\_\_ own weight was right.

c) Rewrite the sentence in the passive.

Lack of exercise and bad eating habits produce obesity.

d) Rewrite the sentence in reported speech starting with the words given.

“Take some physical exercise and don’t eat between meals,” the doctor said to my daughter.

The doctor advised \_\_\_\_\_

5. Write about 80 to 100 words on ONE of the following topics. (Puntuación máxima: 3)

a) What can families do to prevent obesity in their homes?

b) How can obesity affect a person? Discuss.

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