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| Enseñanzas Artísticas Junio LENGUA EXTRANJERA: INGLÉS | CFGS: CÓDIGO: GS _____ DNI: | PARTE VOLUNTARIA |
| CRITERIOS DE CALIFICACIÓN I Preguntas sobre el texto: 1 punto cada una. II Redacción: 5 puntos.: Se evaluará la precisión gramatical y léxica, la amplitud de vocabulario y estructuras usadas, la distribución correcta de párrafos, la puntuación adecuada, la cohesión del texto y la ortografía. | | |

READ THE FOLLOWING TEXT

Researchers have discovered that in the last forty years, more and more people are suffering from stress. A little stress is natural and necessary, and is your body's way of dealing with different situations around you.

You feel «stressed» if something is threatening your life, for example, if you suddenly come face to face with a wild animal! Your body will release «stress hormones», your heart will beat faster and pump more oxygen into your body. This is called the «fight or flight» reaction. It means that your body is ready to fight against the animal or run away. When danger has passed your body gradually returns to normal.

This response system is very useful in dangerous situations. But this primitive reaction is not very useful in modern situations. For example having many exams in a short period of time or dealing with traffic jam every day, or with your boss at work, you cannot fight or run! But the stress hormones can remain in your body for a long time and this can eventually make you ill.

Scientists are learning more and more about the problem of stress. Many people don't realize how much stress they are suffering from until it's too late. So try to recognize the signs of stress, before your body starts to suffer.

1. Give full answers to the following questions:

- a) **What have researchers discovered?**

- b) **Why is stress necessary?**

- c) **What happens with your body when you suddenly come to a tense situation?**

- d) **How is this situation called?**

- e) **What do scientists recommend people to do?**

2. Writing exercise:

In about 80–100 words write about a stressing or dangerous situation you have lived – real or fiction.
(Remember to paragraph your essay: 1.where the story take place, 2.describe the main events, 3.what happened at the end)