



GRADUATE IN SECONDARY EDUCATION

OPEN TEST

COMMUNICATION SKILLS: ENGLISH

NOVEMBER 2015

SURNAMES AND NAME: _____

SIGNATURE:

Outdoor Health Benefits

There are many things you can do for your health, such as eating healthy food and exercising. Now scientists have discovered that spending time outside in nature has many positive effects on human health.

Being outdoors exposes us to sunlight, which helps our production of vitamin D. Many parts of the body, for example the brain, heart, skin and bones, work properly because of vitamin D. But don't spend too much time in the sun, as it can burn you.

Another good consequence of being outside is the positive effect it can have on personal relationships. When people are outside they tend to do things with other people. This brings a better social life, which makes people happier.

One of the biggest benefits of spending time outdoors is stress reduction. This is very positive because stress reduces your body's ability to defend against illness.



A lot of people spend many hours inside at work. After such a long day, having some time outside may give you energy if you feel tired. This can happen because the fresh air will increase the amount of oxygen on your body.

So next time you're feeling a little sad, go outside. You will probably feel better for it.

ADAPTED FROM: http://eslreadinglessons.com/outdoor_health_benefits.htm

A. Are these statements true or false? Correct the false ones. You can use words / expressions from the text (2 points)

1. According to scientists, being inside has benefits on human health.
2. Vitamin D helps the brain, skin, heart and bones work properly.
3. People who are active outside don't want to be with other people.
4. Stress helps you fight against illness.

5. B. Find words in the text to match the following definitions. (1 point)

1. people that investigate, researchers: _____
2. the light that comes from the sun during the day: _____
3. makes smaller, decreases: _____
4. a gas that is in the air, that you breath and that is necessary to live: _____

C. Choose the correct answer. (2 points)

1. What is the main idea of the text?
 - a- Being outside can be good for your health.
 - b- Spending time outside cures infections.
 - c- Going outside is the best way to control your stress.
 - d- Exercising is healthy.
2. In which order are these presented in the text?
 - a- positive effects, relationships, sunlight.
 - b- sunlight, relationships, stress reduction.
 - c- stress reduction, sunlight, relationships.
 - d- positive effects, stress, sunlight.

3. According to the text, eating healthy food and exercising are examples of?

- a- outdoor activities.
- b- good habits for your health.
- c- things people shouldn't do.
- d- parts of the body.

4. According to the text, after a long day working inside ?

- a- you have to take some vitamin D.
- b- you will have to make new friends spending some time outdoors.
- c- spending some time outdoors can help you feel better.
- d- you have to eat healthy food and exercise.

D. Choose the best word from the box to complete the text. (2 points)

(There are 2 words that you don't need)

When (1) _____ spend time in nature, such as a (2) _____, they experience more positive feelings and fewer (3) _____ ones. In fact, spending some (4) _____ outside will have a calming effect, which can reduce (5) _____.

On the (6) _____ hand, spending time outdoors reduces chances of being overweight. Inside, people tend to be inactive and to eat (7) _____. Therefore, they will probably (8) _____ fat. But when people are outdoors they (9) _____ things: they are active. This (10) _____ can help control weight.

park	get	snacks	time
do	negative	activity	people
other	brain	stress	reduce

Write your answers here:

1	2	3	4	5
6	7	8	9	10

E. Choose one of the following topics and write a composition of about 100 words. (3 points)

a) What do you like doing outdoors? Describe your favourite activity to do outside.

OR

b) “Having a healthy life is very easy nowadays”. Do you agree or disagree? Explain your opinion.

