

**ML (Mediació Lingüística) - 45 minutes**

Name and surnames: \_\_\_\_\_ B2 Group \_\_\_\_\_

MARKS	GRADE
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**Task 1**

Your friend Mark wants to spend some time travelling, but he is frustrated because he doesn't have a lot of money. He knows you read a blog about travelling and asks you for advice. Send him an informal email with some advice based on the infographic you found a few days ago. Write your **informal email** (85 words approx.)

# How to travel on a budget



✓ **Avoid the holidays**



✓ **Book cheap accommodation**



✓ **Do your research**



✓ **Wait for the sales**



✓ **Don'ts**

- Don't get in-room service
- Don't buy unnecessary excursions
- Don't buy souvenirs

## Task 2

You are a teacher. You usually see your students eating fast food in the canteen and are worried about their eating habits. You think they haven't got enough nutritional information about how to lead a healthy life. Based on the information below, **write a post** on your Google Classroom trying to make them aware of the benefits of different types of food and advising them on healthy habits. (85 words approx.)

**American Heart Association.**

### 10 ways to improve your heart health

- 1 Balance calories eaten with physical activity.
- 2 Reach for a variety of fruits and vegetables.
- 3 Choose whole grains.
- 4 Include healthy protein sources, mostly plants and seafood.
- 5 Use liquid non-tropical plant oils.
- 6 Choose minimally processed foods.
- 7 Subtract added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol.
- 10 Do all this wherever you eat!

**Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)**

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**Task 1.**

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