AMES ENGLISH

Full name: .....

Worksheet 5	**Topic: Health**		**WID:** IELTS6.0_05_R **QR code:**
Skills	**Reading:** - review skimming and scanning skills - correctly answer flow-chart and table completion questions - understand and correctly use quantifiers - use paraphrase to help you answer sentence completion questions	..... **pts/10**	

<u>Exercise 3.</u> [Skimming – Scanning] Read the passage and answer the questions.

Champions of color blind justice

During the past century, as the United States of America has wrestled with the problem of inequality between blacks and whites, two names remain paramount in the struggle – Martin Luther King and Malcolm X.



Although there were some surface similarities. Both started their own movements, organized rallies and gave many speeches both in America and abroad, yet their approaches and beliefs were radically different. King believed in peace, encouraging only a 'passive resistance' with the eventual aim of black and white people integrating and living together peacefully. While King tried to unite the races through peace, Malcolm X, on the other hand, adopted a more direct, aggressive approach. Unlike King, he did not support the idea of integration but separatism, encouraging his listeners to recognize the suffering whites had caused blacks and to live apart in their own communities.

These men were different not only in their approaches to the problem, but also in the religious convictions that motivated them. Martin Luther King's philosophy of peace and positive reasoning was influenced by Christianity. He was active in the Church and was the leader of the Christian Leadership Conference. Malcolm X started many Muslim groups which practiced a violent form of defense against any white oppression, real or imagined.

Despite their very different perspectives, there is one more similarity between these two men Đ both were assassinated. Malcolm X was shot in 1965 at a rally in Harlem, victim of former supporters who

had taken his doctrine of violence to heart. On 4 April 1968 King was shot as he was organizing a demonstration in Memphis, but little is known of his assassin.

In the current racial climate of America, it could be said that both men succeeded, at least to a degree. There are still racial tensions, but not to the same degree. Whether Malcolm X would have approved or King would be satisfied today is another question.

1. The text is about _____

A. where Martin Luther King and Malcolm X lived

B. what Martin Luther King and Malcolm X believed

C. the similarities between Martin Luther King and Malcolm X

2. The text is written _____.

A. about the future in America.

B. in support of Malcolm X and against Martin Luther King

C. in a neutral style, presenting mostly facts

Exercise 4. [IELTS Reading: Scanning – Flow chart completion]

The advent of sugar taxes

Recent years have seen a series of countries, from the UK to South Africa, debate and then introduce a tax on products that are high in sugar. Mexico implemented a much-publicized sugar tax soon after France did in 2012, which was in itself a response to Hungary's pioneering new tax the previous year. Other countries, such as Ireland, soon followed suit.

So, what does it take for a country to take a stand against falling standards of health and rising levels of obesity and introduce a sugar tax that will make a difference? Well, the first thing is that people need to be made to care. Many British people had been hearing their doctor tell them for years about the dangers of consuming too much sugar. However, it took an all-out offensive by a chef, with the media looking on enthusiastically, to raise awareness and bring the issue to the forefront of national debate in the UK before the average politician would sit up and listen.

Once passed, sugar taxes can have quite a drastic effect. In Mexico, the introduction of a tax of 10% made consumers think again about their shopping choices. Poorer households spent up to 17% less on sugary drinks and across all socioeconomic groups nationwide, the drop was 12%.

But the key benefit lies in the improvement in people's health and the fall in the number of diet-related fatalities that the introduction of a sugar tax could lead to. Estimates put this at 1,600 in Australia, and it is claimed that 4,400 heart attacks – a major cause of death – and 1,100 strokes could be prevented each and every year. The revenues generated by the tax are expected to be in the region of $400 million, not to mention the reduction in costly healthcare needed, providing the government with a fund to subsidize healthy food for low-income Australians.

Complete the sentences from a flow-chart. Choose NO MORE THAN TWO WORDS from the article for each answer. **How sugar taxes work**

(1)_____ : first country in recent years to introduce a sugar tax.

↓

Popular support can be raised by a famous person. The campaign to introduce a sugar tax led by a (2)_____ in the UK.

↓

Introducing a sugar tax leads to a reduction in consumption of sugary drinks.

↓

Mexico – spending on soft drinks fell by (3)_____ overall.

↓

Sugar taxes improve people's health.

↓

(4)_____ lives could be saved annually in Australia, where the money earned could be used to pay for (5)_____.

<u>Exercise 5.</u> [IELTS Reading: Skimming + Table completion]

A. Read the information. Then skim the text and choose the correct answers to complete the sentences. **Superfoods**

Investigative journalist Bjorn Stigsson looks into the science of the so-called 'superfoods'.

Health bloggers are constantly going on about the so-called superfoods that can do wonders for our bodies, or so it is claimed. If you believe all the hype, you'll probably believe that a diet of mackerel and broccoli can make you live forever!

So, let's investigate the claims, and see if the science really backs them up. Curry is said to be a superfood, and the magical power it lays claim to is that it can help extend life. At least, that's what someone has decided on the basis of what happened to a few rats in a laboratory somewhere, which had a diet rich in capsaicin. Curry also contains a high amount of capsaicin, and so it wasn't long before someone concluded that, therefore, humans would live longer if they ate lots of curry. As for the evidence, oh, well, never mind that – unsubstantiated claims are much more headline-friendly. And so it wasn't long before a chef in Bedford, UK, hit the headlines when he claimed to have created the world's healthiest meal – chicken curry with blueberries. He claimed that, being loaded with antibacterials, it could deal 'a devastating blow' to cancer. Could it simply be, I wonder, that he just wanted to go one better than his competitor businesses in Bedford?

Another superfood is beetroot, which is rich in nitrates that can be converted into nitric oxide. It is believed that people with higher-than-average blood pressure who eat beetroot are able to reduce it to healthier levels, although evidence gathered from people with heart problems is very limited. In addition, there is some good data on the benefits of beetroot, but much of it focuses on people with excellent health, such as the cyclists who were the participants in a well-received piece of research from 2013. This established that a diet rich in beetroot enabled them to cope better with the lower oxygen levels at high altitudes. These findings are of use to climbers and mountain residents alike.

It's been said that if you're going to make just one change to your diet, it should be to start eating blueberries. They're rich in fibre and vitamin K, but then so are many other things. It's their levels of antioxidants that really set them apart, which may be one of the reasons why people who eat them a lot are less prone to heart disease. Studies conducted among women aged over 70 who had not had a stroke also found that memory loss was delayed by a couple of years on average among the blueberry-eaters. However, before we jump to conclusions, it should also be pointed out that the sample size was very modest and that berry-eaters tend to have above-average incomes, which in turn can contribute to good health.

So, do I believe that some foods really are 'superfoods'? No. Some foods, such as broccoli and mackerel, are more nutritious than others such as bread. And we all need a rich and balanced diet, so do by all means cook up some broccoli now and then, but don't live on it exclusively. And don't delude yourself into thinking that it'll save your life – eating so-called superfoods is a solution, but it's not *the* solution.

1. The writer's main point is that people should ...

A. be sceptical about claims made about superfoods.

B. try to eat as many superfoods as possible.

2. The writer's tone is best described as ...

A. humorous and light-hearted.

B. serious and academic.

B. Complete the table. Choose NO MORE THAN TWO WORDS from the passage for each answer.

Superfood	Key component	Claim	Evidence
curry	capsaicin	It can extend life. It can defeat _____.	It enables _____ to live longer.
beetroot	_____	It can lower _____.	A group of _____ were found to perform better at high altitudes.
blueberries	_____	They can slow _____.	Results are inconclusive, because the participants who performed well in tests also had high _____.

<u>Exercise 6.</u> [IELTS Reading: Table completion] Read the passage and answer the questions.

The construction of bridges

The development by the Romans of the arched bridge marked the beginning of scientific bridge-building; hitherto, bridges had generally been crossings in the form of felled trees or flat stone blocks. Absorbing the load by compression, arched bridges are very strong. Most were built of stone, but brick and timber were also used. A fine early example is at Alcantara in Spain, built of granite by the Romans in AD 105 to span the River Tagus. In modern times, metal and concrete arched bridges have been constructed. The first significant metal bridge, built of cast iron in 1779, still stands at Ironbridge in England.

Steel, with its superior strength-to-weight ratio, soon replaced iron in metal bridge-work. In the railway age, the truss (or girder) bridge became popular. Built of wood or metal, the truss beam consists of upper and lower horizontal booms joined by vertical or inclined members.

The suspension bridge has a deck supported by suspenders that drop from one or more overhead cables. It requires strong anchorage at each end to resist the inward tension of the cables, and the deck is strengthened to control distortion by moving loads or high winds. Such bridges are nevertheless light, and therefore the most suitable for very long spans. The Clifton Suspension Bridge in the UK, designed by Isambard Kingdom Brunei (1806—59) to span the Avon Gorge in England, is famous both for its beautiful setting and for its elegant design. The 1998 Akashi Kaikyo Bridge in Japan has a span of 1,991 meters, which is the longest to date.

Cantilever bridges, such as the 1889 Forth Rail Bridge in Scotland, exploit the potential of steel construction to produce a wide clearwater space. The spans have a central supporting pier and meet midstream. The downward thrust, where the spans meet, is countered by firm anchorage of the spans at their other ends. Although the suspension bridge can span a wider gap, the cantilever is relatively stable, and this was important for nineteenth-century railway builders. The world's longest cantilever span - 549 meters - is that of the Quebec rail bridge in Canada, constructed in 1918.

Complete the table below. Use ONE WORD ONLY from the passage for each answer.

Bridges

Type of bridge	Features	Example(s)
Arched bridge	introduced by the (1)_____ very strong usually made of (2)_____	Alcantara, Spain Ironbridge, UK
Truss bridge	made of wood or metal popular for railways	
Suspension bridge	has a suspended deck strong but (3)_____	Clifton, UK Akashi Kaikyo, Japan (currently the (4)_____ span)
Cantilever bridge	Made of (5)_____ More (6)_____ than the suspension bridge	Quebec, Canada

<u>Exercise 7.</u> [IELTS Reading: Flow chart completion] Read the passage and complete the flow chart below.

ROBOTS AT WORK

A The newspaper production process has come a long way from the old days when the paper was written, edited, typeset and ultimately printed in one building with the journalists working on the

upper floors and the printing presses going on the ground floor. These days the editor, subeditors and journalists who put the paper together are likely to find themselves in a totally different building or maybe even in a different city. This is the situation which now prevails in Sydney. The daily paper is compiled at the editorial headquarters, known as the prepress center, in the heart of the city, but printed far away in the suburbs at the printing center. Here human beings are in the minority as much of the work is done by automated machines controlled by computers.

B Once the finished newspaper has been created for the next morning's edition, all the pages are transmitted electronically from the prepress center to the printing center. The system of transmission is an update on the sophisticated page facsimile system already in use on many other newspapers. An imagesetter at the printing center delivers the pages as film. Each page takes less than a minute to produce, although for color pages four versions, once each for black, cyan, magenta and yellow are sent. The pages are then processed into photographic negatives and the film is used to produce aluminum printing plates ready for the presses.

C A procession of automated vehicles is busy at the new printing center where the Sydney Morning Herald is printed each day. With lights flashing and warning horns honking, the robots (to give them their correct name, the LGVs or laser guided vehicles) look for all the world like enthusiastic machines from a science fiction movie, as they follow their own random paths around the plant busily getting on with their jobs. Automation of this kind is now standard in all modern newspaper plants. The robots can detect unauthorized personnel and alert security staff immediately if they find an "intruder"; not surprisingly, tall tales are already being told about the machines starting to take on personalities of their own.

D The robots' principal job, however, is to shift the newsprint (the printing paper) that arrives at the plant in huge reels and emerges at the other end some time later as newspapers. Once the size of the day's paper and the publishing order are determined at head office, the information is punched into the computer and the LGVs are programmed to go about their work. The LGVs collect the appropriate size paper reels and take them where they have to go. When the press needs another reel its computer alerts the LGV system. The Sydney LGVs move busily around the press room fulfilling their two key functions to collect reels of newsprint either from the reel stripping stations, or from the racked supplies in the newsprint storage area. At the stripping station the tough wrapping that helps to protect a reel of paper from rough handling is removed. Any damaged paper is peeled off and the reel is then weighed.

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E Then one of the four paster robots moves in. Specifically designed for the job, it trims the paper neatly and prepares the reel for the press. If required the reel can be loaded directly onto the press; if not needed immediately, an LGV takes it to the storage area. When the press computer calls for a reel, an LGV takes it to the reel loading area of the presses. It lifts the reel into the loading position and places it in the correct spot with complete accuracy. As each reel is used up, the press drops the heavy cardboard core into a waste bin. When the bin is full, another LGV collects it and deposits the cores into a shredder for recycling.

F The LGVs move at walking speed. Should anyone step in front of one or get too close, sensors stop the vehicle until the path is clear. The company has chosen a laser guide function system for the vehicles because, as the project development manager says "The beauty of it is that if you want to change the routes, you can work out a new route on your computer and lay it down for them to follow". When an LGV's batteries run low, it will take itself off line and go to the nearest battery maintenance point for replacement batteries. And all this is achieved with absolute minimum human input and a much reduced risk of injury to people working in the printing centers.

G The question newspaper workers must now ask, however is, "how long will it be before the robots are writing the newspapers as well as running the printing center, churning out the latest edition every morning?".

Complete the flow-chart below. Choose NO MORE THAN THREE WORDS from the text for each answer.

The Production Process

↓

The newspaper is compiled at the editorial headquarters by the journalists.

↓

The final version of the text is 33 ..... to the printing centre.

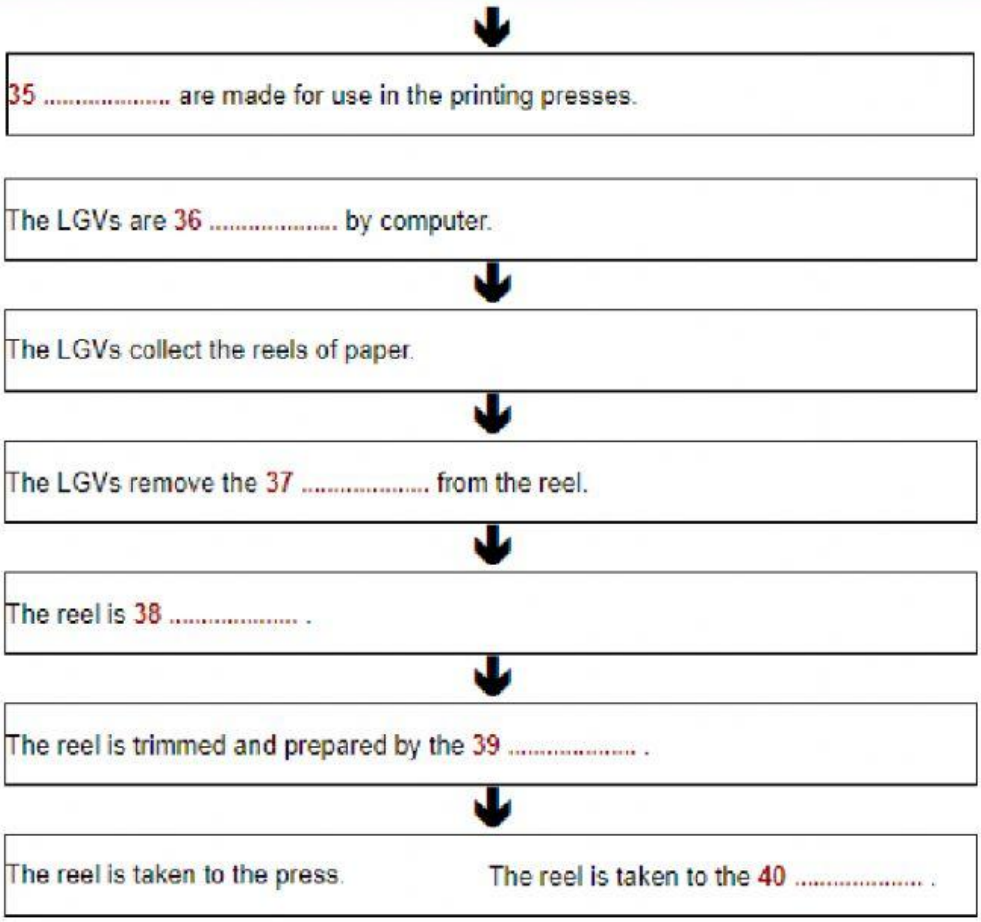
↓

The pages arrive by facsimile.

↓

The pages are converted into 34 ..... .

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Exercise 8. [IELTS Reading: Sentence completion] Read the passage and answer the questions.

A brilliant movement of color as it catches its food in the air, the European bee-eater moves between three continents.

True to their name, bee-eaters eat bees (though their diet includes just about any flying insect). When the bird catches a bee, it returns to its tree to get rid of the bee's poison, which it does very efficiently. It hits the insect's head on one side of the branch, then rubs its body on the other. The rubbing makes its prey harmless.

European bee-eaters (Merops apiaster) form families that breed in the spring and summer across an area that extends from Spain to Kazakhstan. Farmland and river valleys provide huge numbers of insects. Flocks of bee-eaters follow tractors as they work fields. When the birds come upon a beehive, they eat well - a researcher once found a hundred bees in the stomach of a bee-eater near a hive.