READING
OTHER COMPLETION QUESTIONS

1. SENTENCE COMPLETION

1.1. TASK DESCRIPTION

- You complete the sentences by writing up to three words and/or a number from the passage in the gaps.
- The gaps can come at the beginning, in the middle or at the end of the sentence.
- The answers are in the passage order.

1.2. STRATEGIES

- Scan the text to find the relevant paragraph.
- The words you need will be **IN THE SAME FORM** as they come in the text.
- Do a grammar check as your read: does the gap require a singular or plural noun, a verb, an adjective, an adjective plus a noun ...?
- The stem is not likely to have the same words in the text, so skim the text for synonyms and paraphrases.
- Numbers can be written as words or numbers (e.g. ten or 10), and hyphenated words count as one word (so well-being is one word).
- Read the completed sentence to make sure that it is grammatically correct and makes sense

1.3. SAMPLE TASK

EXERCISE 1

POWER-PACKED FLIERS

A For their size, birds are tremendously powerful creatures. We know this thanks to an ingenious series of tests performed by researchers at Duke University in North Carolina. The researchers placed a specially trained budgerigar in a wind tunnel and measured how much muscle power it needed to maintain flight at various airspeeds up to 50 kilometers per hour. The small bird had to be trained, not only because it had to fly in the artificial environment of the wind tunnel, but also because it had to do so while wearing a tiny oxygen mask.

B The mask allowed zoologist Vance Tucker and his colleagues to monitor the budgerigar's oxygen demand, and thus the amount of mechanical energy it was producing. What they discovered was experimental proof of the incredible power-to-weight ratio of birds. Tucker's team found that the 35- gram budgerigar's flight muscles were delivering a peak power of one to four watts to maintain continuous flight. That might not sound very much on its own, but it's pretty impressive when the bird's size is taken into account: it works out as 200 watts of continuous mechanical power for every kilogram of the bird's muscle mass.

C And that's the reason that people have always failed when they tried to fly by flapping wings attached to their arms: the average human can only produce around ten watts per kilogram of their muscle mass. It's not that we never had the time to fly - we have simply never had the energy. To fly, people need machines and to make a flying machine, we need to understand how birds control their flight.

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Complete the sentences below.
*Choose **NO MORE THAN THREE WORDS** from the passage for each answer*

1. Scientists have done experiments on birds in a ..... .
2. The birds reached a maximum hourly flight distance of ..... .
3. The aim of scientists was to calculate the amount of.....they needed to fly.
4. ..... are the only solution to human flight.

2. NOTES/ TABLE COMPLETION

2.1. TASK DESCRIPTION

- You complete the gaps in a table or notes using a specified number of words
- Some of the information may already be completed to help you.
- Usually the answers will be located on one part of the text only but sometimes you will need to look at the text as a whole.
- Answers are usually – **BUT NOT ALWAYS** – in the same order as in the text, and are usually fairly close together.
- The words you need will be **IN THE SAME FORM** as they come in the text.

2.2. STRATEGIES

- Scan the text to locate the relevant section(s) for the answer needed
- Pay attention to the headings of the columns in a table so you see what information is required
- Look at the gaps and decide the type of information required
- Read the information from left to right in a table

2.3. SAMPLE TASK

EXERCISE 2

EARLY METHODS OF PRODUCING FLAT GLASS

A Glass, which has been made since the time of the Mesopotamians and Egyptians, is little more than a mixture of sand, soda ash and lime, when heated to about 1500 degrees Celsius (QC) this becomes a molten mass that hardens when slowly cooled. The first successful method for making clear, flat glass involved spinning. This method was very effective as the glass had not touched any surfaces between being soft and being hard, so it stayed perfectly unblemished, with a :fire finish'. However, the process took a long time and labor intensive.

B Nevertheless, demand for flat glass was very high and glassmakers across the world looking for a method of making it continuously. The first continuous ribbon process involved squeezing molten glass through two hot rollers, similar to an old mangle. This allowed glass of virtually any thickness to be made non-stop, but the rollers would leave both sides of the glass marked, and these would then need to be ground and polished. This part of the process rubbed away around 20 per cent of the glass, and the machine were very expensive.

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Complete the following table

*Choose **NO MORE THAN TWO WORDS** from the passage for each answer*

Method	Advantages	Disadvantages
1.....	• Glass remained **2**.....	• Slow
Ribbon	• Could produce glass sheets of varying **3**..... • Non-stop process	• Glass was **4**..... • 20% of glass rubbed away • Machines were expensive

3. FLOW-CHART COMPLETION

3.1. TASK DESCRIPTION

- You complete the gaps in a flow-chart using a specified number of words.
- Answers are usually – **BUT NOT ALWAYS** – in the same order as in the text, and are usually fairly close together.
- The words you need will be **IN THE SAME FORM** as they come in the text.

3.2. STRATEGIES

- Scan the text to locate the relevant section(s) for the answer needed
- Identify the type of word needed for each part of the flow-chart
- Answers **do not always come in order**
- Use the direction of the arrows and boxes to follow the order of information in the chart
- Select the appropriate words from the passage
- Check the number of words that can be used for each answer

3.3. SAMPLE TASK

EXERCISE 3

THE ADVENT OF SUGAR TAXES

A 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-publicised 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.

B 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.

C 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%.

D 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 subsidise 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**..... .

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SKILL-BUILDING EXERCISES

EXERCISE 4

THE UNSTOPPABLE RISE OF BURGERS AND FRIES

A It is astonishing to contemplate how popular junk food has become, given that the first fast food restaurant in the US only opened its doors a mere century ago. Since then, high-calorie processed meals have taken over the world, with multinational restaurant chains aggressively chasing levels of growth that show no signs of slowing down. Much of this expansion is currently taking place in less developed parts of the world, where potential for customer loyalty is seen as easier to develop, but it is not just in these areas where such growth is visible. Indeed, a recent study from the University of Cambridge found that the number of takeaways in the United Kingdom rose by 45 per cent between 1997 and 2015. This explosion in the takeaway trade is not an inevitable outcome of what we call 'progress'. On the contrary, it comes in the face of an increasing body of evidence that we are heading for dietary disaster.

B Yet, despite nutrition experts' best efforts to educate people about the dangers of a diet filled with processed food, it appears that the world doesn't want to listen. Medical specialists point out that, although eating too much unhealthy food is likely to be as dangerous in the long-term as smoking, regular consumption of high-calorie food has somehow become more socially acceptable than ever. While local authorities in some towns and cities have taken measures to combat the rise in this trend by limiting the number of fast food outlets permitted to be open simultaneously, critics argue that people have every right to make their own decisions about what they eat and how they choose to live. However, the way in which we have come to binge on takeaways isn't only a personal issue of weight gain, or of buying larger clothes. The consequences of mass overconsumption should strike fear into the hearts of everyone.

C It is common to read or to hear criticism of the junk food industry that does so much to promote the overconsumption of its products. But it does not appear that any of this criticism is changing widespread dietary habits in any substantial way. What is more, the humble burger has been elevated to such a point that many people no longer see it as simple, on-the-go food. It has arguably become a stylish and aspirational part of one's daily diet. Consider, for example, how some television companies recently made several series of programmes encouraging unnecessary overeating, in which the host devours dish after dish of unhealthy, fatty meals until they are full - and then far, far beyond. While such glamorisation exists, it is difficult to see how our collective march towards a global obesity crisis can ever be halted.

D Research suggests that there is an evolutionary reason as to why people compulsively overeat - it is simply part of our innate behaviour. When humans evolved, we did not have the abundant supply of food that we enjoy today, and so eating was more about survival than pleasure. We became more likely to opt for high-calorie foods, with high fat content, that could sustain us through cold winters when the supply of nourishment became sparse. This explains why a 600-calorie burger seems so attractive: it awakens our primal side, makes us feel well fed, inspires contentment. Processed food stimulates the reward response in our

brains, so we feel compelled to overeat, and not necessarily in a healthy way. Junk food acts as a trigger for chemicals such as the 'feel-good' dopamine to flood through the brain and induce a sensation of happiness. Meanwhile, high amounts of sugar and sodium (one of the chemicals in salt and other ingredients of fast food) cause a huge surge in blood sugar, pushing it to unnatural levels.

E This occurs within the first few moments of eating a high-calorie meal. From there, routinely processing such high levels of sodium is impossible, and the body's organs are pushed beyond their natural working capacity in trying to do so. The kidneys cannot remove all the excess salt from the blood, and thus an overdose of sodium causes the heart to pump faster while transporting blood through the veins. There are multiple dangers of high blood pressure, especially for the elderly and in the long-term. Sodium taken on in such quantities can lead to dehydration, a condition whose symptoms are extremely similar to hunger, and this leads to a painful truth: as soon you have finished your junk food meal, you immediately start to crave another. Thereafter, the body starts to digest the food. Usually, this takes between four and twelve hours, but with fast food, where the fat content is so much higher, the same process lasts at least three days.

F A number of studies have shown how young people can become even more addicted to junk food than adults. When a child eats a burger, the same neurological processes occur as in their parents: their brain's reward system is awoken, dopamine is released, a spontaneous feeling of excitement results, their blood sugar rockets, and so on. An adult can apply their maturity to understand that this thrill is not entirely without drawbacks, and that they need to control their urge to eat more. However, a child cannot necessarily see any negative consequences to this urge and the potential effects of their lack of self-control, so they find it far more difficult to exercise restraint and moderate their food consumption.

4.1. *Read paragraph A of the passage. Find and underline paraphrases for:*

1. pursuing
2. a large part of the growth in the fast food industry
3. huge success of the fast food industry
4. growing proof

4.2. *Complete the sentences. Choose **NO MORE THAN TWO WORDS** from the passage for each answer.*

1. Global food corporations are fiercely pursuing ways in which to increase their..... .
2. The fast food industry is particularly building its presence in areas that are..... .
3. Despite more and more proof of its negative effects, the huge success of the fast food industry is leading us into..... .

4.3. *Find and underline paraphrases for these phrases.*

1. the public seems unconvinced (paragraph B)
2. developed initiatives to change fast food consumption habits (paragraph B)
3. an instinctive characteristic people share (paragraph C)

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4. transforming the way most of the public view and consume food (paragraph F)
5. glamorous (paragraph F)

4.4. *Complete the sentences. Choose **NO MORE THAN TWO WORDS** from the passage for each answer.*

4. Much of the public seems unconvinced that if they eat an excess of....., they will become ill.
5. Many urban councils have developed initiatives to change fast food consumption habits by issuing restrictions on how many.....can sell fast food.
6. A number of scientists believe that an instinctive characteristic people share causes them to..... .
7. One problem is that a fast food diet has become glamorous and..... .

4.5. *Complete the flow-chart below by write **NO MORE THAN TWO WORDS** from the passage for each answer.*

The effects of fast food on the body

Reward response activated by **8**.....

↓

Huge quantities of dopamine produced in **9**.....

↓

Blood sugar **10**.....

↓

11..... fail to remove unneeded sodium from the blood

↓

Dehydration (signs of this resemble **12**.....)

↓

Food broken down slowly (minimum **13**.....)

4.6. *Complete the table by writing **ONE WORD ONLY** from the passage.*

Adult	Child
Eats - dopamine released Reward system activated	Eats - dopamine released Reward system activated
Can understand negative consequences Rationalises excitement by relying on **14**.....	Cannot understand negative consequences Unable to resist the **15**..... to consume more food
Can hold back cravings Stops eating	Does not show **16**..... Continues to eat

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EXAM PRACTICE

EXERCISE 5

THE GROWING GLOBAL THREAT OF ANTIBIOTIC RESISTANCE

A Antibiotics have been one of humanity's success stories for hundreds of years, being responsible both for saving the lives of millions of patients and for helping scientists to take enormous steps in the fields of medical and surgical treatment. But this success has come at a price. The growing resistance of many bacterial strains to the curative effects of antibiotics is such a concern that it has been referred to, in some quarters, as the greatest threat to our continued existence on earth. We have become careless, it is argued, not only in our reliance on the quick fix of medicine if we feel even slightly under the weather, but also in taking the availability of antibiotics for granted, using them incorrectly, not following the prescribed dosage. This has given rise to a new form of superbacteria, a type which is able to fight off antibiotic treatment with ease.

B Although their resistance to antibiotics has been built up over a long period of time, bacteria actually replicate extraordinarily quickly, and any resistance developed is also duplicated as they divide. In addition, those bacteria carrying resistance genes happen to spread those genes further via 'horizontal gene transfer', a process whereby one bacterium passes on the resistance gene from another without even needing to be its parent. What makes the spread of these strains more difficult to control is that it occurs in a cyclical process. In the case of humans, when a person becomes infected and the resistant bacteria set up home in the gut, the sufferer has two choices: look for help or stay at home. In seeking medical assistance, whether through an appointment to visit their local doctor, or taking themselves to hospital, they contaminate other patients, later to be discharged and sent home. The resistant bacteria then spread out into the local community. This is also the end result if the infected person decides not to seek any medical assistance at all: they keep the bacteria at home and allow them to breed without treatment.

C Livestock also play their part in dispersing these newly evolved, bullet-proof microorganisms into the food chain. These resilient bacteria do not discriminate between man and beast, and so animals play host to the very same bacteria as are found in humans, with the end result that our farms and abattoirs have become breeding grounds for inter-species infection. In fact, even after slaughter, these bacteria can easily survive on animal carcasses, remaining alive and reproducing until the point of purchase and beyond, eventually invading our systems when we ingest the flesh as infected meat. So is the answer simply to become a vegetarian? Sadly not. The very same resistant bacteria will leave a host animal's gut in the form of faeces, which are employed in agriculture as manure to support food crops. From there, the wheat, maize and corn that are grown for human consumption transport the bacteria into our bodies. There really is no escape.

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D

That said, there is always something that can be done to try and minimise any risk, however much of a lost cause it might seem. In 2014, after accumulating data from 114 countries, the World Health Organization (WHO), issued a set of guidelines intended to tackle the increasing problem of resistance. Doctors and pharmacists were advised to avoid prescribing and dispensing antibiotics as much and as often as possible. Only when treatment is utterly necessary should they resort to doing so, while the greatest of care should be taken to ensure that the antibiotics they provide are the correct ones to treat the illness. In turn, the general public must play their part by only taking antibiotics as prescribed by a doctor, as well as making sure they see out the full course, even if they feel better before the antibiotics are finished. Additionally, they should never share their medication with others or - astonishing as it may seem that this would need to be stated - buy drugs online.

E

Away from the individual and onto organisations, the WHO has urged policymakers to invest in laboratory capacity and research to track increasing drug resistance as it happens, over time. Our leaders and governors were also advised to ensure that use of antibiotics is strictly regulated, something that can only be achieved through cooperation between themselves and the pharmaceutical industry. If innovation in research were encouraged, and new tools developed, the WHO argued, the threat might yet be contained. But herein lies the biggest challenge of all. Antibiotic development has slowed down considerably over recent decades as the pharmaceutical industry becomes ever more governed by profit margins. Since they are used for a relatively short time, and are often effective in curing the patient, antibiotics are nowhere near as lucrative as the drugs that treat long-term disorders, such as diabetes or asthma. Because medicines for chronic conditions are so much more profitable, this is where pharmaceutical companies invest their time and money. A further stumbling block is the relatively low cost of antibiotics, newer examples of which tend to cost a maximum of £1,000 to £3,000 per course. When compared with cancer chemotherapy, for example, a process of treatment that costs tens of thousands of pounds, the discrepancy becomes impossible to mend.

F

As a race, humans have seen remarkable health benefits over the years as a huge number of illnesses have been treated by antibiotics, but we now face a global emergency as antibiotic-resistant bacteria are beginning to emerge more rapidly and frequently than ever before. Not only has this created a potential health crisis, since we are increasingly unable to provide the sick with treatment as a result of worldwide overuse of these drugs, but it is also unlikely to be tackled any time soon, as the powerful pharmaceutical companies are primarily driven by profit and see little benefit in researching and creating new antibiotics. It simply does not work on the balance sheet, and so it falls to governments and individuals around the world to find ways to manage the crisis. Coordinating such efforts will not be easy.

Questions 1-7

Complete the flow-chart below.
*Choose **NO MORE THAN TWO WORDS** from the passage for each answer.*