

PART 5

You should spend about 20 minutes in this part.

Read the text below. Six sentences have been removed from the text.

Choose from the sentences (A – H) to fit each gap (35 – 40).

Gardening

Did you know that gardening has several health advantages in addition to being a fun and soothing way to connect with nature? People of all ages can enjoy gardening

as a beneficial activity for their bodies and minds. Furthermore, you get to consume the mouthwatering fruits, veggies and herbs that you cultivate. (35) _____ The risk of several health issues can be lowered with just 2.5 hours of moderate activity per week, according to the Centres for Disease Control and Prevention.

(36) _____ One of the best ways to improve your mood and reduce stress is to spend time outside in the sunshine and fresh air. Actually, studies have indicated that gardening can help lower the incidence of depression. Gardening might help you divert your attention to a joyful pastime if you're feeling down about something.

By growing your own, you'll be able to enjoy fresh produce even more. Gardening is a great method to increase your intake of fruits and veggies. (37) _____ However, if gardening is new to you, start small with stuff that is simple to grow. Santo suggests greens like collards, kale, and lettuce as well as herbs.

Growing a garden is also a great way to introduce your family to new, healthful foods and encourage them to become more experimental eaters. Vegetable gardening is enjoyable and healthful. (38) _____ Patience is a necessary skill while gardening, but the reward of eating your own fresh fruit is priceless.

To ensure a safe gardening experience, make sure you have the right equipment. Santo advises applying sunscreen liberally, dressing in airy, long-sleeved shirts and trousers and donning a hat to protect oneself from the sun. When picking weeds and performing other duties that could injure your hands, gardening gloves are an essential for your own safety. (39) _____

Another item to consider is soil safety. Santo points out that soil contamination with heavy metals and other contaminants can occur, particularly in urban and suburban regions. Additionally, tetanus bacteria can be found in soil, which is why it's critical to wear gloves and maintain current vaccinations. (40) _____ Getting a soil test done before you begin planting is a smart idea.

(Adapted from: <https://www.thenationshealth.org/content/47/5/17>)

- A** Gardening is a great way to burn off some energy.
- B** Gardening is tiring yet a fun activity to do.
- C** It might not be clear where to start when choosing what to plant.
- D** Your hands' cuts won't become infected in this manner.
- E** Remember to wear insect repellent too.
- F** Gardening has a mental health advantage as well.
- G** If you don't get it right the first time, don't give up.
- H** Aubergine and okra are examples of plants that are easy to grow.

[6 marks]