IELTS READING SENTENCE COMPLETION-3

READING PASSAGE 6:

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

There are some tips for helping your bodywork with your circadian rhythm. First thing in the morning take a short walk outside or open all the curtains to get as much light as possible through the eyes and into the brain. Lighting levels that affect circadian rhythm in humans are higher than the levels usually used in artificial lighting in homes. In addition to the strength of the light, wavelength (or colour) of light is a factor, the best being that present in sunlight. Plan your work and other activities around the highs and lows of your temperature rhythm. For example, plan easier activities for first thing in the morning when you're not operating at your physical best. Late morning is better for challenging tasks. After lunch, you may feel like nodding off. Take scheduled breaks. The best time to exercise is in the late afternoon – your body temperature reaches its daily high, it is warmed up and stretched from spending your day at work. Avoid driving during sleep times. Sleepy drivers should stop for a nap – playing loud music or leaving windows open is an overrated misconception. At night, close the blinds and curtains and sleep in a dark room. If you work the night shift, use bright lights and music in the workplace to keep your brain alert. Wear an eye mask to block out the light when you want to go to sleep.

Questions:

1.Taking a short walk in the morning can help your bodywork with your _____.

2. It is better to plan the physical activities and work schedules around the _____and _____ of your temperature rhythm.

3. Lighting levels impacting the circadian rhythm in humans are _____.

4. The best time to do the demanding tasks of the day is in the _____.

5. Playing loud music and leaving the windows open is an overrated _____.

LIVEWORKSHEETS

IELTS READING SENTENCE COMPLETION-3

READING PASSAGE 7:

Choose No More Than Two Words from the passage to complete the sentences.

Over the last decade, many brands and companies catering for enhancement of the male image have been successfully established, such operations ranging from male-only spas, boutiques, personal hygiene products, hair and skincare ranges, and male magazines with a strong leaning towards men's fashion. Jamie Cawley, a proprietor of a successful chain of London-based male grooming boutiques, holds that his company's success in this highly competitive market can be attributed to the 'exclusivity' tactics they have employed, in that their products and services are clearly defined as male- orientated and distinctly separate to feminine products offered by other organizations. However, market analyst, Kim Sawyer, believes that future growth in the market can also be achieved through the sale of unisex products marketed to both genders; this strategy is becoming increasingly easy to implement as men's interest in appearance and grooming has become more of a social norm.

1.A large number of companies and big brands are catering for the enhancement of male image by establishing _____ centers.

2. These operations have been set up with a strong leaning towards _____.

3. Jamie Cawley claims that his company's success in this highly competitive market can be credited to the _____ tactics.

4. The products and services rendered by Cawley's company were defined as _____.

5. Kim sawyer affirms that the growth in the future market will be achieved through the sale of _____.

LIVEWORKSHEETS

IELTS READING SENTENCE COMPLETION-3

Reading Passage 8:

Roller coasters have a long, fascinating history. The direct ancestors of roller coasters were monumental ice slides – long, steep wooden slides covered in ice, some as high as 70 feet – popular in Russia in the 16th and 17th centuries. Riders shot down the slope in sleds made out of wood or blocks of ice, crash-landing in a sand pile. Coaster historians diverge on the exact evolution of these ice slides into actual rolling carts. The most widespread account is that a few entrepreneurial Frenchmen imported the ice slide idea to France. The warmer climate of France tended to melt the ice, so the French started building waxed slides instead, eventually adding wheels to the sleds. In 1817, the Russes a Belleville (Russian Mountains of Belleville) became the first roller coaster where the train was attached to the track (in this case, the train axle fit into a carved groove). The French continued to expand on this idea, coming up with more complex track layouts, with multiple cars and all sorts of twists and turns.

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

1.Roller coasters originated from _____.

2. The french men modified the melted ice into _____.

3. The predecessor to the roller coaster was the _____.

4. The snow riders used _____ or block of ice and slid down the ice-covered hills, crash-landing into a sand-pile.

5. It was the _____ who expanded the idea of roller coasters with more complex track layouts.

LIVEWORKSHEETS