

### A Possible Way to Slow Aging

Scientists are looking for a drug that could help people live longer and stay healthy. At present, no drug has been proved to slow down human aging. However, studies show that a low-calorie but healthy diet can help many animals live longer. Researchers therefore think that eating less may also help humans live longer.

To get the best results, people might need to eat about 30% fewer calories than usual. For example, someone who normally eats 2,500 calories a day would need about 1,750 calories. Many people would probably find it difficult to follow such a strict diet for a long time. Scientists are therefore trying to develop a caloric-restriction mimetic, a drug that could produce some of the effects of eating less. So far, no safe drug of this type has been developed for humans.

Scientists first studied low-calorie diets more than 60 years ago. They found that rats on a low-calorie diet lived longer on average than rats that could eat as much as they wanted. They also had fewer health problems common in old age. Some rats even lived longer than the oldest rats in the other group, suggesting that eating less may increase both average lifespan and maximum lifespan. Similar experiments have also been carried out on other animals, including mice, fish and monkeys.

#### Questions 1-5

*Do the following statements agree with the claims of the writer in Reading Passage ?*

*In boxes 1-5 on your answer sheet, write*

**YES** *if the statement agrees with the claims of the writer*

**NO** *if the statement contradicts the claims of the writer*

**NOT GIVEN** *if it is impossible to say what the writer thinks about this*

- 1 Scientists have proved that a low-calorie diet can slow down human aging.
- 2 Researchers believe that eating less may help people live longer.
- 3 Scientists believe that a low-calorie diet is more effective for women than for men.
- 4 Scientists have developed a safe caloric-restriction drug for humans.
- 5 Rats on a low-calorie diet lived longer on average than rats that could eat freely.

#### Questions 6

**What is the main reason scientists are interested in caloric restriction?**

- A. It can help people eat more food.
- B. It may help people live longer and stay healthier.
- C. It can completely stop the aging process.
- D. It has already been proved safe for humans.