

EXERCISE 5

Read the information. Then match the words in bold with the phrases that have a similar meaning. Use the phrases in the box.

In any IELTS Reading task, it is important that you can recognise examples of *synonyms* and *paraphrasing*.

Example:

If the phrase 'too much sugar made him **ill**' is in a question or option, you should look for phrases or words with a similar meaning in the text, e.g. 'he became **unwell** as a result of the sugar' or 'he felt **sick** because of the sugar' (*ill*, *sick* and *unwell* all have a similar meaning).

recommend that you	stay away from	not clear	consume	harmful to
was unexpected				

1. Sugar can be very bad for children.	
2. My doctor said I was eating the wrong foods, which surprised me .	
3. We should buy and eat healthier food that doesn't have a lot of sugar .	
4. I try to avoid chocolate when I'm hungry because it's not very healthy.	
5. I think you should go on a diet.	
6. A lot of information about good sugar and bad sugar is hard to understand .	