Part 5

Questions 21-26

For each question, choose the correct answer.

The healthy diet of Italians

Contrary to what most people would think, Italians are (**21**) _____ slimmer and healthier than Americans despite their love of eating. What is their secret? A recent research study (**22**) _____ only 9% of Italians weigh too much compared to over 30% of Americans, but many American eat Italian food in the US. (**23**) _____, the Italian food people eat in the US is hardly the same food we find in Italy. First of all, in Italy pasta is never considered a whole meal. Instead, you should have it as a small first (**24**) _____ at lunch and dinner, followed by fresh vegetables.

Another difference is that American plates of Italian food are far bigger than the ones served in Italy. Italians do eat meatballs and lasagna, but on weekdays pasta dishes are served in a light sauce with herbs or a small (**25**) _____ of meat. Moreover, in Italy, a portion of pasta is half the size Americans normally eat, because Italians want to leave (**26**) _____ in their stomach for whatever is going to be served after the first course.

21	**A** more	**B** much	**C** not	**D** many
22	**A** tells	**B** declares	**C** advises	**D** reports
23	**A** Instead	**B** So	**C** However	**D** Though
24	**A** course	**B** plate	**C** dish	**D** food
25	**A** number	**B** lot	**C** amount	**D** size
26	**A** room	**B** spaces	**C** area	**D** enough

Exam tips

Reading Part 5 is designed to test not only vocabulary but also elements of grammar knowledge, so you should try and focus on each gap and answer questions like these:

21 Which two words cannot be used before a comparative adjective?
22 Which verb best describes what a research study does?
23 Which of these linking words is usually followed by a comma?
24 Which of the four words is the first 'part of a meal'?
25 Which word can be used with 'small' and 'meat', which is uncountable?
26 Which of these words means the same as 'space'?

LIVEWORKSHEETS