

▶ THE FEEL-GOOD FACTOR

Focus on reading *General strategies; True/False/Not Given; summary*

FORMING A GENERAL PICTURE

▶ Focus on IELTS page 12

- 1 Before you look at the questions for each part of the IELTS Reading Module, you should spend a couple of minutes getting a general idea of what the text is about. This will help you to tackle the tasks.
 - a Read the titles and the first two or three sentences of Texts 1 and 2 to identify the topics. Spend no more than 20 seconds on this.
 - 1 Which text is about eating habits? Text
 - 2 Which is about a physical problem? Text
 - b Before you read the rest of each text, think about these questions to prepare yourself.
 - 1 How are people's eating habits changing in your country?
 - 2 What are the results of these changes on a) people's health b) social relationships?
 - c Look through both texts quickly and compare the information given with your ideas in b.

DEALING WITH UNKNOWN VOCABULARY

- 2 IELTS Reading texts may contain specialist words and expressions, but you will not need to understand all of these to answer the questions. Specialist words which are important for the meaning are often explained for you in the text.
 - a Look at the three underlined words and phrases in Texts 1 and 2. Decide which two of them are important in each text. Find and underline a phrase in the same sentence or the following sentence which helps you understand their meanings.
 - b One of the three underlined words in each text is less important. You don't need to know this word to understand the general message. In each text, what general things can you guess about the meaning of this word from the context?



Text 1

Childhood obesity goes global

A Childhood obesity is rapidly becoming a global epidemic. The US continues to lead the way, with as many as 37% of its children and adolescents carrying around too much fat. But other countries are rapidly catching up. According to statistics presented at the European Congress on Obesity in Finland, more than 20% of European youngsters between the ages of 5 and 17 are either overweight or obese. Asia lags behind the US and Europe in its obesity statistics, but Thailand, Malaysia, Japan and the Philippines have all reported troubling increases in recent years. Up to 10% of China's 290 million children are already believed to be overweight or obese, and that percentage is expected to have doubled a decade from now. So across Asia too, childhood obesity is on the rise, and a less marked trend has been documented even in urbanised areas of sub-Saharan Africa.

B Why do children become obese? One important factor is insulin, a hormone which enables the body to store extra calories as fat. Physical exercise helps control insulin levels, while ingesting fat combined with starches and sugar can cause surges in insulin levels. A child who sits in front of the TV for hours on end, eating potato chips and doughnuts, is an ideal fat-storage machine.

C What is urgently needed is for schools, health professionals, parents and children to work together. Encouragingly, changing a family's lifestyle in healthy ways does not appear to be all that difficult: it involves regular exercise, slightly smaller portions and slightly different foods. And this, say health officials, is a message that badly needs to get out.

Dinner time then and now

A Patterns of food consumption in Britain are changing rapidly. A major survey by research group Mintel shows that, for the first time, convenience meals account for the largest slice of all consumer spending on food – 30.1 per cent of the market. Over the past decade, pizza sales have risen by 98 per cent. Sales of pasta products have enjoyed a similar increase.

B But the trend has resulted in profound changes to eating habits. The proportion of adults who say they regularly eat a traditional Sunday dinner, with roast meat and vegetables, has fallen by ten per cent over the same period. Now less than half say they usually have a roast each week. Meat and fish account for a fifth of the UK's total food market, but the sector has shown no growth over the past decade. Spending on

fruit and vegetables, meanwhile, has gone up by only six per cent – despite a huge government education campaign to get people eating more healthily.

C However, the Mintel survey found that 40 per cent of the population still consider themselves as 'traditionalist' diners. In contrast, 27 per cent are 'convenience seekers', who are happy heating up meals in the microwave. A growing proportion of consumers – 31 per cent – are classed as 'casual diners', people who skip breakfast and eat out most nights, not for pleasure but because they can't be bothered to cook.

D It is predicted that more people will become casual diners as changes in society see the size of households declining. This development, added to the increasing number of childless households, means that the pressure to cook a balanced meal has declined, Mintel suggests.

TRUE/FALSE/NOT GIVEN

Focus on IELTS page 14

LOCATING THE ANSWERS

HELP

To help you this time, the key words in the text are all the same as in the statements and you only have two choices for each question.

Questions 1–6

Do the following statements agree with the information given in Text 1?

Write

- TRUE** if the statement agrees with the information
- FALSE** if the statement contradicts the information
- NOT GIVEN** if there is no information on this

- 1 Just over one third of the total population of the US is overweight. (T or NG?)
- 2 Asia and Europe have an equal proportion of obese children. (T or F?)
- 3 It is forecast that the proportion of overweight or obese children in China will reach 20% in ten years' time. (T or NG?)
- 4 There is a downward trend in childhood obesity in some African towns and cities. (T or F?)
- 5 Insulin levels rise sharply when foods with high levels of starch, sugar and fat are eaten. (T or F?)
- 6 Parents play the most important role in improving eating habits. (F or NG?)

- 3 In this task, you have to decide whether the information given in a statement is *true* or *false* according to the text or *not given* in the text. The statements focus on facts. They are in the same order as the information in the text.
 - a Look at True/False/Not Given statements 1–6 below and underline the key words.
 - b Quickly find which paragraph in Text 1 contains the information relevant to each statement. Write the paragraph letter (A, B or C) next to each statement. Don't try to answer the questions yet.
 - c Read the relevant part of the text carefully and decide whether each statement (1–6) agrees with the information given.

SUMMARY

- 4 In one type of summary task, you have to complete a gapped summary of part or all of the text using words from a box. The information in the summary may be in a different order from the text. There may be several words that fit the gaps grammatically, so to identify the correct one you have to read the text carefully.
- a Read through the summary in the exam task below for general understanding.
 - b Read the sentence with the first gap carefully. Think about the possible form and meaning of the missing word.
 - 1 What part of speech is needed for question 7? a) an infinitive b) a past participle c) an adjective
 - 2 What type of information is most likely? a) an amount b) a change
 - c Look at the words and expressions in the box. Which three have the correct form to fit question 7?
 - d Find the correct information in Text 2 for question 7.
 - 1 What does the text tell us about fruit and vegetables?
 - 2 Which phrase in the text has a similar meaning to *consumption*?

Use this information to help you choose the correct answer for question 7.
 - e Now look at questions 8–14. Which of these need a) a past participle, b) an infinitive, c) an adjective, d) another type of word? Think about what type of information is most likely, then do the task.

TIP Underline key words in the summary. Look in the text for the same words or for paraphrases to help you locate the information you need.

Questions 7–14

Complete the summary of Text 2 below using words from the box.

In Britain, convenience meals are now the most popular type of food. Fruit and vegetable consumption has 7, and consumption of meat and fish has 8, but the traditional Sunday dinner is eaten by 9 people. Despite this, almost 10 the population are 'traditionalists' in their food habits. Just over 11 are 'convenience seekers', while almost 12 are 'casual diners'. The number of casual diners is likely to 13 as households become 14

smaller	risen
more	remained constant
older	decrease
fewer	fluctuate
a third	healthier
half	larger
fallen	a quarter
increase	

IDEAS FOR SPEAKING AND WRITING

- 5 Thinking about topics such as the ones in these reading texts will help you prepare for other modules in the IELTS exam.

Answer these questions orally or in writing.

- 1 How important a problem is childhood obesity in your country?
Example: *Childhood obesity is a serious problem in my country. Children don't take enough exercise, and eat too much junk food.*
- 2 How far is the situation described in Text 2 true in your country?
- 3 Which of the three categories of eater described in Text 2 do you think you are?

EXAM TIP: Recognising a text type quickly helps you read more efficiently in the exam.

1 Match each extract A–D to one of the sources below. Compare your answers with another student and discuss which texts you found a) easiest and b) hardest to read and understand, and why.

- 1 Newspaper/magazine
- 2 Academic journal
- 3 Advertisement
- 4 Online encyclopaedia

A

Physical exercise is a bodily activity that develops and maintains physical fitness and overall health. It is often practised to strengthen muscles and the cardiovascular system, and to enhance athletic skills. Regular physical exercise boosts the immune system and helps prevent such conditions as heart disease, Type 2 diabetes and obesity. It also improves mental health and helps prevent depression.

B

The present study was conducted among 92 adolescents living in two rural and two urban areas, with particular focus on the availability of walking trails and cycling tracks. Results revealed that both rural and urban adolescents spent more time engaged in sedentary activities such as watching TV/video and playing TV/data games than on regular physical activity. No differences were observed between the two groups with regard to activity patterns. However, the average distance the urban adolescents walked ...

C

After years of studying numerous nutritional and lifestyle factors for lifetime fitness, researchers at the Harvard School of Public Health have come up with a result. It's the single thing that comes close to a magic bullet in terms of strong and universal health benefits.

Quite simply, it is exercise!

D

.....
 Have you ever wished that you could work out in the comfort of your own home, without having to go to the gym? With **Leapfrog** you can. **Leapfrog** is the most technologically advanced home sports equipment available. Every product is the result of millions of dollars of university-based research. Engineering excellence and top quality components mean that Leapfrog equipment needs virtually no maintenance, while each product is fully backed by a 5-year warranty.

2 Discuss these questions about the purpose of each extract.

- 1 Which one is designed to make the reader want to do something? (persuasion)
- 2 Which **two** report on the results of research? (evidence and conclusions)
- 3 Which one sets out to explain a particular expression? (definition)
- 4 Which one compares two groups? (comparison and contrast)

The terms in brackets are examples of language functions. For more information see *Academic Style 1*, page 16.

1 Topic vocabulary overview

The three main topics covered in Module A (*Focus on IELTS Units 1 and 2*) were exercise, nutrition and health. You may need to recognise and use words and phrases connected with these topics in IELTS Reading, Writing, Listening and Speaking Modules.

- a Complete each phrase below by choosing the best word from the boxes. Use each word once only. (All the phrases are found in *Focus on IELTS Units 1 and 2* and/or Module A.)

Exercise

centre exercise expenditure
programme sports

- 1 sports
- 2 energy
- 3 physical
- 4 training
- 5 competitive

Nutrition

consumption fat and sugar habits
diet products

- 6 intake of
- 7 a balanced
- 8 dairy
- 9 fruit and vegetable
- 10 sensible eating

Health and health problems

benefits disease epidemic levels obesity

- 11 a global
- 12 long-term
- 13 insulin
- 14 childhood
- 15 heart

- b Now complete these extracts with appropriate phrases from Exercise 1a.

Speaking Part 1: Keeping healthy

Examiner: What do you do to keep healthy?

Candidate: Well, I think it's important to have regular exercise; I try to do some sort of intense 1 every day, so I go to the 2, where I have quite a demanding 3 And I quite like 4, so I play football every weekend.

Listening Section 2: Healthy eating

Young people sometimes find it hard to maintain 5 once they've left home. In order to stay healthy, you need to eat the right food to have a

- 6 In particular:
- eat fresh food rather than convenience foods
 - limit intake of 7
 - increase 8 (at least five portions daily)
 - eat 9 such as cheese and milk in moderation.

Reading: The role of insulin

Each time we eat starch or sweet food, insulin is released into the blood. This removes the sugar and stores it so that it can be used when energy is required. However, high 10 can lead to 11 and other medical problems. Nowadays, with decreasing levels of exercise and an increase in 12, we could be seeing the beginning of a 13 of insulin-related problems.

2 General words

Some words do not relate to specific topics, but can be used in a wide variety of general and academic contexts. Often these words are used in texts to introduce or refer back to more specific words and examples. They are therefore useful for linking ideas. You will find these words useful for both Tasks 1 and 2 of the Writing Module.

Complete the sentences using a general word from the box. Then underline the specific examples given in the sentence for each general word.

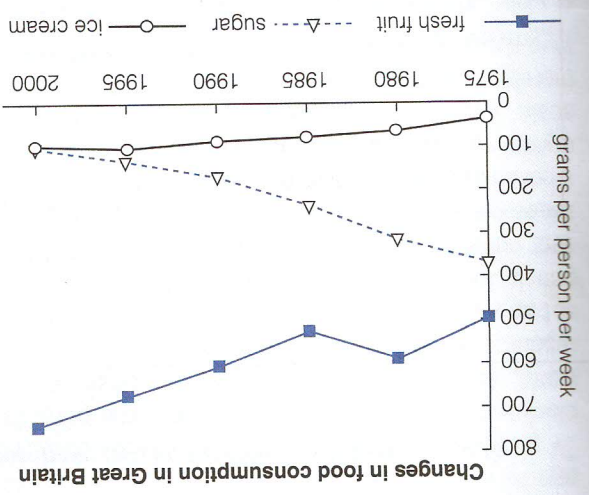
activities benefits developments events
factors functions products responsibilities
sectors trends

- 1 You can buy and sell tickets for sporting such as football matches and horse races on the Internet.
- 2 The main of a receptionist are answering the phone and dealing with customer queries.
- 3 Doing housework, gardening and similar everyday is a good way of keeping fit.

- 4 Exercise and diet are the two main which contribute to obesity. The move towards ready-made meals and the increasing popularity of snack foods are growing which are affecting the health of the population.
- 6 Bodily such as breathing and digestion, use up quite a lot of energy.
- 7 A sensible programme of exercise can bring many , including physical fitness and social contacts.
- 8 In the last hundred years, technical and economic such as changes in transport and the nature of work, have profoundly affected people's energy requirements.
- 9 Consumer such as televisions and cars, have contributed to the rise of obesity in the West.
- 10 Eating out is now the UK's favourite leisure time pursuit, and this has led to growth in all of the food industry, especially fast food and specialist foods.

3 Describing graphs
 In Module A pages 11-13, you looked at how to organise and write a description of a line graph.

a Look at the sentences below and number them in the best order to describe this graph. The first and last ones have been done for you.



- Although it dipped in 1985, it then rose steadily and reached 750 grams in 2000.
- By 2000 it was at the same level as the consumption of sugar.
- In 1975, the consumption of fresh fruit stood at 500 grams, then increased to 600 grams in 1980.

- 1 However, this gradually increased throughout the period.
 - 1 The graph shows changes in the amount of fresh fruit, sugar and ice-cream eaten per person per week in Britain between 1975 and 2000.
 - 11 In addition, the consumption of ice-cream, while at a relatively low level, rose significantly during this period.
 - 1 In contrast, there was a consistent drop in sugar consumption.
 - 1 From the graph we can see that overall, the consumption of fruit rose, while the consumption of sugar fell.
 - 1 People consumed more fresh fruit than either sugar or ice-cream throughout the period.
 - 1 The amount consumed steadily decreased from almost 400 grams per person to only 100 grams by 2000.
 - 1 The amount of ice-cream consumed weekly started at about 50 grams.
- b Write out the sentences as a complete report, dividing them up into paragraphs.
- c Rewrite the following sentences from Exercise 3a as shown, using a noun form rather than a verb.

- 1 Although it dipped in 1985, it then rose steadily and reached 750 grams in 2000.
- 2 However, there was a this was followed by 750 grams in 2000.
- 2 However, this gradually increased ...
- 3 Overall, the consumption of fruit rose, while the consumption of sugar fell.
- 3 Overall, there was a while the consumption of sugar fell.
- 4 The amount consumed decreased steadily from almost 400 grams per person to only 100 grams by 2000.
- 4 There was a per person to only 100 grams by 2000.

- 4 Word formation: language of change
- Tick the verbs in the list below which are unchanged in the noun form. Where the noun is different, write it next to the verb.
- 1 to decline
 - 2 to dip
 - 3 to increase
 - 4 to grow
 - 5 to fall
 - 6 to decrease
 - 7 to fluctuate
 - 8 to recover
 - 9 to drop
 - 10 to rise