



## IELTS READING/Writing MATERIAL 8-22-2018

By Rick

**Lesson Objective**

The student shall be able to use "power words" as part of their oral vocabulary, read and comprehend both social and business language and demonstrate effective oral communication skills.

**Evaluation Criteria:** Ability to understand definitions of English vocabulary

**Section One Vocabulary**

- Match the correct word in column A with the definition in column B, then use in a sample sentence

Column A	Column B
VOCABULARY	DEFINITION
1. <b>Diary</b> (Noun)	<b>A.</b> Possessing or enjoying good health or a sound and vigorous mentality.
2. <b>Healthy</b> (Adjective)	<b>B.</b> To increase; raise.
3. <b>Boost</b> (Verb)	<b>C.</b> To suck up or drink in (a liquid); soak up.
4. <b>Processed</b> (Verb)	<b>D.</b> The state of being deficient; lack; incompleteness; insufficiency.
5. <b>Absorb</b> (Verb)	<b>E.</b> The condition of being very fat or overweight; corpulence.
6. <b>Deficiency</b> (Noun)	<b>F.</b> Undergoing metamorphosis.
7. <b>Obesity</b> (Noun)	<b>G.</b> Mode of organization; construction and arrangement of tissues, parts, or organs.
8. <b>Metabolic</b> (Adjective)	<b>H.</b> To convert (an agricultural commodity) into marketable form by a special series of steps, as pasteurization.
9. <b>Structure</b> (Noun)	<b>I.</b> Milk, or products made from or containing milk; dairy products, as butter and cheese.

**Section Two****Reading Comprehension and Pronunciation skills.**

**Evaluation Criteria:** Ability to effectively read and comprehend written English in a social or business environment.

**ARTICLE A****Clearer skin, fewer vitamins: How a vegan diet can change your body**

[Source](#)

- Veganism, the plant-based diet which shuns meat and dairy, is having its time in the sun. Since 2008, there has been a 350% increase in the number of self-described vegans in the UK alone. Where this motivation stems from is varied, but includes concerns about animal welfare, worries about the environment and religious reasons. Many people, though, seek a healthier diet. Research suggests that veganism can have health benefits, if well planned. For those who have pursued a diet rich in meat and dairy for most of their lives, embarking on a vegan diet can lead to significant changes within the body.



- The first few weeks

The first thing that someone starting a vegan diet might notice is an energy boost with the removal of the processed meat that is found in many omnivorous diets, in favor of fruit, vegetables and nuts. These foods will boost your vitamin, mineral and fiber levels and thinking ahead about your meals and snacks rather than relying on convenience foods can help sustain consistent energy levels.

As time without animal products grows into weeks, there is likely to be a shift in bowel function either towards a more regular, healthy pattern or an increase in bloating, wind and loose motions. This is due to the higher fiber content of a vegan diet and the simultaneous increase in carbohydrates that ferment in the gut and can cause irritable bowel syndrome.

How does your body burn fat?



This may settle eventually and could lead to some positive changes in the diversity of the bacteria in the colon, depending on whether a vegan diet is made up of processed food and refined carbohydrates or is well planned and balanced. Although not proven yet, scientists believe that a high species diversity for gut bacteria could be beneficial for the whole system, in the same way that ecosystems are stronger as a result of lots of different types of species thriving.

### 3. Three to six months later

Several months into a vegan diet and some people may find that the increase in fruit and vegetables and reduced processed food can help acne to clear up. By this point however, your stores of vitamin D might be dropping as key sources of it in our diet come from meat, fish and dairy, and it isn't always noticeable until it's too late. Vitamin D isn't well understood but it's essential in keeping bones, teeth and muscles healthy and deficiency has been linked with cancer, heart disease, migraines and depression.

This is because vitamin D stores are only thought to last about two months in the body. How long your stores last will depend on the time of year that you decide to go vegan because the body can make vitamin D from sunlight. Making sure you eat plenty of fortified foods or take a supplement is important, especially in the winter months.

Three research-based weight loss strategies

Within a few months, a well-balanced vegan diet which is low in salt and processed food may have impressive benefits for cardiovascular health, helping to prevent heart disease, stroke and reducing the risk of diabetes. As the intake of nutrients like iron, zinc and calcium are reduced on a vegan diet, our bodies get better at absorbing them from the intestine. The adaptation may be enough to prevent deficiencies in some people but not for everyone, in which case supplements can fill the shortfall.

### 4. From six months to several years on

Approaching a year on a vegan diet, vitamin B12 stores may become depleted. Vitamin B12 is a nutrient that is essential to the healthy functioning of blood and nerve cells and can only be found in animal products. Symptoms of B12 deficiency include breathlessness, exhaustion, poor memory and tingling in the hands and feet.

B12 deficiency is easily prevented by eating three portions of fortified food per day or taking a supplement, but managing it is very important, as any deficiency would negate the benefits of a vegan diet for heart disease and stroke risk and can cause permanent nerve and brain damage.

A few years down the line and even our bones will start to notice the change. Our skeleton is a mineral store and up until the age of 30 we can add minerals to it from our diet, but after that, our bones can't absorb minerals anymore and so getting enough calcium when we're young is vital.

I go to the gym every day; why can't I lose weight?

After the age of 30, our bodies harvest the calcium from our skeleton for use in the body, and if we don't replenish the calcium in our blood through our diet, our bones fill the deficit and become brittle as a result.

5. Vegetables rich in calcium like kale and broccoli may protect bones, but many vegans don't meet their calcium requirements and there is a 30% increased risk of fracture among vegans when compared to vegetarians and omnivores. Plant-based calcium is also harder to absorb and therefore supplements or plenty of fortified foods is recommended.
6. When contemplating the years ahead on a vegan diet, balance is key. Well-balanced vegan diets may have major health benefits. Many of those benefits can be offset by deficiencies if the diet isn't managed carefully, but supermarkets and food outlets are making it easier than ever to enjoy a varied and exciting vegan diet and our appetite for meat overall is declining. With the right preparation, a vegan diet can be good for human health.

## ARTICLE B

### 3 research-based things a doctor says should be part of your weight loss efforts

[Source](#)

1. Imagine that you are running a company, but you cannot get to your goal because all of your good workers keep quitting.





For 30 years, your response to this problem has been to criticize the workers and say they are stupid and weak for quitting. As a result, you never reach your goal. You don't change your formula or alter your plan, just keep blaming and shaming the workers for quitting.

If you did this, your failure rate would remain unchanged over time, of course, and you would never reach your goal.

In the same way, hundreds of thousands of people fall short of their dieting and weight loss goals every year, and the incidence of obesity continues to rise. The fitness industry's answer to this has been to continue on as planned and blame the soaring failure rates on the people themselves, creating a culture of overt and subtle fat-shaming.

- 2.** Now, imagine that you do some research at your company, and you find out that folks keep quitting because the carpet smells like garbage, the office is way too hot and the desks are in disrepair. If you hope to eventually get to your goal, you would almost certainly address the factors that are leading to attrition of our workers, right?

The same thing goes for weight loss in 2018. Science has shown us why "workers" are quitting. They quit because their ability to perform exercise is limited, they don't sleep enough, and they don't eat for change. Just as your company needed to stop ridiculing the workers for quitting and instead change the carpet, furnace and desks, the fitness world should resist the urge to fat-shame and instead focus on exercise capacity, sleeping and recovery.

I have studied weight loss and obesity for many years. The issue of overweight and obesity grows more pressing each year, as 84 million people are now considered pre-diabetic. While they are in a pre-diabetic condition, they can still avoid the debilitating consequences of the disease. But once they become diabetic, health problems cascade as a result of this serious disease. The same is true for heart disease, arthritis and many other obesity-related conditions.

### 3. Exercise

People must exercise enough not only to burn calories for weight loss but to keep weight off. Simply put, if a person can walk for only five minutes today, he or she cannot expect to be successful on a program that calls for four days of exercise beyond that amount each time, tomorrow. Thus, the initial goal of any intended weight loss transformation should be to first increase one's exercise capacity to a critical point, called the catching point.

Once this capacity is reached, food preferences will change, metabolic rates will increase and patients will have a real chance to follow an exercise regimen that results in a significant amount of calories burned.

An "in-shape" person is much more likely to be successful with a new diet and exercise program than a sedentary, overweight person. As a result, step one must be to increase this capacity and to get there. The other two tenets of recovery are equally critical: sleep and diet.

### 4. Sleep

Thousands of articles and many books have been written on sleep as it relates to brain function, brain waves, thinking, memory, mood, etc. The role of sleep in physical metabolic change, though, is missing from most diet attempts.

Simply put, sleep is the time that the body changes. Structurally, our bodies are making molecules during sleep that follows exercise which will do useful things for us such as strengthen our muscles, lower blood pressure, neutralize inflammation and increase our metabolism.



Sleeping enough will also make us eat less. Functional MRI scans of the brain show that people are far more interested in eating when they are sleep-deprived. Moreover, sleep-deprived people are more driven toward unhealthy foods when given the option. They also have increased levels of ghrelin, the hormone that makes us feel hungry, and decreased levels of leptin, the hormone that makes us feel full. And, in multiple studies people have been shown to actually eat more food and actually gain more weight when sleep-deprived, and population-based studies have shown increased BMIs in people with fewer sleep hours.

### 5. Eating for change

Often, people err when they try to lose weight by restricting calories at the beginning of their efforts. Restricting calories leads to a host of responses from the body that induce food-seeking behavior and cause people to "quit" their diets. A recent study of a large group of people suggests that people should not count calories at all but instead pay attention to the quality of the food they eat, refraining from sugar and processed foods and instead eating lots of fruits and vegetables.



We can't make changes in our body's structure without the appropriate nutrients on board. If, while we are sleeping, our bodies set out to make the changes we want and there are no nutrients with which to do so, there will be no transformation. The specific nutrients necessary for recovery and optimization of our microbiome have been well-described during recent years and should be added to our intake (vs. restriction) until a critical point of clean eating is reached.

In summary, the three things missing from most diet attempts are the appropriate exercise capacity, the right amount of sleep and a plan to eat for recovery and change. Implementing these elements to most plans will allow folks to stay engaged long enough for healthy habits to "catch."

---

## Section Three

### Writing skills.

**Evaluation Criteria:** Ability to effectively write coherent and grammatically correct paragraphs based on randomly selected topics.