

IELTS Practice Tests Plus Volume 2

Reading Practice Test 6

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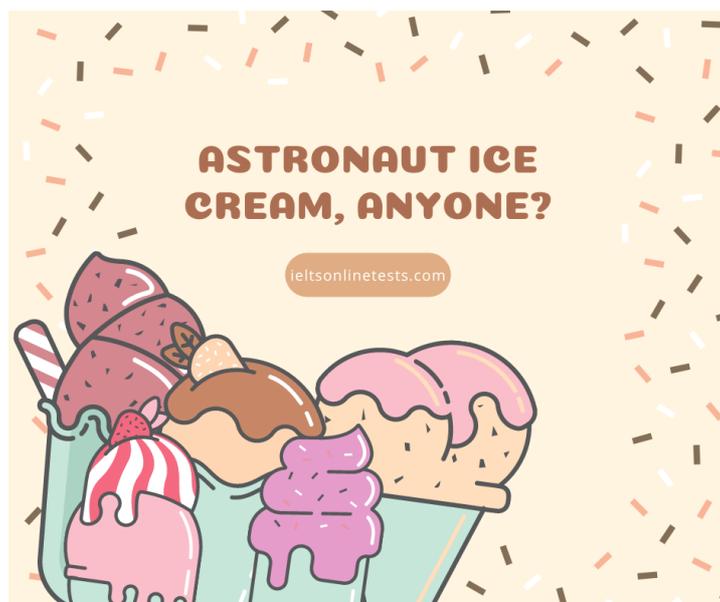
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READING PASSAGE 1

You should spend about 20 minutes on Questions 1 – 13, which are based on Reading Passage 1 below.



Astronaut ice cream, anyone?

Breeze-drying is a technique that can help to provide food for astronauts. But it also has other applications nearer home.

Freeze-drying is like suspended animation for food: you can store a freeze-dried meal for years, and then, when you're finally ready to eat it, you can completely revitalise it with a little hot water. Even after several years, the original foodstuff will be virtually unchanged.

The technique basically involves completely removing the water from some material, such as food while leaving the rest of the material virtually intact. The main reason for doing this is either to preserve the food or to reduce its weight. Removing the water from food keeps it from spoiling, because the microorganisms such as bacteria that cause spoiling cannot survive without it. Similarly, the enzymes which occur naturally in food cannot cause ripening without water, so removing water from food will also stop the ripening process.

Freeze-drying significantly reduces the total weight of the food because most food is largely made up of water; for example, many fruits are more than 80 00% water. Removing this makes the food much lighter and therefore makes transportation less difficult. The military and camping-supply companies freeze-dry foods to make them easier for an individual to carry and NASA has also freeze-dried foods for the cramped quarters on board spacecraft.

The process is also used to preserve other sorts of material, such as pharmaceuticals. Chemists can greatly extend pharmaceutical shelf life by freeze-drying the material and storing it in a container free of oxygen and water. Similarly, research scientists may use freeze-drying to preserve biological samples for long periods of time. Even valuable manuscripts that had been water damaged have been saved by using this process.

Freeze-drying is different from simple drying because it is able to remove almost all the water from materials, whereas simple drying techniques can only remove 90-95%. This means that the damage caused by bacteria and enzymes can virtually be stopped rather than just slowed down. In addition, the composition and structure of the material is not significantly changed, so materials can be revitalised without compromising the quality of the original.

This is possible because in freeze-drying, solid water - ice - is converted directly into water vapour, missing out the liquid phase entirely. This is called 'sublimation', the shift from a solid directly into a gas. Just like evaporation, sublimation occurs when a molecule gains enough energy to break free from the molecules around it. Water will sublime from a solid (ice) to a gas (vapour) when the molecules have enough energy to break free but the conditions aren't right for a liquid to form. These conditions are determined by heat and atmospheric pressure. When the temperature is above freezing point, so that ice can thaw, but the atmospheric pressure is too low for a liquid to form (below 0.06 atmospheres (ATM)) then it becomes a gas.

This is the principle on which a freeze-drying machine is based. The material to be preserved is placed in a freeze-drying chamber which is connected to a freezing coil and refrigerator compressor. When the chamber is sealed the compressor lowers the temperature inside it. The material is frozen solid, which separates the water from everything around it on a molecular level, even though the water is still present. Next, a vacuum pump forces air out of the chamber, lowering the atmospheric pressure below to 0.06 ATM. The heating units apply a small amount of heat to the shelves in the chamber, causing the ice to change phase. Since the pressure in the chamber is so low, the ice turns directly into water vapour, which leaves the freeze-drying chamber, and flows past the freezing coil. The water vapour condenses onto the freezing coil in the form of solid ice, in the same way that water condenses as frost on a cold day.

The process continues for many hours (even days) while the material gradually dries out. This time is necessary to avoid overheating, which might affect the structure of the material. Once it has dried sufficiently, it is sealed in a moisture-free package. As long as the package is secure, the material can sit on a shelf for years and years without degrading, until it is restored to its original form with a little hot water. If everything works correctly, the material will go through the entire process almost completely unscathed.

In fact, freeze-drying, as a general concept, is not new but has been around for centuries. The ancient Incas of Peru used mountain peaks along the Andes as natural food preservers. The extremely cold temperatures and low pressure at those high altitudes prevented food from spoiling in the same basic way as a modern freeze-drying machine and a freezer.

Questions 1-5

[Access <https://ieltonlinetests.com/for/more/practices>](https://ieltonlinetests.com/for/more/practices)

Complete the notes below.

Choose **NO MORE THAN THREE WORDS** from the passage for each answer.

Write your answers in boxes 1-5 on your answer sheet.

Uses of freeze-drying:

food preservation

easy 1 _____ of food items

long-term storage of 2 _____ and biological samples

preservation of precious 3 _____

Freeze-drying

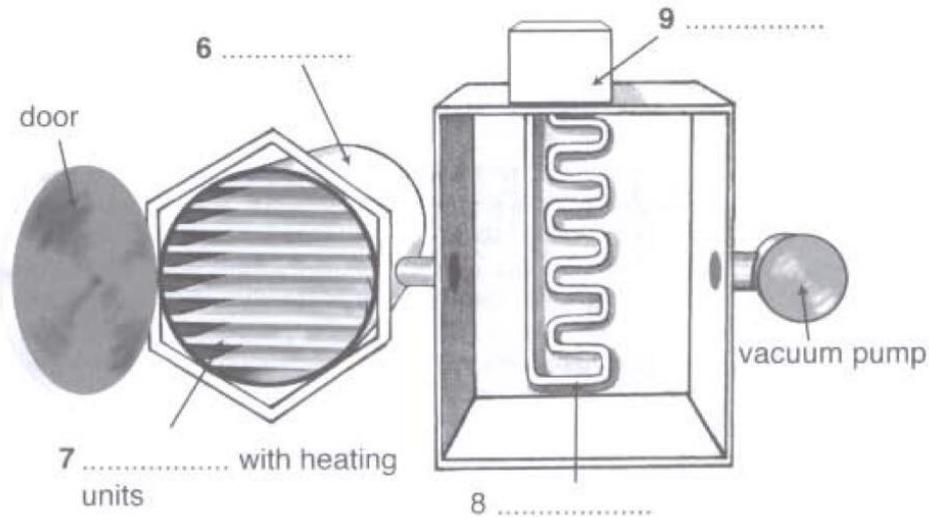
is based on process of 4 _____ is more efficient than 5 _____

Questions 6-9

Label the diagram below.

Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

Write your answers in boxes 6-9 on your answer sheet.



A simplified freeze-drying machine

6 _____

7 _____

8 _____

Questions 10-13

Complete the summary below.

Choose **NO MORE THAN THREE WORDS AND/OR A NUMBER** from the passage for each answer.

Write your answers in boxes **10-13** on your answer sheet.

Freeze-drying prevents food from going bad by stopping the activity of microorganisms or 10 _____. Its advantages are that the food tastes and feels the same as the original because both the 11 _____ and structure are preserved. The process is carried out slowly in order to ensure that 12 _____ does not take place. The people of one ancient mountain civilisation were able to use this method of food preservation because the conditions needed were present at 13 _____.

READING PASSAGE 2

You should spend about 20 minutes on Questions 14 – 26, which are based on Reading Passage 1 below.



THE WILD SIDE OF TOWN

The countryside is no longer the place to see wildlife, according to Chris Barnes. These days you are more likely to find impressive numbers of skylarks, dragonflies and toads in your own back garden.

The past half century has seen an interesting reversal in the fortunes of much of Britain's wildlife. Whilst the rural countryside has become poorer and poorer, wildlife habitat in towns has burgeoned. Now, if you want to hear a deafening dawn chorus of birds or familiarise yourself with foxes, you can head for the urban forest.

Whilst species that depend on wide open spaces such as the hare, the eagle and the red deer may still be restricted to remote rural landscapes, many of our wild plants and animals find the urban ecosystem ideal. This really should be no surprise, since it is the fragmentation and agrochemical pollution in the farming lowlands that has led to the catastrophic decline of so many species.

By contrast, most urban open spaces have escaped the worst of the pesticide revolution, and they are an intimate mosaic of interconnected habitats. Over the years, the cutting down of hedgerows on farmland has contributed to habitat isolation and species loss. In towns, the tangle of canals, railway embankments, road verges and boundary hedges lace the landscape together, providing first-class ecological corridors for species such as hedgehogs, kingfishers and dragonflies.

Urban parks and formal recreation grounds are valuable for some species, and many of

them are increasingly managed with wildlife in mind. But in many places their significance is eclipsed by the huge legacy of post-industrial land demolished factories, waste tips, quarries, redundant railway yards and other so-called 'brownfield' sites. In Merseyside, South Yorkshire and the West Midlands, much of this has been spectacularly colonised with birch and willow woodland, herb-rich grassland and shallow wetlands. As a consequence, there are song birds and predators in abundance over these once-industrial landscapes.

There are fifteen million domestic gardens in the UK. and whilst some are still managed as lifeless chemical war zones, most benefit the local wildlife, either through benign neglect or positive encouragement. Those that do best tend to be woodland species, and the garden lawns and flower borders, climber-covered fences, shrubberies and fruit trees are a plausible alternative. Indeed, in some respects gardens are rather better than the real thing, especially with exotic flowers extending the nectar season. Birdfeeders can also supplement the natural seed supply, and only the millions of domestic cats may spoil the scene.

As Britain's gardeners have embraced the idea of 'gardening with nature', wildlife's response has been spectacular. Between 1990 and the year 2000. the number of different bird species seen at artificial feeders in gardens increased from 17 to an amazing 81. The BUGS project (Biodiversity in Urban Gardens in Sheffield) calculates that there are 25.000 garden ponds and 100.000 nest boxes in that one city alone.

We are at last acknowledging that the wildlife habitat in towns provides a valuable life support system. The canopy of the urban forest is filtering air pollution, and intercepting rainstorms, allowing the water to drip more gradually to the ground. Sustainable urban drainage relies on ponds and wetlands to contain storm water runoff, thus reducing the risk of flooding, whilst reed beds and other wetland wildlife communities also help to clean up the water. We now have scientific proof that contact with wildlife close to home can help to reduce stress and anger. Hospital patients with a view of natural green space make a more rapid recovery and suffer less pain.

Traditionally, nature conservation in the UK has been seen as marginal and largely rural. Now we are beginning to place it at the heart of urban environmental and economic policy. There are now dozens of schemes to create new habitats and restore old ones in and around our big cities. Biodiversity is big in parts of London. thanks to schemes such as the London Wetland Centre in the south west of the city.

This is a unique scheme masterminded by the Wildfowl and Wetlands Trust to create a wildlife reserve out of a redundant Victorian reservoir. Within five years of its creation the Centre has been hailed as one of the top sites for nature in England and made a Site of Special Scientific Interest. It consists of a 105-acre wetland site, which is made up of different wetland habitats of shallow, open water and grazing marsh. The site attracts

more than 104 species of bird, including nationally important rarities like the bittern.

We need to remember that if we work with wildlife, then wildlife will work for us and this is the very essence of sustainable development.

Questions 14-19

Do the following statements agree with the information given in Reading Passage 2?

In boxes 14-19 on your answer sheet 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

- 14 There is now more wildlife in UK cities than in the countryside.
- 15 Rural wildlife has been reduced by the use of pesticides on farms.
- 16 In the past, hedges on farms used to link up different habitats.
- 17 New urban environments are planned to provide ecological corridors for wildlife.
- 18 Public parks and gardens are being expanded to encourage wildlife.
- 19 Old industrial wastelands have damaged wildlife habitats in urban areas.

Questions 20-23

Answer the questions below, using **NO MORE THAN THREE WORDS AND/OR A NUMBER** from the passage for each answer.

Write your answers in boxes 20-23 on your answer sheet.

Which type of wildlife benefits most from urban gardens? 20

What type of garden plants can benefit birds and insects? 21

What represents a threat to wildlife in urban gardens? 22

At the last count, how many species of bird were spotted in urban gardens?
23

Question 24-26

Choose **THREE** letters A-G.

Write your answers in boxes 24-26 on your answer sheet.

In which **THREE** ways can wildlife habitats benefit people living in urban areas?

- A They can make the cities greener.
- B They can improve the climate.
- C They can promote human well-being.
- D They can extend the flowering season.
- E They can absorb excess water.
- F They can attract wildlife.
- G They can help clean the urban atmosphere

Question 27

Choose the correct answer, A, B, C or D.

Write your answer in box 27 on your answer sheet.

27 The writer believes that sustainable development is dependent on

- A urban economic policy.
- B large restoration schemes.
- C active nature conservation.
- D government projects.

READING PASSAGE 3

You should spend about 20 minutes on Questions 27 - 40, which are based on Reading Passage 1 below.



Running on empty

A revolutionary new theory in sports physiology.

A For almost a century, scientists have presumed, not unreasonably, that fatigue - or exhaustion in athletes originates in the muscles. Precise explanations have varied but all have been based on the 'limitations theory'. In other words, muscles tire because they hit a physical limit: they either run out of fuel or oxygen or they drown in toxic by-products.

B In the past few years, however, Timothy Noakes and Alan St Clair Gibson from the University of Cape Town, South Africa, have examined this standard theory. The deeper they dig, the more convinced they have become that physical fatigue simply isn't the same as a car running out of petrol. Fatigue, they argue, is caused not by distress signals springing from overtaxed muscles, but is an emotional response which begins in the brain. The essence of their new theory is that the brain, using a mix of physiological, subconscious and conscious cues, paces the muscles to keep them well back from the brink of exhaustion. When the brain decides its time to quit, it creates the distressing sensations we interpret as unbearable muscle fatigue. This 'central governor*' theory remains controversial, but it does explain many puzzling aspects of athletic performance.

C A recent discovery that Noakes calls the 'lactic acid paradox' made him start researching this area seriously. Lactic acid is a by-product of exercise, and its accumulation is often cited as a cause of fatigue. But when research subjects exercise in conditions simulating high altitude, they become fatigued even though lactic acid levels

remain low. Nor has the oxygen content of their blood fallen too low for them to keep going. Obviously, Noakes deduced, something else was making them tire before they hit either of these physiological limits.

D Probing further, Noakes conducted an experiment with seven cyclists who had sensors taped to their legs to measure the nerve impulses travelling through their muscles. It has long been known that during exercise, the body never uses 100% of the available muscle fibres in a single contraction. The amount used varies, but in endurance tasks such as this cycling test the body calls on about 30%.

E Noakes reasoned that if the limitations theory was correct and fatigue was due to muscle fibres hitting some limit, the number of fibres used for each pedal stroke should increase as the fibres tired and the cyclist's body attempted to compensate by recruiting an ever-larger proportion of the total. But his team found exactly the opposite. As fatigue set in, the electrical activity in the cyclists' legs declined - even during sprinting, when they were striving to cycle as fast as they could.

F To Noakes, this was strong evidence that the old theory was wrong. 'The cyclists may have felt completely exhausted,' he says, 'but their bodies actually had considerable reserves that they could theoretically tap by using a greater proportion of the resting fibres.' This, he believes, is proof that the brain is regulating the pace of the workout to hold the cyclists well back from the point of catastrophic exhaustion.

G More evidence comes from the fact that fatigued muscles don't actually run out of anything critical. Levels of glycogen, which is the muscles' primary fuel, and ATP, the chemical they use for temporary energy storage, decline with exercise but never bottom out. Even at the end of a marathon, ATP levels are 80-90% of the resting norm, and glycogen levels never get to zero.

H Further support for the central regulator comes from the fact that top athletes usually manage to go their fastest at the end of a race, even though, theoretically, that's when their muscles should be closest to exhaustion. But Noakes believes the end spurt makes no sense if fatigue is caused by muscles poisoning themselves with lactic acid as this would cause racers to slow down rather than enable them to sprint for the finish line. In the new theory, the explanation is obvious. Knowing the end is near, the brain slightly relaxes its vigil, allowing the athlete to tap some of the body's carefully hoarded reserves.

I But the central governor theory does not mean that what's happening in the muscles is irrelevant. The governor constantly monitors physiological signals from the muscles, along with other information, to set the level of fatigue. A large number of signals are probably involved but, unlike the limitations theory, the central governor theory suggests that these physiological factors are not the direct determinants of fatigue, but simply information to take into account.

J Conscious factors can also intervene. Noakes believes that the central regulator evaluates the planned workout, and sets a pacing strategy accordingly. Experienced runners know that if they set out on a 10-kilometre run, the first kilometre feels easier than the first kilometre of a 5-kilometre run, even though there should be no difference. That, Noakes says, is because the central governor knows you have farther to go in the longer run and has programmed itself to dole out fatigue symptoms accordingly.

K St Clair Gibson believes there is a good reason why our bodies are designed to keep something back. That way, there's always something left in the tank for an emergency. In ancient times, and still today, life would be too dangerous if our bodies allowed us to become so tired that we couldn't move quickly when faced with an unexpected need.

Questions 28-33

Reading Passage 3 has eleven paragraphs A-K.

Choose the correct heading for Paragraphs A-F from the list of headings below.

Write the correct number (i-viii) in boxes 28-33 on your answer sheet.

i	Avoiding tiredness in athletes
ii	Puzzling evidence raises a question
iii	Traditional explanations
iv	Interpreting the findings
v	Developing muscle fibres
vi	A new hypothesis
vii	Description of a new test
viii	Surprising results in an endurance test

28 Paragraph A

29 Paragraph B

30 Paragraph C

31 Paragraph D

32 Paragraph E

33 Paragraph F

Questions 34-40

Classify the following ideas as relating to

A	the Limitations Theory
B	the Central Governor Theory
C	both the Limitations Theory and the Central Governor Theory

Write the correct letter **A**, **B** or **C** in boxes **34-40** on your answer sheet.

NB: You may use any letter **more than once**.

- 34  Lactic acid is produced in muscles during exercise.
- 35  Athletes can keep going until they use up all their available resources.
- 36  Mental processes control the symptoms of tiredness.
- 37  The physiological signals from an athlete's muscles are linked to fatigue.
- 38  The brain plans and regulates muscle performance in advance of a run.
- 39  Athletes' performance during a race may be affected by lactic acid build-up.
- 40  Humans are genetically programmed to keep some energy reserves.



Solution:

- 10 enzymes
- 11 composition
- 12 overheating
- 13 high altitudes
- 14 NOT GIVEN
- 15 TRUE
- 16 TRUE
- 17 NOT GIVEN
- 18 NOT GIVEN
- 19 FALSE
- 20 woodland species
- 21 exotic flowers
- 22 (domestic) cats
- 23 81
- $\frac{24}{26}$ C,E,G
- 27 C
- 28 iii
- 29 vi
- 30 ii

31 vii

32 viii

33 iv

34 C

35 A

36 B

37 C

38 B

39 A

40 B

1 transportation

2 pharmaceuticals

3 manuscripts

4 sublimation

5 simple drying (techniques)

6 (freeze-drying) chamber

7 shelves

8 freezing coil

9 (refrigerator) compressor

Review and Explanations

10 Answer: **enzymes**

Keywords in Questions	Similar words in Passage
<p>Q10. Freeze-drying prevents food from going bad by stopping the activity of microorganisms or</p>	<p>Similarly, the enzymes which occur naturally in food cannot cause ripening without water, so removing water from food will also stop the ripening process.</p>
<p>+ In the second paragraph, it is mentioned that enzymes cannot cause ripening by removing water from food. As it should be clear by now, removing water from food means freeze-drying and that to stop the activity of microorganisms is to stop the ripening process which is not possible without water.</p> <p>+ So, the answer is enzymes.</p>	

11 Answer: **composition**

Keywords in Questions	Similar words in Passage
<p>Q11. Its advantages are that the food tastes and feels the same as the original because both the ... and structure are preserved.</p>	<p>In addition, the composition and structure of the material is not significantly changed, so materials can be revitalised without compromising the quality of the original.</p>
<p>+ If you look at the third last paragraph, it is mentioned that both the composition and structure of the material is not significantly changed that the original. It means that the composition and structure are preserved as the original.</p> <p>+ Therefore, the answer should be composition.</p>	

12 Answer: **overheating**

Keywords in Questions	Similar words in Passage
<p>Q12. The process is carried out slowly in order to ensure that... does not take place.</p>	<p>The process continues for many hours (even days) while the material gradually dries out. This time is necessary to avoid overheating, which might affect the structure of the material.</p>

+ In the second last paragraph, it is mentioned that the process continues for many hours or days to avoid **overheating**. The time period of hours or days is very **slowly** and to **avoid** means to make sure something **does not take place**.

+ Therefore, the answer is **overheating**.

13 Answer: **high altitudes**

Keywords in Questions	
<p>Q13. The people of one ancient mountain civilisation were able to use this method of food preservation because the conditions needed were present at ..</p>	<p>The ancient Incas of Peru used mountain peaks along the Andes as natural food preservers. The extremely cold temperatures and low pressure at those high altitudes prevented food from spoiling in the same basic way as a modern freeze-drying machine and a freezer.</p>
<p>+ In the last paragraph, it is written that the Incas of Peru used mountain peaks along the Andes as natural food preservers due to low pressure and cold temperature at those high altitudes. It means those conditions were present at high altitude Andes is a mountain range and Incas was a civilization as is mentioned)</p> <p>+ Therefore, the answer is high altitudes.</p>	

14 Answer: **NOT GIVEN**

Keywords in Questions
<p>14. There is now more wildlife in UK cities than in the countryside.</p>
<p>+ The second paragraph mentions that the rural wildlife has been reduced due to agrochemical pollution. However, nothing in the passage says anything about if the UK cities have more wildlife than the countryside.</p> <p>+ The correct answer is NOT GIVEN since this is not mentioned in the passage.</p>

15 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
<p>Q15. Rural wildlife has been reduced by the use of pesticides on farms.</p>	<p>This really should be no surprise, since it is the fragmentation and agrochemical pollution in the farming lowlands that has led to the catastrophic decline of so many species.</p>

+ The second paragraph mentions that due to **agrochemical pollution** in the farming lowlands, it has led to **catastrophic decline**. Decline means to be reduces and agrochemicals means pesticides.

+ The correct answer hence, is **TRUE**.

16 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
<p>Q16. In the past, hedges on farms used to link up different habitats.</p>	<p>Over the years, the cutting down of hedgerows on farmland has contributed to habitat isolation and species loss .</p>
<p>+ In the third paragraph, the author says that due to cutting down of hedgerows over the years, this has led to habitat isolation and species loss. Habitat isolation means to separate them or the opposite of to link.</p> <p>+ Hence, since the passage agrees with the idea, the best option is TRUE.</p>	

17 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
<p>17. New urban environments are planned to provide ecological corridors for wildlife.</p>	
<p>+Paragraph 3 mentions ecological corridors, but there is no mention of anyone planning them.</p> <p>+ Hence, no information related to this is given, the correct answer is NOT GIVEN.</p>	

18 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
<p>Q18. Public parks and gardens are being expanded to encourage wildlife.</p>	

+ Paragraph 4 mentions changes in the management of public parks and gardens, but there is no mention of their expansion.

+ Since the passage does not say if the public parks are being expanded, the answer is **NOT GIVEN**.

19 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
<p>Q19. Old industrial wastelands have damaged wildlife habitats in urban areas.</p>	<p>As a consequence, there are song birds and predators in abundance over these once-industrial landscapes .</p>
<p>+ The fourth paragraph mentions that in the once-industrial landscapes (old industrial landscapes), there are song birds and predators in abundance.</p> <p>+ Hence, the wildlife habitats are actually residing in these landscapes, rather than being damaged. The correct answer is therefore FALSE.</p>	

20 Answer: **woodland species**

Keywords in Questions	Similar words in Passage
<p>Q20. Which type of wildlife benefits most from urban gardens?</p>	<p>There are fifteen million domestic gardens in the UK. and whilst some are still managed as lifeless chemical war zones, most benefit the local wildlife, either through benign neglect or positive encouragement. Those that do best tend to be woodland species...</p>
<p>+ The fifth paragraph mentions that in the gardens in the UK, most benefit the local wildlife. Those that do best (benefit most) are woodland species.</p> <p>+ Hence, the correct answer is woodland species.</p>	

21 Answer: **exotic flowers**

Keywords in Questions	Similar words in Passage
<p>Q21. What type of garden plants can benefit birds and insects?</p>	<p>Indeed, in some respects gardens are rather better than the real thing, especially with exotic flowers extending the nectar season.</p>

+ The fifth paragraph mentions that the gardens are better than the real thing with the exotic flowers that have **nectars**. Nectars **benefit** the birds and insects.

+ Hence, the correct answer is **exotic flowers**.

22 Answer: **(domestic) cats**

Keywords in Questions	Similar words in Passage
Q22. What represents a threat to wildlife in urban gardens ?	Birdfeeders can also supplement the natural seed supply, and only the millions of domestic cats may spoil the scene .
<p>+ In the same paragraph, the author mentions that while birdfeeders can supplement the natural seed supply, the domestic cats spoil the scene. (To spoil the scene is to be a bad influence or to be a threat)</p> <p>+ Hence, the correct answer is domestic cats.</p>	

23 Answer: **81**

Keywords in Questions	Similar words in Passage
Q23. At the last count, how many species of bird were spotted in urban gardens ?	Between 1990 and the year 2000, the number of different bird species seen at artificial feeders in gardens increased from 17 to an amazing 81 .
<p>+ This is a tricky question quite hard to notice. In the fifth paragraph, it is written that the number of different bird species at feeders in gardens increased from 17 to 81.</p> <p>+ Hence, the last count seems to be 81, which is the correct answer.</p>	

24-26 Answer: **C,E,G**

Keywords in Questions	Similar words in Passage
Q24. C. They can promote human well-being . (C)	We now have scientific proof that contact with wildlife close to home can help to reduce stress and anger . Hospital patients with a view of natural green space make a more rapid recovery and suffer less pain .

<p>+ In the sixth paragraph, it is mentioned that contact with wildlife close to home can help to reduce stress and anger and can help for more rapid recovery also. All this means to promote human well-being.</p> <p>+ Therefore, the option C is a correct option.</p>	
<p>Q25. They can absorb excess water. (E)</p>	<p>The canopy of the urban forest is filtering air pollution , and intercepting rainstorms, allowing the water to drip more gradually to the ground.</p>
<p>+ In the sixth paragraph, it is mentioned that the canopy of the urban forest can filter air pollution and intercept rainstorms and allow water to drip more gradually which is to absorb excess water.</p> <p>+ Therefore, the option E is a correct option.</p>	
<p>Q26 They can help clean the urban atmosphere. (G)</p>	<p>The canopy of the urban forest is filtering air pollution , and intercepting rainstorms, allowing the water to drip more gradually to the ground.</p>
<p>+ In the sixth paragraph, it is mentioned that the canopy of the urban forest can filter air pollution which is actually cleaning the urban atmosphere.</p> <p>+ Therefore, the option G is a correct option.</p>	

27 Answer: **C**

Keywords in Questions	Similar words in Passage
<p>Q27 The writer believes that sustainable development is dependent on...</p>	<p>Paragraph 8: Traditionally, nature conservation in the UK has been seen as marginal and largely rural. Now we are beginning to place it at the heart of urban environmental and economic policy.</p> <p>Last paragraph: We need to remember that if we work with wildlife, then wildlife will work for us and this is the very essence of sustainable development.</p>
<p>+ In the eighth paragraph, it is mentioned that now we are beginning to place nature conservation at the heart of environmental policy. Also, sustainable development is mentioned in the last paragraph and is written that if we work for wildlife, then wildlife will work for us.</p> <p>+ Out of all the options, active conservation seems to be the best answer.</p>	

28 Answer: **iii**

Keywords in the best option	Similar words in Passage
Q28. Paragraph A: iii. Traditional explanations	For almost a century , scientists have presumed , not unreasonably, that fatigue - or exhaustion in athletes originates in the muscles. Precise explanations have varied but all have been based on the 'limitations theory'.
<p>+ The first sentence in the first paragraph mentions that scientists have presumed for almost a century that fatigue originates in muscles. This is a traditional explanation of fatigue.</p> <p>+ Hence, the best option to match this paragraph is option iii, which is "Traditional explanations" (iii)</p>	

29 Answer: **vi**

Keywords in Questions	Similar words in Passage
Q29. Paragraph B: vi. A new hypothesis	In the past few years , however, Timothy Noakes and Alan St Clair Gibson from the University of Cape Town, South Africa, have examined this standard theory . The deeper they dig, the more convinced they have become that physical fatigue simply isn't the same as a car running out of petrol.
<p>+ The second paragraph mentions that in the past few years, the researchers have examined the standard theory and have become convinced that physical fatigue simply isn't the same as a car running out of petrol.</p> <p>+ This means that they have come forward with a new hypothesis. Other paragraphs do not try to say such idea, hence, the best answer is option vi. (A new hypothesis)</p>	

30 Answer: **ii**

Keywords in Questions	Similar words in Passage
Q30. Paragraph C: ii. Puzzling evidence raises a question	But when research subjects exercise in conditions simulating high altitude, they become fatigued even though lactic acid levels remain low. Nor has the oxygen content of their blood fallen too low for them to keep going. Obviously, Noakes deduced, something else was making them tire before they hit either of these physiological limits .

+ Since the paragraph C talks about how Noakes noticed that the research subjects became fatigued **even though** the lactic acid levels remained low and he **deduced** that something else was making them tired, this is a new question raised.

+ Hence, the best title matching this would be something related to raising an interesting **question** based on the **evidence** with research subjects. The correct answer is option **ii. (Puzzling evidence raises a question)**

31 Answer: **vii**

Keywords in Questions	Similar words in Passage
<p>Q31. Paragraph D: vii. Description of a new test</p>	<p>Probing further, Noakes conducted an experiment with seven cyclists who had sensors taped to their legs to measure the nerve impulses travelling through their muscles.</p>
<p>+ In paragraph D, it is written that Noakes probed further (did more analysis/study) and conducted an experiment with seven cyclists with sensors taped to their legs to measure the nerve impulses travelling through their muscles..</p> <p>+ This is describing the new test that Noakes was performing. Hence, the correct option would be Description of a new test (vii)</p>	

32 Answer: **viii**

Keywords in Questions	Similar words in Passage
<p>32. Paragraph E: viii. Surprising results in an endurance test</p>	<p>Noakes reasoned that if the limitations theory was correct and fatigue was due to muscle fibres hitting some limit , the number of fibres used for each pedal stroke should increase as the fibres tired and the cyclist's body attempted to compensate by recruiting an ever-larger proportion of the total. But his team found exactly the opposite .</p>
<p>+ In the paragraph E, it mentions that Noakes reasoned that if the limitations theory was correct and fatigue was due to muscle fibres hitting some limit , the number of fibres used for each pedal stroke should increase as the fibres tired and the cyclist's body attempted to compensate by recruiting an ever-larger proportion of the total. This is an endurance test because he is testing fatigue or tiredness.</p> <p>+ It is mentioned that however, his team found the exact opposite. Hence, those were surprising results in the endurance test. The correct option is viii.</p>	

33 Answer: **iv**

Keywords in Questions	Similar words in Passage
<p>Q33. Paragraph F: i v . Interpreting the findings</p>	<p>To Noakes, this was strong evidence that the old theory was wrong. 'The cyclists may have felt completely exhausted,' This, he believes, is proof that the brain is regulating the pace of the workout to hold the cyclists well back from the point of catastrophic exhaustion .</p>
<p>+ The paragraph F mentions that Noakes had a feeling that the old theory was wrong and that he believed the brain is regulating the pace of the workout to hold the cyclists well back from the point of catastrophic exhaustion. This means that Noakes is just interpreting the findings and drawing some conclusions.</p> <p>+ The correct answer is therefore, option "Interpreting the findings". (iv)</p>	

34 Answer: **C**

Keywords in Questions	Similar words in Passage
<p>Q34. Lactic acid is produced in muscles during exercise.</p>	<p>Lactic acid is a by-product of exercise, and its accumulation is often cited as a cause of fatigue. But when research subjects exercise in conditions simulating high altitude, they become fatigued even though lactic acid levels remain low.</p>
<p>+ In paragraph C it is clearly written that lactic acid is aby-product (result) of exercise. However, as is often cited, this is a cause of fatigue but the research subjects became fatigued even though lactic acid levels remain low. Hence, this is related to both the Limitations Theory and the Central Governor theory.</p> <p>+ Hence, the best option is C.</p>	

35 Answer: **A**

Keywords in Questions	Similar words in Passage
<p>Q35. Athletes can keep going until they use up all their available resources.</p>	<p>In other words, muscles tire because they hit a physical limit : they either run out of fuel or oxygen or they drown in toxic by-products.</p>
<p>+ In the first paragraph, it is mentioned that muscles tire because they hit a physical limit, run out of fuel (use up all their resources).</p> <p>+ This is the idea of the Limitations Theory. Hence, the answer is A.</p>	

36 Answer: **B**

Keywords in Questions	Similar words in Passage
<p>Q36. Mental processes control the symptoms of tiredness.</p>	<p>To Noakes, this was strong evidence that the old theory was wrong. 'The cyclists may have felt completely exhausted,' he says, 'but their bodies actually had considerable reserves that they could theoretically tap by using a greater proportion of the resting fibres.' This, he believes, is proof that the brain is regulating the pace of the workout to hold the cyclists well back from the point of catastrophic exhaustion .</p>
<p>+ In the paragraph F, it is mentioned that Noakes had strong evidence that the old theory was wrong and that there was proof that the brain is regulating the pace. This is basically the Central Governor Theory.</p> <p>+ Hence, the correct answer is Central Governor Theory. (B)</p>	

37 Answer: **C**

Keywords in Questions	Similar words in Passage
<p>Q37. The physiological signals from an athlete's muscles are linked to fatigue.</p>	<p>Paragraph E: Noakes reasoned that if the limitations theory was correct and fatigue was due to muscle fibres hitting some limit , the number of fibres used for each pedal stroke should increase as the fibres tired and the cyclist's body attempted to compensate by recruiting an ever-larger proportion of the total. But his team found exactly the opposite .</p> <p>Paragraph I: But the central governor theory does not mean that what's happening in the muscles is irrelevant. The governor constantly monitors physiological signals from the muscles, along with other information, to set the level of fatigue .</p>
<p>+ In paragraph E, it is mentioned that Noakes found that the number of fibres used for each pedal stroke did not increase as the fibres tired. This supports the Limitations theory.</p> <p>+ In paragraph I, it is mentioned that the governor constantly monitors the physiological signals from the muscles supporting the Central Governor theory.</p> <p>+ So, the answer is both the Limitations and Central Governor theory (option C).</p>	

38 Answer: **B**

Keywords in Questions	Similar words in Passage
<p>Q38. The brain plans and regulates muscle performance in advance of a run.</p>	<p>Conscious factors can also intervene. Noakes believes that the central regulator evaluates the planned workout, and sets a pacing strategy accordingly .</p>
<p>+ It is mentioned in paragraph J that Noakes believes that the central regulator evaluates the planned workout and sets a pacing strategy. This is supporting the Central Governor theory since the brain is involved according to this theory.</p> <p>+ Therefore, the answer should be B.</p>	

39 Answer: **A**

Keywords in Questions	Similar words in Passage
<p>Q39. Athletes' performance during a race may be affected by lactic acid build-up.</p>	<p>But Noakes believes the end spurt makes no sense if fatigue is caused by muscles poisoning themselves with lactic acid as this would cause racers to slow down rather than enable them to sprint for the finish line. In the new theory, the explanation is obvious.</p>
<p>+ In the paragraph H, it is mentioned that Noakes believes that the end spurt makes no sense if fatigue is due to muscles poisoning themselves with lactic acid. This means the athletes' performance is affected by the lactic acid build-up which is related to the Limitations Theory.</p> <p>+ Therefore, the closest answer is A.</p>	

40 Answer: **B**

Keywords in Questions	Similar words in Passage
<p>Q40. Humans are genetically programmed to keep some energy reserves.</p>	<p>St Clair Gibson believes there is a good reason why our bodies are designed to keep something back. That way, there's always something left in the tank for an emergency. In ancient times, and still today, life would be too dangerous if our bodies allowed us to become so tired that we couldn't move quickly when faced with an unexpected need.</p>

+ In paragraph K, it is mentioned that Gibson believed that our **bodies are designed to keep something back** (which is to **keep some energy reserves**). This is related to the **Central Governor Theory** as mentioned in the passage.

+ Therefore, the answer is **B**.

Great thanks to volunteer **Rajesh Dawadi** has contributed these explanations.

If you want to make a better world like this, please contact us.

1 Answer: **transportation**

Keywords in Questions	Similar words in Passage
<p>Q1. Uses of freeze-drying:</p> <ul style="list-style-type: none"> - food preservation - _____ of food items 	<p>Removing this makes the food much lighter and therefore makes transportation less difficult.</p>
<p>+ The key word here is 'freeze-drying'. The third paragraph talks about freeze-drying and it is mentioned that it makes transportation less difficult, which is a use.</p> <p>+ Since the words "less difficult" has been paraphrased into "easy" in question, the correct answer is transportation.</p>	

2 Answer: **pharmaceuticals**

Keywords in Questions	Similar words in Passage
<p>Q 2 . long-term storage of _____ and biological samples</p>	<p>The process is also used to preserve other sorts of material, such as pharmaceuticals.</p> <p>Similarly, research scientists may use freeze-drying to preserve biological samples for long periods of time.</p>
<p>+ Moving on, in the fourth paragraph, it is written that this process is also used to preserve other materials like pharmaceuticals. To preserve means the same as long-term storage.</p> <p>+ Since the words "biological samples" has been given, the correct answer is pharmaceuticals.</p>	

3 Answer: **manuscripts**

Keywords in Questions	Similar words in Passage
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Q3. preservation of precious _____	Even valuable manuscripts that had been water damaged have been saved by using this process.
<p>+ Again, on the same paragraph, it is mentioned that the process can be used to save valuable manuscripts even if they have been water damaged.</p> <p>+ Hence, the correct answer is manuscripts.</p>	

4 Answer: **sublimation**

Keywords in Questions	Similar words in Passage
Q4. Freeze-drying is based on process of _____	This is possible because in freeze-drying, solid water - ice - is converted directly into water vapour, missing out the liquid phase entirely. This is called ' sublimation ',
<p>+ In the sixth paragraph, it is mentioned that in freeze-drying, the ice is converted directly to water vapour and that is called sublimation. This is a process that freeze-drying includes, hence, it is the correct answer. (sublimation)</p>	

5 Answer: **simple drying (techniques)**

Keywords in Questions	Similar words in Passage
Q5. Freeze-drying is more efficient than _____	Freeze-drying is different from simple drying because it is able to remove almost all the water from materials, whereas simple drying techniques can only remove 90-95%
<p>+ The sixth paragraph also mentions that freeze-drying is different from simple drying as it is able to remove almost all the water from materials unlike simple drying techniques. This is certainly more efficient.</p> <p>+ Hence, the correct answer is simple drying techniques.</p>	

6 Answer: **(freeze-drying) chamber**

Keywords in Questions	Similar words in Passage
Q6. A simplified freeze-drying machine (to identify no. 6)	The material to be preserved is placed in a freeze-drying chamber which is connected to a freezing coil and refrigerator compressor .

- + Here, we are asked to identify the part numbered 6.
- + If you take a look at paragraph 7, it is written that “The material to be preserved is placed in a freeze-drying chamber which is connected to a freezing coil and refrigerator compressor.”
- + So, part no. 6 must be something that is connected to a coil, as seen in the figure.
- + Hence, the correct answer is **(freeze-drying) chamber**.

7 Answer: **shelves**

Keywords in Questions	Similar words in Passage
<p>Q7. (to identify part no. 7) _____ with heating units</p>	<p>The heating units apply a small amount of heat to the shelves in the chamber, causing the ice to change phase.</p>
<p>+ In the seventh paragraph, it is mentioned that “The heating units apply a small amount of heat to the shelves in the chamber, causing the ice to change phase”. Hence, it seems that part with heating units is the shelves.</p> <p>+ Therefore, the correct answer is shelves.</p>	

8 Answer: **freezing coil**

Keywords in Questions	Similar words in Passage
<p>Q8. (to identify part no. 8)</p>	<p>Since the pressure in the chamber is so low, the ice turns directly into water vapour, which leaves the freeze-drying chamber, and flows past the freezing coil.</p>
<p>+ The seventh paragraph also mentions that the water vapour leaves the freeze-drying chamber and flows past the freezing coil. The part that is connected to the freeze-drying chamber from where the water vapor could pass is the freezing coil.</p> <p>+ Hence, the answer is freezing coil.</p>	

9 Answer: **(refrigerator) compressor**

Keywords in Questions	Similar words in Passage
<p>Q9. (to identify part no. 9)</p>	<p>The material to be preserved is placed in a freeze-drying chamber which is connected to a freezing coil and refrigerator compressor.</p>

+ The seventh paragraph is again very important for this question as well. It is mentioned in the beginning of this paragraph that the **freeze-drying chamber** is **connected to a freezing coil** and refrigerator compressor. If you look at the picture, the next part that is connected past the freezing coil is the **refrigerator compressor**.

+ Thus, the correct answer is **refrigerator compressor**.