



Prepare for IELTS General Training Volume 2 Reading Practice Test 2

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READING PASSAGE 1



Access <https://ieltonlinetests.com> for more practices

Read the text below and answer Questions 1-8.

UK Car Insurance for the over 50s

If you're looking for insurance that gives you the kind of policy you deserve, call for a no-obligation quote today. Independent online research has shown that 3 out of 5 over 50s could save money with UK Car insurance.

No upper age limit

Statistically, older drivers have fewer accidents so we believe older drivers should be rewarded and not penalised by car insurance policies. Unlike many other car insurance companies, we do not discriminate against more mature drivers. We pride ourselves on delivering an unbiased and great value policy to our older clientele.

No extra charges for paying monthly

Our policy is to give our customers a fair deal for their money. Hence, we will not charge interest if you choose to pay by monthly instalments.

If you need to make a claim

Should you have to make a claim and you have comprehensive insurance cover, you will be guaranteed a courtesy car in the event of an accident. You can therefore rest assured that you will never be left high and dry without a means of transport should your vehicle need to be taken in for repair. We also cover the cost of a medical transfer service for you or any passengers if hospitalisation is required and the trip exceeds a 50-mile radius from your home. For simple breakdowns, if it is not possible to repair your vehicle by the roadside, we will collect you and your vehicle. You can claim up to £100 should you break down more than 25 miles from home to cover costs of accommodation in the event of an emergency. Home service is also included in the cost of your insurance.

Don't delay, act today!

If you have already received a quote from us or bought a UK Car Insurance policy, thank you! If you're still making up your mind, why not call the UK-based team for a quote today on 0800 7893 234? Alternatively, pop into your local UK Car Insurance branch or get a quote online.

Read the texts below and answer Questions 9-14.

Winter Events in London

A. The Art of the Brick Exhibition

It's not improbable that you indulged a Lego habit as a child. When you see this exhibition you might wish you had kept going. Former corporate lawyer turned master of tiny bricks, Nathan Sawaya, never stopped. Returning from a tour of Asia, America and Australia, the show is headed for Brick Lane, London (where else?) for its UK debut at the Old Truman Brewery.

Venue: Old Truman Brewery, Brick Lane, E1 6QL

B. Harry Potter Tour

A walking tour for fans of J.K. Rowling's much-loved fictional character, Harry Potter. The tour explores film locations and inspirations for the books with props and trivia. Ten percent of proceeds go to charity. Group sizes are restricted so booking is essential. A travel card is also needed as a short tube ride is incorporated in the tour.

Venue: **London Bridge**. Please refer to our website pottertours@london.co.uk for further details.

C. Covent Garden

Glittering baubles and twinkling fairylights turn the cobbled piazza into a winter wonderland. Wander amongst the street buskers and living statues and experience the lively atmosphere of the market. Even if you're not a fan of bric-a-brac and crafts, Covent Garden is irresistible at this time of year, tempting even the most reluctant of shoppers.

Every Saturday a live reindeer will put in an appearance to add to the festive fun. Liquid refreshments will be nearby as well as festive fare.

Venue: Covent Garden Piazza

D. Somerset House Skating Rink

No matter how impressive your skating skills, a trip to this 900-m² outdoor rink is highly recommended.

With the magnificent eighteenth-century Somerset House as a stunning backdrop and a rink that is aglow with fairylights as dusk falls, this is the perfect Christmas setting. The now well-established Skate School and Penguin Club are on hand to help visitors of all ages build confidence and learn new tricks.

Tickets available now!

Advance bookings recommended for peak sessions during weekends.

Venue: Somerset House, Strand WC2 R1LA

E. Winter Sun Installation

Offering up a more unorthodox form of entertainment but promising to chase away the January blues, 'Winter Sun' is a commission undertaken by a 3-strong team of two artists and one architect. Doubling up as an event space and bar, the circular, metallic construction is covered on the outside by mini 'suns' that mimic the effect of natural daylight. Within, the space functions as a bar and venue for events. If the mini 'suns' fail to lift your spirits then step inside and cheer yourself up with a selection of warming winter drinks and enjoy the entertainment on offer.

Venue: Granary Square, London N1 4AA

Questions 1-8

Complete the sentences below.

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

Write your answers in **boxes 1-8** on your answer sheet.

Quotes are given with 1 to buy.

There is a tendency to 2 drivers over a certain age.

Those paying in 3 will not be liable for extra interest.

Provision of 4 will ensure you are not left without a means of transport.

To receive full benefit from the policy, 5 is required.

Should 6 be required, medical transfers may be possible.

Claimants are entitled to a maximum of £100 after a breakdown, should
7 arise.

By phoning our 8 you can receive a quote today.

Questions 9-14

Look at the **five** advertisements, **A-E**, referring to winter events in London.

Which advertisement mentions the following?

Write the correct letter, **A-E**, in boxes **9-14** on your answer sheet.

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

9 additional costs

10 fluctuation in public attendance

11 a possible source of regret

12 seasonal food on offer

13 a change in career

14 seasonally induced mood changes

READING PASSAGE 2



Read the text below and answer Questions 15-21

Lunar Cycles and Sleep

A _Sleep specialist Professor Wiseman recently set out to determine if sound could affect dream content. However, he also ended up uncovering an uncanny correlation between lunar cycles and sleep processes.

B _Volunteers in his study were played a variety of sounds ranging from bird song to traffic. If sensors detected the subject was sleeping, shortly before the alarm was set to go off, the sounds were played. The reasoning behind this was that sleepers recall dreams more accurately just after waking and so would still remember sound-induced dreams.

C _Whilst the content of dreams was found to remain constant with the seasons or the days of the week, it showed considerable variation with the full moon. Dreams became increasingly bizarre, bearing little relation to the usual pedestrian dreams we normally have about being late for work or losing personal items. In some cases, subjects became superheroes such as Batman or Superman.

D _The findings build on research that had previously demonstrated a link between lunar cycles and duration and quality of sleep rather than content. These earlier findings revealed a more fitful sleep in subjects during the full moon and difficulty initially falling asleep.

E _Biologically, an inability to sleep soundly during a full moon is probably attributable to low levels of the sleep hormone melatonin. The waxing and waning of the moon can directly affect melatonin levels and hence sleep quality.

F _Wiseman believes that the evolutionary advantage conferred on our predecessors by such sensitivity to lunar rhythms was incalculable. Sleeping lightly at the full moon would have heightened our awareness to predators. In addition, a full moon may have been the optimum conditions for our ancestors to go hunting by. This accounts for the lunar influence on our sleeping habits today.

G _Sensitivity to the moon's rhythms and concurrent lack of good quality sleep is likely, however, to be seen as a source of irritation to most. This is because contemporary Man is unlikely to derive the same benefit from moon-induced sleep changes compared to his ancestors.

Read the text below and answer Questions 22-28.

Different ways to exercise and get healthy

As the pounds pile on we may become more complacent about keeping fit. However there is a lot at stake if you resign yourself to an indolent lifestyle. Cosmetic concerns as to increasing girths and flabby abdomens aside, there is also your health to consider. Many diseases such as Type 2 diabetes and cancer arise from obesity and an unhealthy lifestyle. So here are some suggestions to kick start your exercise regime, focusing on body-specific areas that you might wish to improve upon.

If you are seeking to improve stamina and cardiovascular fitness, then interval training is a good way to start. Activities are completed at high intensity for a specific length of time, followed by another cycle of low intensity exercises termed 'sets' which are repeated throughout the routine.

For those desiring speedy results and wanting to simultaneously boost overall fitness levels, then practising squats is the answer. Squats not only help burn fat but also build muscle strength and aid suppleness throughout the entire body, which in turn helps prevent injuries. Performing this exercise that is heavily focused on working the muscles along the hips and upper thighs can help streamline your body. Lunges are another ideal choice for toning and building thigh muscles. They are also regarded by fitness experts as one of the best functional activities during which the body is exercised through multiple planes of motion. Because the entire body is involved, lunges are a great exercise choice for hectic days as they offer multiple benefits within a short time frame. If your focus is more on improving your chest and torso then you would be better off doing push ups. In addition to working on the chest and torso, push ups also help define the shoulders, triceps and oblique muscles.

If increasing body bulk takes precedence over improving fitness levels and general mobility, then weight training is for you. This activity aims to develop the size and strength of the skeletal muscles by using weight stacks, dumbbells and weighted bars to create gravity resistance, thereby increasing muscle mass. Since individual target goals will vary with regard to what muscle groups need to be developed, weight training programmes need to be adjusted to the individual concerned.

Questions 15-21

The text on the next page has seven sections, A-G.

Choose the correct heading for each section from the list of headings below.

Write the correct number, i-x, in boxes 15-21 on your answer sheet.

List of Headings	
i	A previously proven correlation
ii	An unwelcome inheritance
iii	Old habits die hard
iv	A modern advantage
v	A departure from the mundane
vi	A physical interaction
vii	An unexpected finding
viii	Fantasies become reality
ix	A theory is disproved
x	Theory is put into practice

15  Section A

16  Section B

17  Section C

18  Section D

19  Section E

20  Section F

21  Section G

Questions 22-23

Complete the sentences below.

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

Write your answers in boxes 22-23 on your answer sheet.

There is too much 22 if you fail to keep to a healthy fitness regime.

23 apart, there is also the matter of your health to think about.

Questions 24-28

Look at the following descriptions and the list of terms in the box below.

Match each description with the correct term, A-E.

Write the appropriate letter, A-E, in boxes 24-28 on your answer sheet.

List of Descriptions

- 24 Works on the upper body only
- 25 Requires the individual to follow a tailor-made programme
- 26 High impact exercises are interspersed with low impact ones.
- 27 General mobility is improved in addition to fitness levels and overall appearance.
- 28 A workout simultaneously affecting several areas of main body

A	Interval training
B	Squats
C	Lunges
D	Push ups
E	Weight training

READING PASSAGE 3

Read the text below and answer Questions 29-35.



'Thought' Crime

A. In George Orwell's dystopian novel, *Nineteen Eighty-Four*, the government attempts to curb not only the speech and actions but also the thoughts of its subjects. Unapproved thoughts are labelled 'thought' crime and draconically punished with the death sentence. It is undoubtedly a grim portrayal of the future. Alarmingly, it could soon become, partially at least, a reality.

B. Future policing systems aimed at identifying deviant thought processes are currently in the pipeline. The US Department of Homeland Security believes that the system will be capable of detecting 'hostile thoughts' in individuals passing through border controls, airports and public places.

C. Its critics believe that 'Project Hostile Intent', as it is called, is entering the realms of fantasy. The belief that sensors could single out ne'er-do-wells via increased pulse rate, breathing, skin temperature or fleeting facial expressions is viewed by the project's detractors as frankly absurd and more akin to something out of the sci-fi movie *Minority Report* and the 'pre-crime' units featured in the movie.

D. The project's promoters are not impervious to the public controversy that their proposed policing system has stirred up. So significant has the backlash been to the proposed project that it has now been dubbed the less innocuous-sounding Future Attribute Screening Technologies (FAST). Whether re-branding quells public dissent remains to be seen.

E. In the meantime, a pilot study to test the system has been undertaken. At an equestrian centre in Maryland, 140 paid volunteers walked through a machine kitted out with a battery of FAST sensors, in addition to cameras, infrared heat sensors and an eyesafe laser radar (named a Bio-Ladar) that measures pulse and breathing rate from a distance.

F. According to individual briefing, subjects acted either shifty, hostile and evasive whilst

others acted the exact opposite, conforming to model citizen behaviour. DHS science spokesman, John Verrico, claims the study was 'promising', achieving a 78% accuracy on mal-intent and 80% on deception.

G. It could be argued, however, that such overt visual behaviour would be apparent without recourse to specialist equipment and that border control and security officers would do better to improve on honing their knowledge of body language. We judge people daily, after all, from their appearance, so this must count for something. It's certainly a method that is a lot less obtrusive than the FAST system.

H. Finally, there is the matter of invasion of privacy. The FAST system is capable of detecting health problems such as heart murmurs in those passing through the security mechanism. Seemingly this would seem to open up a whole new moral debate. Should those previously unaware of health issues be informed, or not? Assurances have been issued, however, by proponents of the FAST system, that individual data will not be stored on the database to avoid a breach of confidentiality. But why not put such information to good effect? If it is considered permissible to analyse the very thought processes of individuals then why is the assessment of health considered too invasive? The FAST system has a long way to go yet in answering such issues adequately and becoming an acceptable method of surveillance.

Questions 29-35

The text has eight paragraphs, A-H.

Which paragraph contains the following information?

Write the correct letter, A-H, in boxes 29-35 on your answer sheet.

- 29 an inconsistency in approach
- 30 already a new policing system is underway
- 31 a public relations exercise
- 32 fiction not transferable into fact
- 33 the future foreshadowed in fiction
- 34 effective but commonplace assessment methods
- 35 official confirmation of the efficacy of the FAST system

Questions 36-40

Complete the summary below.

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

Write your answers in boxes **36-40** on your answer sheet.

The dystopian future predicted in Orwell's novel 1984 may soon become reality. A policing system said to be thought-sensitive is in 36 _____. It is reputedly able to reveal 37 _____ and so is arguably of use at security checkpoints. Subtle changes in an individual's behaviour and physiological processes can be measured by the policing system. Until now the project has met with 38 _____ which officials attempted to quell by renaming the project 'FAST', a considerably less offensive title than the original 'Project Hostile Intent'. So far, a 39 _____ has provided tentative confirmation of the efficacy of the FAST system.

However, it is arguable that simple methods such as reading body language might be equally effective. More problematic is the possibility that the FAST system may uncover health issues an individual is unaware of. Whether to inform the individual or not is subject to 40 _____



Solution:

36 the pipeline

38 controversy

40 debate

2 discriminate

4 a courtesy car

6 hospitalisation

8 UK-based team

10 D

12 C

14 E

37 hostile thoughts

39 pilot study

1 no obligation

3 monthly instalments

5 comprehensive insurance cover

7 an emergency

9 B

11 A

13 A

15 vii

16 x

17 v

18 i

19 vi

20 iii

21 ii

22 at stake

23 Cosmetic concerns

24 D

25 E

26 A

27 B

28 C

29 H

30 B

31 D

32 C

33 A

34 G

35 F

Review and Explanations

36 Answer: **the pipeline**

Keywords in Questions	Similar words in Passage
<i>Tips: From Q36 to Q40, you must read the passage again to grasp the main ideas of it. Remember the word limit (no more than two words).</i>	
Q36: A policing system said to be thought-sensitive is in ____.	Future policing systems aimed at identifying deviant thought processes are currently in the pipeline.
<p>Note: Q36 introduces a new policing system, which means we have to look at paragraph B for clues. In this sentence, the system is said to be sensitive to thought processes and is currently being worked on.</p> <p>Therefore, the answer to Q36 is “the pipeline”.</p>	

37 Answer: **hostile thoughts**

Keywords in Questions	Similar words in Passage
Q37: It is reputedly able to reveal ____ and so is arguably of use at security checkpoints.	The US Department of Homeland Security believes that the system will be capable of detecting ‘hostile thoughts’ in individuals passing through border controls, airports and public places.
<p>Note: Paragraph B mentions the function of the system, which is determining and revealing “hostile thoughts” in people.</p> <p>Therefore, the answer to Q37 is “hostile thoughts”.</p>	

38 Answer: **controversy**

Keywords in Questions	Similar words in Passage
Q38: Until now the project has met with ____ which officials attempted to quell by renaming the project ‘FAST’, a considerably less offensive title than the original ‘Project Hostile Intent’.	The project’s promoters are not impervious to the public controversy that their proposed policing system has stirred up.
<p>Note: Paragraph D mentions the controversy that people working in the project have to face.</p> <p>Therefore, the answer to Q38 is “controversy”.</p>	

39 Answer: **pilot study**

Keywords in Questions	Similar words in Passage
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Q39: So far, a ___ has provided tentative confirmation of the efficacy of the FAST system.	In the meantime, a pilot study to test the system has been undertaken.
Note: Paragraph E talks about a pilot study that checks the efficiency of the FAST system. Therefore, the answer to Q39 is “pilot study”.	

40 Answer: **debate**

Keywords in Questions	Similar words in Passage
Q40: More problematic is the possibility that the FAST system may uncover health issues an individual is unaware of. Whether to inform the individual or not is subject to ___	The FAST system is capable of detecting health problems such as heart murmurs in those passing through the security mechanism. Seemingly this would seem to open up a whole new moral debate.
Note: The last paragraph mentions how the system can cause a debate about moral issues related to health problems. Therefore, the answer to Q40 is “debate”.	

1 Answer: **no obligation**

Keywords in Questions	Similar words in Passage
<i>Tips: From Q1 to Q8, you should skim (quickly read the whole passage to understand its meaning and the main idea of every paragraph). Next, locate paragraphs in the passage where there are similar words to keywords in the questions. Note that you should complete the questions in order.</i>	
Q1: Quotes are given with no obligation to buy.	If you're looking for insurance that gives you the kind of policy you deserve, call for a no-obligation quote today.
Note: The answer to the first question of every test is likely to be in the first paragraph. Here, we change the adjective “no-obligation” into a phrase “no obligation” to suit the question. Therefore, the answer to Q1 is “no obligation”.	

2 Answer: **discriminate**

Keywords in Questions	Similar words in Passage
Q2: There is a tendency to ___ drivers over a certain age.	Unlike many other car insurance companies, we do not discriminate against more mature drivers.

Note: After skimming, we can conclude that many insurance companies tend to discriminate drivers when they get older.

Therefore, the answer to Q2 is “discriminate”.

3 Answer: **monthly instalments**

Keywords in Questions	Similar words in Passage
Q3: Those paying in ___ will not be liable for extra interest.	Hence, we will not charge interest if you choose to pay by monthly instalments.

Note: The answer to Q3 should be a noun. The company will not charge interest, so buyers do not have to pay more money for them.

Therefore, the answer to Q3 is “monthly instalments”.

4 Answer: **a courtesy car**

Keywords in Questions	Similar words in Passage
Q4: Provision of ___ will ensure you are not left without a means of transport.	Should you have to make a claim and you have comprehensive insurance cover, you will be guaranteed a courtesy car in the event of an accident. You can therefore rest assured that you will never be left high and dry without a means of transport should your vehicle need to be taken in for repair.

Note: Again, the answer to this question is a noun. The main idea is that if you have an accident and your vehicle is in repair, the company will surely provide (“provision”) you with a courtesy car.

Therefore, the answer to Q4 is “a courtesy car”.

5 Answer: **comprehensive insurance cover**

Keywords in Questions	Similar words in Passage
Q5: To receive full benefit from the policy, ___ is required.	Should you have to make a claim and you have comprehensive insurance cover, you will be guaranteed a courtesy car in the event of an accident.

Note: A noun is required for Q5. The main idea is that you need a comprehensive insurance cover to receive the benefit of being given a courtesy car.

Therefore, the answer to Q5 is “comprehensive insurance cover”.

6 Answer: **hospitalisation**

Keywords in Questions	Similar words in Passage
Q6: Should <input type="text"/> be required, medical transfers may be possible.	We also cover the cost of a medical transfer service for you or any passengers if hospitalisation is required and the trip exceeds a 50-mile radius from your home.
Note: This blank should be replaced with a noun because it is followed by “be”. It is written that the company will cover medical transfers if hospitalisation is required. Therefore, the answer to Q6 is “hospitalisation”.	

7 Answer: **an emergency**

Keywords in Questions	Similar words in Passage
Q7: Claimants are entitled to a maximum of £100 after a breakdown, should <input type="text"/> arise.	You can claim up to £100 should you break down more than 25 miles from home to cover costs of accommodation in the event of an emergency.
Note: The blank should be filled with a noun because it is a subject of the sentence. The phrases highlighted are synonymous. Therefore, the answer to Q7 is “an emergency”.	

8 Answer: **UK-based team**

Keywords in Questions	Similar words in Passage
Q8: By phoning our <input type="text"/> you can receive a quote today.	If you're still making up your mind, why not call the UK-based team for a quote today on 0800 7893 234?
Note: The blank follows the adjective “our” and therefore should be filled with a noun. You should base on synonyms to answer this question. Therefore, the answer to Q8 is “UK-based team”.	

9 Answer: **B**

Keywords in Questions	Similar words in Passage
<i>Tips: From Q9 to Q14, you should skim each paragraph, then look for important points of that paragraph in each question.</i>	
Q9: additional costs	Ten percent of proceeds go to charity.
Note: The sentence implies that ten percent of what visitors have to pay is an extra fee, which is given to charity. Therefore, the answer to Q9 is B.	

10 Answer: **D**

Keywords in Questions	Similar words in Passage
Q10: fluctuation in public attendance	Advance bookings recommended for peak sessions during weekends.
Note: During peak sessions, or peak seasons, there are more visitors to a place than usual. Therefore, the answer to Q10 is D.	

11 Answer: **A**

Keywords in Questions	Similar words in Passage
Q11: a possible source of regret	When you see this exhibition you might wish you had kept going.
Note: People tend to wish for something that they regret they did not do in the past. Therefore, the answer to Q11 is A.	

12 Answer: **C**

Keywords in Questions	Similar words in Passage
Q12: seasonal food on offer	Every Saturday a live reindeer will put in an appearance to add to the festive fun. Liquid refreshments will be nearby as well as festive fare.
Note: "Fare" here means a specified type of food. Therefore, the answer to Q12 is C.	

13 Answer: **A**

Keywords in Questions	Similar words in Passage
Q13: a change in career	Former corporate lawyer turned master of tiny bricks, Nathan Sawaya, never stopped.
Note: Nathan Sawaya used to be a corporate lawyer until he changed his career into "master of tiny bricks". Therefore, the answer to Q13 is A.	

14 Answer: **E**

Keywords in Questions	Similar words in Passage
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Q14: seasonally induced mood changes	Offering up a more unorthodox form of entertainment but promising to chase away the January blues, 'Winter Sun' is a commission undertaken by a 3-strong team of two artists and one architect.
Note: "Blue" is a mood of sadness. Therefore, "chase away the January blues" refers to the mood swing from sadness to cheerfulness thanks to "Winter Sun" periodically taking place. Hence, the answer to Q14 is E.	

15 Answer: **vii**

Keywords in Questions	Similar words in Passage
<i>Tips: From Q15 to Q21, you should look for keywords in each paragraph, then look at the list of headings for more clues. Remember that you can only use each heading once.</i>	
Q 1 5 : Section A - vii: An unexpected finding	However, he also ended up uncovering an uncanny correlation between lunar cycles and sleep processes.
Note: His first intention was to determine whether sound could affect dream content. However, after the study, he accidentally found the correlation mentioned in the paragraph. Therefore, the answer to Q15 is vii.	

16 Answer: **x**

Keywords in Questions	Similar words in Passage
Q16: Section B - x: Theory is put into practice	The reasoning behind this was that sleepers recall dreams more accurately just after waking and so would still remember sound-induced dreams.
Note: "Theory" is synonymous to "reasoning", while the previous sentences in section B shows a study which proves this theory ("practice") Therefore, the answer to Q16 is x.	

17 Answer: **v**

Keywords in Questions	Similar words in Passage
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Q17: Section C - v: A departure from the mundane	Dreams became increasingly bizarre , bearing little relation to the usual pedestrian dreams we normally have about being late for work or losing personal items.
<p>Note: Dreams during the full moon are bizarre, or not mundane, compared to normal dreams. "Departure" in the question refers to the fact that dreams are no longer mundane in this period.</p> <p>Therefore, the answer to Q17 is v.</p>	

18 Answer: **i**

Keywords in Questions	Similar words in Passage
Q18: Section D - i: A previously proven correlation	The findings build on research that had previously demonstrated a link between lunar cycles and duration and quality of sleep rather than content.
<p>Note: Paragraph D mentions a research that has proven the connection between lunar cycles and duration and quality of sleep, which the current findings base on.</p> <p>Therefore, the answer to Q18 is i.</p>	

19 Answer: **vi**

Keywords in Questions	Similar words in Passage
Q19: Section E - vi: A physical interaction	Biologically , an inability to sleep soundly during a full moon is probably attributable to low levels of the sleep hormone melatonin .
<p>Note: The physical interaction in the heading refers to how a body reacts when sleeping during a full moon (biologically).</p> <p>Therefore, the answer to Q19 is vi.</p>	

20 Answer: **iii**

Keywords in Questions	Similar words in Passage
Q20: Section F - iii: Old habits die hard	In addition, a full moon may have been the optimum conditions for our ancestors to go hunting by . This accounts for the lunar influence on our sleeping habits today .
<p>Note: "Old habit" implies the activities that our ancestors used to do: hunting during a full moon. "Die hard" implies the "habits" or activities of our ancestors, which have had a great influence on our sleeping habits today.</p> <p>Therefore, the answer to Q20 is iii.</p>	

21 Answer: **ii**

Keywords in Questions	Similar words in Passage
Q21: Section G - ii: An unwelcome inheritance	Sensitivity to the moon's rhythms and concurrent lack of good quality sleep is likely, however, to be seen as a source of irritation to most.
Note: "Sensitivity to the moon's rhythms and concurrent lack of good quality sleep" are the traits inherited from our ancestors, which irritates most people. Therefore, the answer to Q21 is ii.	

22 Answer: **at stake**

Keywords in Questions	Similar words in Passage
<i>Tips: From Q22 to Q28, you must skim (read through the passage for main ideas and important points). Next, locate paragraphs in the passage where there are similar words to keywords in the questions. Do not forget the word limit of Q22 and Q23 (no more than three words).</i>	
Q22: There is too much _____ if you fail to keep to a healthy fitness regime.	However there is a lot at stake if you resign yourself to an indolent lifestyle.
Note: The first paragraph mentions the negative effects of not keeping fit, therefore, we must look for clues in this paragraph. Remember that an indolent (lazy) lifestyle does not involve a healthy fitness regime. Therefore, the answer to Q22 is "at stake".	

23 Answer: **Cosmetic concerns**

Keywords in Questions	Similar words in Passage
Q23: _____ apart, there is also the matter of your health to think about.	Cosmetic concerns as to increasing girths and flabby abdomens aside , there is also your health to consider .
Note: We can see the similar structure between the keyword and the sentence above. Therefore, the answer to Q23 is "cosmetic concerns".	

24 Answer: **D**

Keywords in Questions	Similar words in Passage
Q24: Works on the upper body only	If your focus is more on improving your chest and torso then you would be better off doing push ups.

Note: The last three paragraphs of the passage introduce methods of exercising; therefore, they are where you should look for the answers to Q24 to Q28. The sentence above mentions the main function of push ups: to improve solely on the upper body (the part of the body above the waist, including chest and torso).

Therefore, the answer to Q24 is D.

25 Answer: **E**

Keywords in Questions	Similar words in Passage
Q25: Requires the individual to follow a tailor-made programme	Since individual target goals will vary with regard to what muscle groups need to be developed, weight training programmes need to be adjusted to the individual concerned.
Note: "Tailor-made" usually means made for a particular person or purpose, so a tailor-made programme is a special programme that is adjusted to the need of an individual. Therefore, the answer to Q25 is E.	

26 Answer: **A**

Keywords in Questions	Similar words in Passage
Q26: High impact exercises are interspersed with low impact ones.	Activities are completed at high intensity for a specific length of time, followed by another cycle of low intensity exercises termed 'sets' which are repeated throughout the routine.
Note: The passage mentions two types of exercise in interval training: high intensity exercises and low intensity exercises, which are followed in a cycle and repeated ("interspersed"). Therefore, the answer to Q26 is A.	

27 Answer: **B**

Keywords in Questions	Similar words in Passage
Q27: General mobility is improved in addition to fitness levels and overall appearance.	For those desiring speedy results and wanting to simultaneously boost overall fitness levels, then practising squats is the answer. Squats not only help burn fat but also build muscle strength and aid suppleness throughout the entire body, which in turn helps prevent injuries.

Note: These sentences talk about the benefits of squats. We can see synonymous structures in the question and in the aforementioned sentence (“mobility” - “suppleness”, “muscle strength - appearance”)

Therefore, the answer to Q27 is B.

28 Answer: **C**

Keywords in Questions	Similar words in Passage
Q28: A workout simultaneously affecting several areas of main body	They are also regarded by fitness experts as one of the best functional activities during which the body is exercised through multiple planes of motion.
Note: This sentence, which talks about lunges, refers to the opinion of fitness experts on how lunges can help people move and exercise some body parts. Therefore, the answer to Q1 is C.	

29 Answer: **H**

Keywords in Questions	Similar words in Passage
<i>Tips: From Q29 to Q35, you should skim each paragraph, then look for important points of that paragraph in each question.</i>	
Q29: an inconsistency in approach	Seemingly this would seem to open up a whole new moral debate.
Note: Paragraph H explains how the FAST system has caused a debate, or the difference and inconsistency of opinions among people. The sentence above introduces the content of the paragraph. Therefore, the answer to Q29 is H.	

30 Answer: **B**

Keywords in Questions	Similar words in Passage
Q30: already a new policing system is underway	Future policing systems aimed at identifying deviant thought processes are currently in the pipeline.
Note: Paragraph B introduces a policing system that has turned into a reality. It is in the pipeline, which means that it is being developed or is underway. Therefore, the answer to Q30 is B.	

31 Answer: **D**

Keywords in Questions	Similar words in Passage
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Q31: a public relations exercise	The project's promoters are not impervious to the public controversy that their proposed policing system has stirred up.
Note: After skimming, we can see that in paragraph D, promoters, or the people who exercise public relations, are concerned about the public reaction towards their system. Therefore, the answer to Q31 is D.	

32 Answer: **C**

Keywords in Questions	Similar words in Passage
Q32: fiction not transferable into fact	The belief that sensors could single out ne'er-do-wells via increased pulse rate, breathing, skin temperature or fleeting facial expressions is viewed by the project's detractors as frankly absurd and more akin to something out of the sci-fi movie Minority Report and the 'pre-crime' units featured in the movie.
Note: After skimming, we can conclude that the project's opponents argued that the belief in the system is absurd (not realistic) and seems more like something out of a movie. Therefore, the answer to Q1 is C.	

33 Answer: **A**

Keywords in Questions	Similar words in Passage
Q33: the future foreshadowed in fiction	Alarming, it could soon become, partially at least, a reality.
Note: The first paragraph mentions a novel which reflects part of the future. It acts as an introduction to the system mentioned throughout the passage. Therefore, the answer to Q33 is A.	

34 Answer: **G**

Keywords in Questions	Similar words in Passage
Q34: effective but commonplace assessment methods	It could be argued, however, that such overt visual behaviour would be apparent without recourse to specialist equipment and that border control and security officers would do better to improve on honing their knowledge of body language.

Note: Paragraph G explains the effectiveness of assessing people based on their appearance.

Therefore, the answer to Q34 is G.

35 Answer: **F**

Keywords in Questions	Similar words in Passage
Q35: official confirmation of the efficacy of the FAST system	According to individual briefing, subjects acted either shifty, hostile and evasive whilst others acted the exact opposite, conforming to model citizen behaviour. DHS science spokesman, John Verrico, claims the study was 'promising', achieving a 78% accuracy on mal-intent and 80% on deception.
Note: Paragraph F illustrates the briefing which has proved the effectiveness of the system. Therefore, the answer to Q35 is F.	