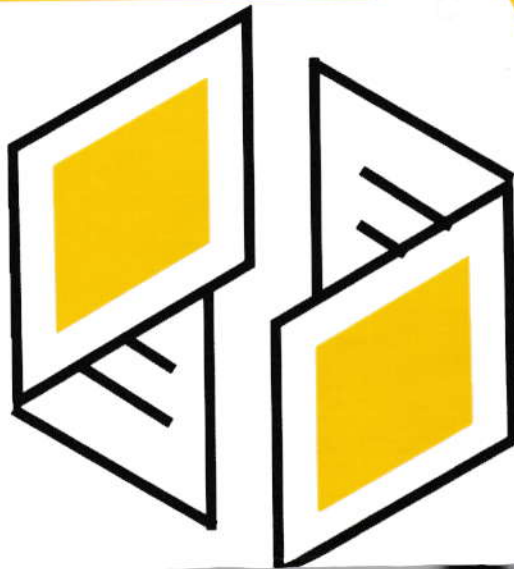


KHAMITOV ELDORBEK

Reading and Writing

Be

talented student



textbook.

**MINISTRY OF HIGHER EDUCATION, SCIENCE AND
INNOVATIONS OF THE REPUBLIC OF UZBEKISTAN**

CHIRCHIK STATE PEDAGOGICAL UNIVERSITY

KHAMITOV E.E.

Reading and writing practice

Approved by the Ministry of Higher education, science and innovations of the
Republic of Uzbekistan as a textbook for students of institutes and teachers of
Foreign languages.

Chirchik-2024

«Sarbon LLS»

УДК 80/81;811.161.1

ББК 83;74.268.7

X-62

Khamitov E.E./ Reading and writing practice: be talented student/ Textbook/ Chirchik, «Sarbon LLS» 2024. 212 p.

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«Reading and writing practice»: Textbook for Universities and Foreign language faculties. — T.: City of book., 2024. — 212 p., — this book is designed to serve as a comprehensive guide for anyone preparing for the IELTS exam, with a particular focus on the Reading and Writing sections. Whether you are a beginner or looking to enhance your existing skills, this resource aims to equip you with the tools and strategies necessary to achieve your desired score. The IELTS (International English Language Testing System) is a globally recognized exam that assesses the English language proficiency of non-native speakers. It is widely used for academic admissions, professional certifications, and immigration purposes. Given its significance, thorough preparation is essential for success.

ISBN 978-9910-9952-1-7

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ACKNOWLEDGEMENT

For whom is this book intended?

READING and WRITING (be talented student) is specifically designed for students of Chirchik State Pedagogical University who aspire to attain a higher score in the IELTS examination. This book will enhance your pre-intermediate writing abilities specifically for the IELTS Academic Writing examination.

You can use READING and WRITING (be talented student):

- as a course you can do on your own. We suggest that you go through the 16 units in a planned way so that you can gain from how they build on each other.
- to improve your writing skills in addition to classes that help you prepare for the IELTS. There is enough in the book for about 32 hours of school activities.

READING and WRITING (be talented student)

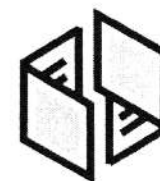
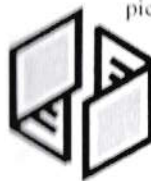
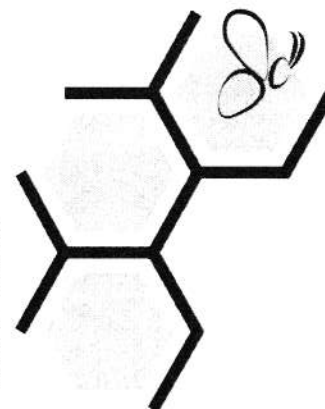
- This book consists of 16 units. Each unit focuses on a different topic and these topics are ones that often appear in the IELTS exam.
- Each unit provides a new vocabulary to learn

Unit structure

The **TARGET** of the unit comes first in every unit. As a list, they show what language and skills are most important.

Improve your vocabulary. Language development gives you practice with words that are linked to the subject and with grammar rules that are important for the IELTS Task that we will be learning in this unit. There are clear patterns.

Vocabulary related to exam topic. Skills development gives step-by-step exercises and instruction on the sort of reading passage, the answer required, and the essential writing phases for either a reading or writing Task 1 or Task 2 question. Each essay type's needs and information presentation methods (tables, bar charts, line graphs, pie charts, etc.) are outlined.



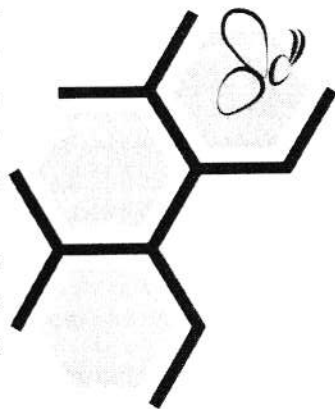
Other features



Each unit's **ADVICE** boxes contain IELTS academic reading and writing exam background. They provide essential exam techniques and strategies.

Study tips

- Each unit has two hours of study material.
- Answer questions without a dictionary to practice guessing unexpected terms from context. This is crucial because dictionaries are prohibited during exams.
- Complete the exercises using a pencil to delete your first responses and revise.
- Before starting another unit, review what you learned. Using the new language can help you recall and improve your replies.
- Since IELTS exam abilities can only be enhanced by practice, you should strive to answer all unit questions.
- Timed test practice is in Practices. You can practice reading and writing in a set time. If you struggle, start with a well-written, appropriate response. Then gradually shorten the time until you can compose a good answer in time.
- You should become comfortable enough with your own hand-writing so that you can accurately estimate the quantity of words you have written at a look.



No	TOPIC	EXAM	
	Reading introduction		5
	Writing introduction		7
Unit 1	Flora and Fauna	Sentence completion	11
Unit 2	Changes	Line graph	25
Unit 3	health	Advantages and disadvantages essay	35
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READING INTRODUCTION

TARGET: Explanation of questions from reading

In the IELTS (International English Language Testing System) exam, the reading section assesses a candidate's ability to understand and interpret written texts in English. The reading examination typically consists of three sections and lasts for **60 minutes**. Here's an overview of what to expect in the reading examination:

The reading test consists of **40 questions** divided into three sections. The passages are taken from authentic sources such as newspapers, magazines, journals, and books. The difficulty level increases gradually from the first section to the last.

The questions in the reading test are varied:

- multiple-choice
- matching headings to paragraphs
- matching sentence endings
- sentence completion
- summary completion
- true/false/not given questions

Each type of question assesses different reading skills, such as skimming, scanning, understanding main ideas, recognizing details, and making inferences.

READING INTRODUCTION

Candidates have **60 minutes to complete the entire reading test**, which means they need to manage their time effectively. Typically, it's advisable to spend about 20 minutes on each section, but this can vary depending on individual preferences and strategies.

Each correct answer in the reading test **earns one mark**. There is no penalty for incorrect answers, so it's beneficial to attempt all questions even if you're unsure. The raw scores are then converted to the IELTS 9-band scale, which ranges from Band 1 (Non-User) to Band 9 (Expert User).

The reading examination assesses a range of reading skills, including:

1. **Skimming:** Quickly reading through the passage to understand the main idea, tone, and structure.
2. **Scanning:** Searching the text for specific information, keywords, or details.
3. **Understanding Detail:** Identifying specific information, supporting details, opinions, arguments, and examples within the passage.
4. **Recognizing Writer's Views and Claims:** Understanding the writer's opinions, attitudes, or claims expressed in the text.
5. **Understanding Logical Argument and Structure:** Identifying the organization and logical flow of ideas within the passage.
6. **Inferring Meaning:** Drawing conclusions, making inferences, and understanding implied information based on the text.
7. **Preparation:** To prepare for the reading examination, candidates should practice reading a variety of texts in English, develop reading strategies such as skimming and scanning, familiarize themselves with different question types, and take practice tests to assess their progress and identify areas for improvement.

WRITING GENERAL INFORMATION

TARGET: Explanation about task 1 and task 2 academic writing

The IELTS academic writing task is divided into two parts and it assesses your ability to write clearly and coherently, structuring your ideas effectively and using appropriate language.

The Writing test lasts for 60 minutes:

- Part 1: Report Writing

Duration: 20 minutes

Word Count: At least 150 words

Content: You'll be presented with a visual representation of information such as a graph, table, chart, or diagram. Your task is to describe, summarize, or explain the information. This might involve:

- Comparing data
- Highlighting trends over time
- Explaining a process or how something works

- Part 2: Essay Writing

Duration: 40 minutes

Word Count: At least 250 words

Content: You'll be asked to respond to a point of view, argument, or problem. You need to present a well-structured essay that includes:

- An introduction
- Main body paragraphs that develop your argument
- A conclusion

WRITING GENERAL INFORMATION

What is the assessment method for the Writing paper?

An experienced evaluator will review your responses and assign a score based on the following factors.

Task	Assessment methods	Clarifying the meaning of these criteria
Writing Task 1	Task Achievement	Have you provided a comprehensive response to the question and written exactly 150 words?
Writing Task 2	Task Response	<ul style="list-style-type: none">• Did your response cover all the aspects mentioned in the question?• Have you presented a well-rounded argument and substantiated your arguments using evidence and illustrations? The user's text consists of a single bullet point. Did all of your thoughts pertain to the question? <ul style="list-style-type: none">• Have you composed a text consisting of 250 words?
Both tasks	Coherence and Cohesion	<ul style="list-style-type: none">• Is your writing comprehensible?• Are your thoughts effectively structured and seamlessly interconnected?
	Lexical Resource	Did you employ a diverse array of vocabulary with precision and efficacy?
	Grammatical Range and Accuracy	Did you use a lot of different types of grammar correctly and effectively?

Writing Task 2 is worth more points than Task 1. The examiner will add your two numbers together to give you a final score.

How can I get a better grade on my writing assignment?


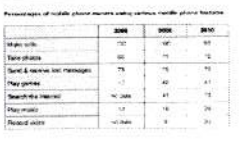
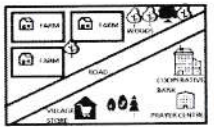
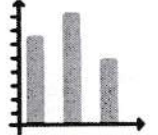
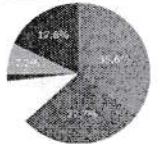
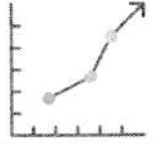

Make sure you fully answer every question and remember the test tips in this book to get a better score. Also, this unit will tell you what writing skills you need to work on to get the best grade. Before the test, work on writing quickly and neatly, and don't use notes, bullet points, acronyms, or answers you've already thought of. To get a better result, you should also study all parts of English, like vocabulary and grammar.

ACADEMIC WRITING TASK 1

For IELTS Writing Task 1, you will be given pictures that you need to explain.

here are some examples of tables and charts that you may see in the exam.

- A diagram & flow chart
- B map
- C pie chart
- D process
- E table
- F bar chart
- G line graph

flow chart		table	
map		bar graph	
pie chart		line graph	
process			

ACADEMIC WRITING TASK 2

There are a total of 5 tasks that exemplify the various categories of task 2 questions that you may come across in the exam.

1. To what extent do you agree and/or disagree?

Some people think that the only purpose of working hard is to earn money.

To what extent do you agree or disagree with this opinion?

2. Discuss both views and give your opinion.

Some believe that punishment is the only purpose of prisons, while others believe that prisons exist for various reasons.

Discuss both views and give your opinion.

3. What are the advantages and/or disadvantages?

In some countries, governments are encouraging industries and businesses to move to regional areas outside the big cities.

Do the advantages of this trend outweigh the disadvantages?

4. What are the causes and give solutions.

Despite improvements in vehicle technology, there are still large numbers of road accidents.

Explain some of the causes of these accidents, and suggest some measures that could be taken to address the problem.

5. Multiple/Two-part question tasks.

Many people around the world are choosing to move to live in cities.

What problems do people experience in big cities? Should governments encourage people to move to smaller towns?

UNIT 1. FLORA AND FOUNA

TARGET: words describing life and nature / sentence completion task / exercises

Importance of plants PASSAGE 1

Plants are necessary for life on Earth, acting as the foundation of most ecosystems. They are autotrophic, which means they make their own food through photosynthesis. Plants use chlorophyll, a pigment found in their leaves, to absorb sunlight during photosynthesis. They transform carbon dioxide from the atmosphere and water from the soil into glucose and oxygen.

This process not only generates energy for the plant, but it also releases oxygen into the atmosphere, which is required for the existence of most living things. There are several sorts of plants, ranging from tiny mosses to towering trees. They can be found in almost any habitat on the world, from barren deserts to lush rainforests. Plants play an important part in ensuring environmental equilibrium. They feed and shelter a diverse range of animals, help manage the water cycle, and prevent soil erosion.

Plants have several use for humans. They are an important source of food, including fruits, vegetables, grains, and nuts. Furthermore, many plants possess therapeutic characteristics and have been utilized for ages to cure a wide range of diseases. Trees and other plants are also harvested to provide wood, which is utilized in construction and manufacturing.

Despite their importance, plants face several human-caused hazards. Deforestation, pollution, and climate change all pose substantial dangers to plant life. Conservation activities are critical for protecting plant diversity and ensuring that plants can continue to support life on Earth.

IMPROVE YOUR VOCABULARY

- Habitat** - The natural home or environment of an animal, plant, or other organism.
- Deforestation** - The clearing or thinning of forests by humans, often to use the land for agriculture or development.
- Specie** - A group of living organisms consisting of similar individuals capable of exchanging genes or interbreeding.
- Plants** - Living organisms that typically grow in soil and have stems, leaves, and roots, and can perform photosynthesis.
- Conservation** - The protection and preservation of natural resources, including flora, fauna, and habitats.
- Human** - A member of the species *Homo sapiens*, characterized by the ability to think, communicate, and create complex tools and cultures.
- Water** - A transparent, odorless, tasteless liquid, a compound of hydrogen and oxygen, essential for most plant and animal life.
- Pollution** - The presence or introduction of harmful or poisonous substances into the environment.
- Climate** - The weather conditions prevailing in an area over a long period.
- Atmosphere** - The envelope of gases surrounding the earth or another planet.
- Oxygen** - A chemical element (O) essential for respiration in most living organisms and a major component of the earth's atmosphere.
- Sunlight** - The light and energy that come from the sun, essential for photosynthesis in plants.
- Live** - To be alive; to have life.
- Feed** - To give food to a person, animal, or plant.
- Life** - The condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and continual change preceding death.
- Desert** - A barren area of land where little precipitation occurs, and consequently, living conditions are hostile for plant and animal life.
- Environment** - The surroundings or conditions in which a person, animal, or plant lives or operates.
- Diversity** - The variety of different types of life found in an environment, including the different species of plants, animals, fungi, and microorganisms.
- Shelter** - A place giving temporary protection from bad weather or danger.
- Rainforest** - A dense forest, typically found in tropical areas with consistently heavy rainfall.

VOCABULARY PRACTICES

PRACTICE 1. Find the synonyms for these words from the passage 1

- | | |
|-----------------|-----------------------------------|
| 1 Conservation | A Contamination, adulteration |
| 2 Sunlight | B Preservation, protection |
| 3 Plant | C Person, individual |
| 4 Tree | D Sunshine, solar rays |
| 5 Diversity | E Forest clearance, clear-cutting |
| 6 Pollution | F Vegetation, flora |
| 7 Human | G Home, environment |
| 8 Deforestation | H Sapling, timber |
| 9 Species | I Type, kind, breed |
| 10 Habitat | J Variety, assortment |

PRACTICE 2. Find the antonyms for these words from the passage

- | | |
|--------------|-------------------------------|
| 1 Water | A Exposure, vulnerability |
| 2 Climate | B Dryness, aridity |
| 3 Atmosphere | C Desert, arid region |
| 4 Oxygen | D Microclimate, local weather |
| 5 Life | E Starve, deprive |
| 6 Shelter | F Vacuum, void |
| 7 Rainforest | G Oxygen |
| 8 Feed | H Carbon dioxide, nitrogen |
| 9 Dioxide | I Die, perish |
| 10 Live | J Death, lifelessness |

VOCABULARY PRACTICES

PRACTICE 3. Complete the summary below using words from the box.

- | | | |
|------------------------------|-------------|-------------------|
| A. construction | D. food | G. oxygen |
| B. diverse | E. glucose | H. photosynthesis |
| C. environmental equilibrium | F. habitats | I. substantial |
| | | J. therapeutic |

Summary

Plants are essential for life on Earth, forming the basis of most ecosystems. Through the process of (1) _____, plants use chlorophyll to convert carbon dioxide and water into (2) _____ and (3) _____, which is crucial for most living beings. They can thrive in various (4) _____, from deserts to rainforests, and play a key role in maintaining (5) _____. Besides providing (6) _____ for humans, many plants have (7) _____ properties used in medicine. However, plants are threatened by (8) _____ risks such as deforestation, pollution, and climate change.

READING COMPREHENSION

Completion questions test your ability to find details in order to complete gapped summaries, notes, sentences, diagrams, tables or flow charts. For this question type, you are generally required to use three words or fewer to fill in the missing information. Sometimes, you are also asked to match the two halves of sentences with two lists of these halves provided. You have to read the instructions carefully to make sure that you can do the right job - choose the words from the box given or from the reading passage.

In doing this task type, you need to skim for general information, scan for details, and understand phrases.

Example of Sample instructions

- Complete the sentences below with words taken from the reading passage. Use **NO MORE THAN THREE WORDS** for each answer.
- Complete each sentence with the correct ending. A-J. from the box.
- Complete the summary below using words from the box.
- Complete the notes below. **CHOOSE NO MORE THAN ONE WORD** from the passage for each answer.

THE KEY TO SUCCESS

Advice:

1. Read carefully: Take the time to read the passage or context thoroughly to understand the main idea and key points.
2. Identify key words: Look for keywords or phrases in the passage that indicate what information is missing in the completion task.
3. Use context clues: Use the surrounding sentences or information to infer what might logically come next in the sequence or what would fit best in the completion.
4. Maintain coherence: Ensure that your completion maintains the coherence and logical flow of the passage or context.
5. Eliminate options: If completing a multiple-choice task, eliminate options that are clearly incorrect or do not logically fit with the context provided.
6. Check for consistency: Make sure that your completion is consistent with the tone, style, and content of the passage.
7. Review your answer: Before finalizing your completion, review it to ensure that it accurately reflects the information presented and effectively completes the task.

By following these tips, you can improve your ability to effectively complete various types of tasks, whether they involve filling in missing words or arranging sentences in a logical sequence.

READING PRACTICES

Preserving plants PASSAGE 2

Preserving plants and animals. Plant and animal conservation is critical for preserving ecological balance and ensuring our planet's health. Biodiversity, or the variety of life on Earth, provides critical services such as agricultural pollination, water purification, and climatic stabilization. Each species, whether plant or animal, has a distinct role in the ecosystem, which contributes to its resilience and productivity.

Human activities like deforestation, pollution, and climate change pose serious risks to biodiversity. Habitat destruction causes the extinction of plant and animal species, altering ecosystems and reducing their ability to deliver critical services. Overfishing and illegal wildlife trade put many species at risk.

Conservation activities are critical to preserving and restoring biodiversity. Protected places, such as national parks and wildlife reserves, help to preserve habitats and animals. Reforestation and habitat restoration efforts seek to rehabilitate ecosystems and encourage the return of native species. Furthermore, sustainable practices in agriculture, fisheries, and forestry can lessen the impact on natural environments while ensuring that resources are available for future generations. Public awareness and education are also important aspects of conservation.

People can make more informed judgments and support conservation activities if they understand the value of biodiversity and the risks it confronts. Individuals can help to preserve plants and animals by supporting regulations that protect natural habitats, decreasing trash, and purchasing products made from sustainable sources. Preserving biodiversity is more than just conserving individual species; it is also about ensuring the health and stability of the entire planet. To ensure the survival of plants and animals, we must protect the natural systems that support all life on Earth.

QUESTIONS

PRACTICE 4

Complete each sentence with the correct ending, A-J, from the box.

1. Plant and animal conservation is critical for preserving ecological balance and ensuring _____.
2. Each species, whether plant or animal, has a distinct role in the ecosystem. _____.
3. Human activities like deforestation, pollution, and climate change pose serious risks _____.
4. Habitat destruction causes the extinction of plant and animal species, _____.
5. Overfishing and illegal wildlife trade put _____.
6. Conservation activities are critical to preserving _____.
7. Protected places, such as national parks and wildlife reserves, _____.
8. Reforestation and habitat restoration efforts seek to rehabilitate ecosystems and _____.
9. Sustainable practices in agriculture, fisheries, and forestry can lessen the impact on natural environments while _____.
10. Public awareness and education are also important _____.

A. which contributes to its resilience and productivity.	F. preserving habitats and animals.
B. the planet's health.	G. aspects of conservation.
C. many species at risk.	H. delivering critical services.
D. biodiversity.	I. ensuring that resources are available for future generations.
E. encouraging the return of native species.	J. to biodiversity.

READING PRACTICES

Role of plants in medicine PASSAGE 1

Plants have played an important part in medicine for thousands of years, producing a diverse range of chemicals with medicinal characteristics. Many ancient medical traditions, including Ayurveda, ancient Chinese Medicine, and Native American treatments, are mainly based on plant therapeutic characteristics. Even in modern medicine, plants remain an important source of medications. One of the most well-known examples is the willow tree, which produces salicylic acid, a precursor to aspirin.

Similarly, the periwinkle plant has alkaloids that can be utilized to cure cancer. The bark of the cinchona tree contains quinine, which has been used for millennia to cure malaria. Plants create a vast range of chemical substances to defend themselves against pests, diseases, and herbivores. These chemicals frequently exhibit strong biological activity that can be used for medical applications. For example, the chemicals contained in the foxglove plant are used to make digitalis, a drug that stimulates heart muscle contractions and is used to treat heart disease.

Plants are utilized in herbal medicine as well as to provide specialized medications. Herbalists employ plant parts such as leaves, roots, and flowers to create remedies that improve health and treat a variety of illnesses. For example, peppermint leaves are used to treat stomach problems, and echinacea is said to improve the immune system. The quest for novel therapeutic substances in plants is a continuous scientific endeavor.

With the growing threat of antibiotic resistance and the need for new therapies for diseases like cancer and diabetes, plants present a promising path for the discovery of new medications. Conservation of plant biodiversity is thus critical, not just for ecosystem health but also for the possible medical advantages they may provide.

QUESTIONS

MULTIPLE CHOICE COMPLETION TASK

PRACTICE 5. Complete each sentence with the correct option from the choices provided.

1. Plants have played an important part in medicine for thousands of years, producing a _____ range of chemicals with medicinal characteristics.

- A. limited B. diverse C. single

2. Many ancient medical traditions, including Ayurveda, ancient Chinese Medicine, and Native American treatments, are mainly based on plant _____ characteristics.

- A. harmful B. recreational C. therapeutic

3. Even in modern medicine, plants remain an important source of _____.

- A. decorations B. medications C. food

4. One of the most well-known examples is the willow tree, which produces salicylic acid, a _____ to aspirin.

- A. competitor B. substitute C. precursor

5. The periwinkle plant has alkaloids that can be utilized to _____ cancer.

- A. cause B. treat C. detect

6. The bark of the cinchona tree contains quinine, which has been used for millennia to _____ malaria.

- A. spread B. cure C. diagnose

7. Plants create a vast range of chemical substances to _____ themselves against pests, diseases, and herbivores.

- A. defend B. attract C. weaken

READING PRACTICES

The impact of light on plants and animals PASSAGE 4

The impact of light on plant and animal species Light is crucial to organisms for two distinct reasons. First, it serves as a trigger for the time of daily and seasonal rhythms in plants and animals, and second, it aids plant growth. Most species breed only during certain times of the year, thus a reliable cue is required to initiate reproductive behaviour.

Day length is a great indicator because it shows a fully predictable pattern of variation throughout the year. In the temperate zone in the spring, temperatures vary widely from day to day, but day duration increases steadily and predictably. Photoperiodism refers to the seasonal impact of day length on physiological responses, and there is a large body of experimental evidence to support this phenomenon. For example, some bird species can be induced to breed even in the middle of winter by artificially increasing day length (Wolfson 1964). Plants also exhibit photoperiodism. A short-day plant blooms when the day is less than a specific length. A long-day plant flowers when a particular critical day duration is reached. In both circumstances, the crucial day length changes between species.

Day-neutral plants are those that blossom following a period of vegetative growth, regardless of photoperiod. Breeding seasons of animals, such as birds, have evolved to coincide with the time of year when offspring have the best chance of survival. Before the breeding season begins, food reserves must be built up to cover the energy cost of reproduction and to provide for young birds while they are in the nest and after they have fledged. As a result, many temperate-zone birds use the rising day lengths in spring as a cue to begin the nesting cycle, knowing that ample food supplies will be available.

Photoperiodism has a definite adaptive importance in plants. Short-day plants that flower in spring in the temperate zone are designed to maximize seedling growth during the growing season. protracted-day plants are adapted to settings requiring insect fertilization or a protracted period of seed ripening. Short-day plants that flower in the autumn in the temperate zone can accumulate food reserves during the growth season and store them as seeds for the winter.

READING PRACTICES

Day-neutral plants have an evolutionary advantage since the relationship between the optimal period for reproduction and day length is less certain. Desert annuals, for example, germinate, blossom, and seed whenever there is adequate water, regardless of the length of day. Some plants' mating seasons can be postponed for extremely long periods of time.

Bamboos are perennial grasses that stay vegetative for many years before suddenly flowering, fruiting, and dying (Evans 1976). During 1884, all *Chisquea abietifolia* bamboo plants on the island of Jamaica bloomed, set seed, and eventually died. The next generation of bamboo blossomed and died between 1916 and 1918, indicating a 31-year vegetative cycle. The exact environmental trigger for this flowering cycle is unknown, but its adaptive relevance is obvious. The simultaneous creation of massive amounts of bamboo seeds (in some cases laying 12 to 15 centimeters deep on the ground) is more than all seed-eating animals can handle at the time, thus some seeds escape and grow up to become the next generation.

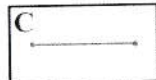
The second reason light is crucial to life is because it is required for photosynthesis. This is the process by which plants use sunlight to transform carbon from soil or water into organic matter for growth. The rate of photosynthesis of a plant can be determined by determining the rate of carbon uptake. Plants' photosynthetic reactions to changes in light intensity vary widely. Some plants achieve maximum photosynthesis at one-quarter full sunlight, whereas others, such as sugarcane, never reach a maximum and instead increase photosynthetic rate as light intensity increases. Plants are generally classified into two types: shade-tolerant and shade-intolerant species. This classification is widely applied in forestry and horticulture.

Shade-tolerant plants develop at a slower rate because they have reduced photosynthetic rates. Plant species adapt to live in a specific type of habitat, and in the process, they develop a set of features that preclude them from populating other habitats. According to Grime (1966), light may be a major factor influencing these changes. For example, eastern hemlock seedlings are shade-tolerant. Because of their poor photosynthetic rate, they can live in the forest understory in extremely low light conditions.

UNIT 2. LINE GRAPH

TARGET: Words describing changes and trends / line graph / exercises

Match each line graph with a sentence.



- A. Student numbers will have risen by 2023
 B. Sales of newspaper are predicted to drop over the whole period
 C. According to weather, the temperature remained stable in April
 D. Oil price fluctuated last month, reflecting changes in global demand
 E. Prices at the market tend to rise slightly during the holiday season
 F. The popularity of online shopping has increased in recent years
 G. The company's profits reached a peak last month
 H. The team's performance has declined slightly this season

Match each different type of line graph from 1-8 with a sentence from A-H. One of them is a 'trick' question!

- A. Student numbers will have experienced a rise by 2023.
 B. Sales of newspapers are predicted to experience a drop over the whole period.
 C. According to weather, the temperature remained stability in April.
 D. Oil price experienced fluctuations last month, reflecting changes in global demand
 E. Prices at the market tend to experience a slight rise during the holiday season.
 F. The popularity of online shopping has experienced a increase in recent years
 G. The company's profits reached a peak last month.
 H. The team's performance has experienced a slight decline this season.

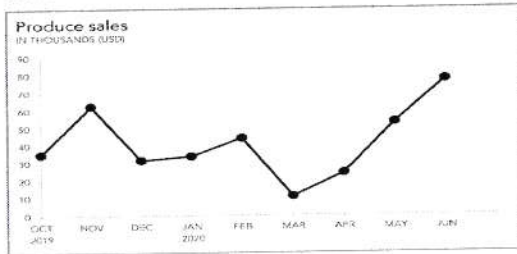
IMPROVE YOUR VOCABULARY

In order to add variety to your writing use adverbs and adjectives in your sentences

- A. The sudden **drop** in temperature indicated a **sharp** decline in weather conditions.
 B. An **impressive** jump in profits highlighted a **significant** increase in company earnings.
 C. Despite setbacks, there was a **steady** climb in employee productivity over the month.
 D. The **considerable** fall in stock prices signaled a **notable** downturn in market performance.
 E. A **noticeable** spike in customer complaints underscored a **remarkable** increase in dissatisfaction.
 F. Following a **slow** start, there was a **gradual** rise in monthly sales figures.
 G. A **substantial** decrease in customer wait times pointed to a **significant** improvement in service efficiency.
 H. The **rapid** growth in website traffic showcased a **dramatic** increase in online presence.
- A. The temperature decreased **steadily** throughout the night, reaching a low point at dawn.
 B. Website traffic increased **dramatically** after the new product launch, peaking in the afternoon.
 C. Despite initial doubts, the company's profits improved **consistently** over the fiscal year.
 D. Unemployment rates declined **gradually** as the economy recovered from the recession.
 E. Customer satisfaction plummeted **quickly** following a series of negative reviews.
 F. Sales figures rose **slowly** over the holiday season, peaking just before Christmas.
 G. Carbon emissions decreased **steadily** after the implementation of stricter environmental policies.
 H. The number of COVID-19 cases rose **sharply** after restrictions were lifted, prompting renewed concerns.

GRAMMAR

Look at the line graph below. It includes various data that you must describe in written form, when was data collected?



Produce sales between 2019 and 2020

It is necessary to use the right tense in writing task 1 so you have to choose time expressions too.

Here are some examples of them.

- Between** There was a noticeable increase in sales **between** January and March.
- And** The data shows a steady growth in revenue between 2019 **and** 2021."
- From to** The number of website visitors rose **from** 500 in June **to** 1,500 in August.
- From until** The temperature remained stable from May **until** September.
- Within** The project must be completed **within** six months.
- In** There was a significant drop in production **in** April.
- Over the period** Customer satisfaction improved **over the period** of five years.

IMPROVE YOUR VOCABULARY

Some useful vocabulary for describing trends

The number of students The Figure of students The percentage of students	increased	rapidly	from a to b
	jumped	suddenly	
	rose	dramatically	between a and b
	grew	significantly	
	decreased	slowly	
	dropped	sharply	
	fell	steeply	
	declined	steadily	
	fluctuated	gradually	

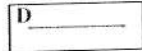
There is(was) a	slow	increase	in the number of....	from a to b
	slight	rise		between a and b
	gradual	decrease		
	steady	drop		
	steep	fall		
	sharp	fluctuation		
	dramatic			
	sudden			

The number of students	Remained	Increase	From A to B
	Stayed	Steady Stable The same	Between A and B
There was	Little Hardly any No	Change	

The number	Peaked	at 150	in January
	Reached	a peak a high point the bottom a low point	

VOCABULARY PRACTICES

PRACTICE 1. Match the line graph figure with A-H.



1. The usage of renewable energy sources fluctuated between 1980 and 2008, showing periods of both increase and decrease.
2. Despite minor variations, coal usage remained stable from 1990 to 2008.
3. Natural gas consumption reached its peak at 30 quadrillion units in 2000.
4. Petrol and oil consumption rose from 35 quadrillion units in 1980 to 40 quadrillion units in 2008.
5. Coal usage dropped before leveling off around 30 quadrillion units by 2008.
6. The population in Uzbekistan is growing slowly year by year.

PRACTICE 2. Rewrite the sentences in practice 1 and change the verbs into nouns.

1. The usage of renewable energy sources showed _____ between 1980 and 2008, with periods of both increase and decrease.
2. Despite minor variations, coal usage showed _____ from 1990 to 2008.
3. Natural gas consumption reached its _____ at 30 quadrillion units in 2000.
4. There was a _____ in petrol and oil consumption from 35 quadrillion units in 1980 to 40 quadrillion units in 2008.
5. Coal usage showed a _____ before leveling off around 30 quadrillion units by 2008.
6. The population _____ in Uzbekistan is slow year by year.

VOCABULARY PRACTICES

PRACTICE 3. And now vary your sentences in order to give some colours by using adverbs.

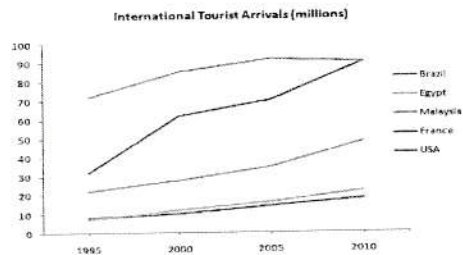
1. The usage of renewable energy sources **fluctuated** _____ between 1980 and 2008, showing periods of both increase and decrease.
2. Despite minor variations, coal usage **remained** _____ from 1990 to 2008.
3. Natural gas consumption **reached its peak** _____ at 30 quadrillion units in 2000.
4. Petrol and oil consumption **rose** _____ from 35 quadrillion units in 1980 to 40 quadrillion units in 2008.
5. Coal usage **dropped** _____ before leveling off around 30 quadrillion units by 2008.
6. The population in Uzbekistan is **growing** _____ year by year.

PRACTICE 4. And now vary your sentences in order to give some colours by using adjectives.

1. The usage of renewable energy sources showed _____ **fluctuations** between 1980 and 2008, with periods of both increase and decrease.
2. Despite minor variations, coal usage showed _____ **stability** from 1990 to 2008.
3. Natural gas consumption reached its _____ **peak** at 30 quadrillion units in 2000.
4. There was a _____ **rise** in petrol and oil consumption from 35 quadrillion units in 1980 to 40 quadrillion units in 2008.
5. Coal usage showed a _____ **drop** before leveling off around 30 quadrillion units by 2008.
6. The population in Uzbekistan has _____ **growth** year by year.

LINE GRAPH PRACTICES

PRACTICE 5 Fill the blanks with words in the box.



The graph below gives information about international tourist arrivals in five countries.

The graph _____ the total visitor arrivals in five countries from 1995 to 2010.

In 1995, the number of tourists visiting the United States exceeded 70 million, which was more than double the number of tourists _____ France, the second most popular _____. During the period from 2005 to 2010, there was a _____ of roughly 1,500,000 individuals _____ to the United States, whereas there was a rise of approximately 20 million people visiting France. In 2010, the United States and France each received approximately 90 million tourists, _____ in virtually equal numbers of _____ for both countries. Throughout the entire period, the number of tourists visiting Malaysia experienced a consistent _____. However by 2010, the total remained below 50 million. Brazil and Egypt had the lowest number of _____. The number of visitors visiting Egypt and Brazil was comparable from 1995 and 2000. However, subsequent to this period, there was a more substantial surge in _____ arrivals to Egypt compared to Brazil.

verbs:

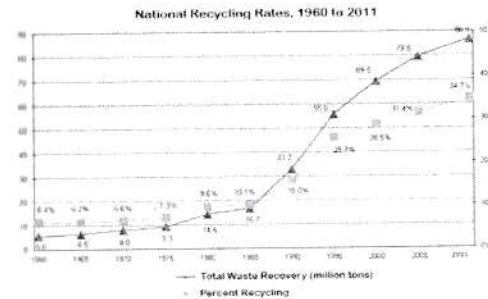
illustrate; visit; travel; increase; resulting

nouns:

visitors; decline; tourist; destination; tourist arrivals

LINE GRAPH PRACTICES

PRACTICE 6 Fill the blanks with words in the box.



Adjective:

Unsatisfactory; Threefold; Substantial; Minor; Following; Same; Highest; Significant; Whole; Similar; Subsequent; More gradual.

Adverb:

Annually; Pretty; Notably; Contrast.

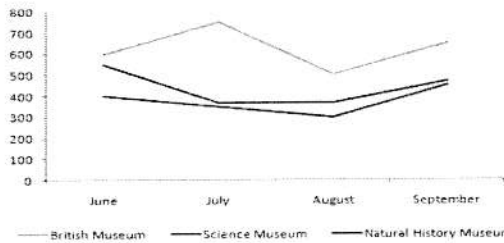
The graph illustrates the rates of waste recycling in the United States from 1960 to 2011, measured in both percentages and tons. From 1960 to 1970, the annual recycling rate for rubbish remained _____ constant, just exceeding 6%.

Subsequently, it experienced a _____ increase over the _____ 15 years, reaching 10.1% in 1985. In _____ the quantity of waste being recycled increased _____ during the _____ time frame, rising from 5.6 million tons in 1960 to 16.7 million tons in 1985. After seeing a _____ surge, the quantity of waste material being recycled has _____ increased from 1985 to 2011, reaching its _____ point at 86.9 million tons. In a _____ vein, the rate of recycling had _____ growth between 1985 and 1995, followed by a _____ increase over the _____ 15 years, culminating in a peak of 34.7% in 2011. Nevertheless, this number is still _____ when compared to the _____ quantity of waste being recycled _____.

LINE GRAPH PRACTICES

PRACTICE 7: Fill the blanks with words in the box.

Number of visitors per month in summer, 2013 (in thousands)



Adjective:

majority, lower, progressive, comparable, significant, constant, gradual, consistent

Verb:

depicts, visited, frequented, oscillated, experienced, decreasing, increase, seen

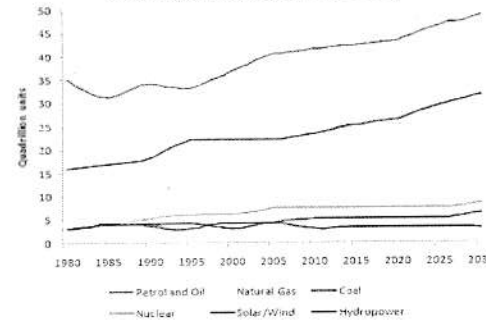
The graph _____ the number of individuals that _____ three museums in London during the summer of 2013.

The _____ of tourists _____ the British Museum during the months of June to September. The number _____ between 500 and 750 thousand. In contrast, the Science Museum and the Natural History Museum had a _____ number of visitors. The Science Museum _____ a _____ decline in visitor numbers, _____ from 400 thousand to 300 thousand between June and August, followed by an _____ to 450 thousand in September. The pattern _____ for the Natural History Museum was _____. There was a _____ decline in the number of visitors from June to July. The number stayed _____ in August and thereafter exhibited a _____ and _____ increase in September.

LINE GRAPH PRACTICES

PRACTICE 8: Fill the blanks with words in the box.

U.S. Energy Consumption by Fuel (1980-2030)



Contradictions:

Although, but, while, whilst such as.

Linking words:

Including, with, between, and, which, since, after, in general, from.

The graph depicts the energy use in the United States from 1980 to 2030. _____ projected data

The historical data indicates that Petrol and Oil have been the primary sources of fuel, _____ consumption increasing from 35 quadrillion (35q) units in 1980 to 42q in 2012. _____ there were significant variations _____ 1980 and 1995, there was a consistent upward trend, _____ is projected to persist _____ reach 47q by 2030. The energy consumption from natural gas _____ coal had a comparable trend over the given time frame. _____ 1980, gas accounted for 20% _____ coal accounted for 15% of the total energy consumption. Gas saw a decline initially, _____ coal exhibited a consistent rise. The consumption of both fuels became equal _____ 1985 _____ 1990. The level of consumption has experienced fluctuations _____ 1990, _____ currently, both sources supply a quantity of 24q. The estimated coal consumption is expected to increase to 31 quadrillion units (q) by 2030, _____ natural gas is forecasted to remain stable at 25 quadrillion units (q) _____ 2014. In 1980, solar/wind, nuclear, _____ hydropower accounted for the smallest proportion of energy usage, amounting to only 4 quadrillion units. The nuclear energy sector has experienced a 3q increase, _____ the solar _____ wind energy sectors have seen a 2q increase. Hydropower has regressed to the 1980 level _____ 2005. It is anticipated that it would remain relatively stable until 2030, _____ the other values are forecasted to increase dramatically _____ 2025. _____ fossil fuels will continue to be the primary energy source for the United States, supplemented by a small amount of hydroelectric power, nuclear energy, _____ a small portion of renewable energy _____ sources _____ wind _____ solar.

UNIT 3. HEALTH

TARGET: Words related to wellbeing / advantages and disadvantages
essay / exercises

1. **Healthcare:** Services and practices to maintain or improve health.
2. **Well-being:** State of being comfortable, healthy, or happy.
3. **Chronic:** Long-lasting and persistent, often referring to diseases.
4. **Acute:** Severe and sudden in onset, often referring to diseases.
5. **Prevention:** Actions to stop something, especially diseases, from occurring.
6. **Immunization:** Process of making a person immune to an infection, typically via vaccination.
7. **Nutrition:** Intake and use of food and nutrients by the body.
8. **Obesity:** Excessive body fat accumulation, increasing health risks.
9. **Sedentary:** Involving little physical activity; inactive lifestyle.
10. **Epidemic:** Widespread occurrence of an infectious disease in a community at a particular time.
11. **Pandemic:** An epidemic that spreads across multiple countries or continents.
12. **Vaccination:** Administration of a vaccine to stimulate an immune response.
13. **Immunity:** The body's ability to resist a particular infection or toxin.
14. **Diagnosis:** Identification of a disease or condition by its signs and symptoms.
15. **Treatment:** Medical care given to manage or cure a disease.
16. **Therapy:** Treatment of physical or mental health problems.
17. **Rehabilitation:** Process of restoring health or normal life through therapy or training.
18. **Mental health:** State of well-being in which an individual realizes their abilities and can cope with normal stresses.
19. **Life expectancy:** Average period a person is expected to live.
20. **Malnutrition:** Condition resulting from insufficient, excessive, or imbalanced intake of nutrients.

VOCABULARY PRACTICES

PRACTICE 1: Fill in the blanks with the appropriate term from the list provided.

1. _____ is the process of providing medical care to individuals or communities.
2. _____ refers to the state of being free from illness or injury.
3. _____ is a condition characterized by the excessive accumulation and storage of fat in the body.
4. _____ is a sudden and severe onset of symptoms or illness.
5. _____ involves the provision of medical care to manage or cure a disease or condition.
6. _____ is the process of restoring someone to health or normal life through training and therapy after illness or injury.
7. _____ is the branch of medicine that deals with the treatment of mental disorders.
8. _____ is the length of time a person is expected to live, on average, based on current mortality rates.
9. _____ refers to actions taken to prevent diseases or injuries from occurring.
10. _____ is the condition of lacking proper nutrition, caused by not having enough to eat or not eating enough of the right things.

VOCABULARY PRACTICES

PRACTICE 2. Fill in the blanks with the appropriate term from the list provided.

1. "_____ professionals are dedicated to providing medical services and promoting wellness."
2. "Taking care of one's _____ involves physical, mental, and emotional aspects of health."
3. "_____ diseases, such as diabetes and hypertension, require ongoing management and monitoring."
4. "An _____ illness, like a sudden injury or severe infection, often requires immediate medical attention."
5. "Regular exercise and healthy habits are essential for disease _____."
6. "_____ helps individuals develop immunity against various infectious diseases."
7. "A balanced diet rich in fruits, vegetables, and proteins is essential for good _____."
8. "_____ is a medical condition characterized by excessive body fat accumulation."
9. "A _____ lifestyle, with little physical activity, can lead to various health problems."
10. "An _____ refers to the widespread occurrence of a disease within a specific community or region."
11. "A _____ is an outbreak of a disease that spreads across multiple countries or continents."
12. "_____ is the administration of a vaccine to stimulate the body's immune response."
13. "_____ is the body's ability to resist a particular infection or toxin."
14. "_____ involves identifying a disease or condition based on its symptoms and medical tests."
15. "_____ may involve medication, surgery, or other interventions to manage a health condition."
16. "_____ can include various techniques and approaches to address physical or mental health issues."
17. "_____ programs help individuals recover from injuries, illnesses, or surgeries."
18. "_____ encompasses emotional, psychological, and social well-being."
19. "_____ refers to the average number of years a person is expected to live."
20. "_____ can result from inadequate or imbalanced intake of nutrients, leading to health problems."

WRITING AN ESSAY

In IELTS Task 2 Academic essays, introductory phrases serve several important purposes:

- They help to engage the reader from the beginning by introducing the topic.
- They provide clarity about the focus of your essay and the specific aspect of the topic you will be discussing.
- They help to structure your essay by providing a clear introduction that sets up the rest of the essay.
- They demonstrate your ability to use a range of vocabulary and grammatical structures, which is important for achieving a high score in the IELTS exam.

Useful vocabulary for writing task 2

- | | |
|--|---|
| 1. In recent years, | 16. There has been a shift in focus towards, |
| 2. It is widely believed that, | 17. It is frequently debated that, |
| 3. There is a growing consensus that, | 18. In light of recent developments, |
| 4. One of the most contentious issues today is, | 19. There has been a significant rise in awareness about, |
| 5. It is commonly acknowledged that, | 20. It is imperative to consider that, |
| 6. With the advent of modern technology, | 21. With the increasing pace of modern life, |
| 7. In today's society, | 22. It is pertinent to examine the impact of, |
| 8. It is often argued that, | 23. In the context of the 21st century, |
| 9. In this modern era, | 24. There is an ongoing debate regarding, |
| 10. A contentious issue that often arises is, | 25. It is worth noting that, |
| 11. It is undeniable that, | 26. With the rise of social media, |
| 12. In the contemporary world, | 27. In this day and age, |
| 13. There has been a surge in discussions regarding, | 28. There is a prevailing belief that, |
| 14. With the advancement of globalization, | 29. It is crucial to evaluate the implications of, |
| 15. In the current climate, | 30. With the rise of globalization, |

VOCABULARY PRACTICES

PRACTICE 3. Write sentences to words from the table above as in example.

In recent years, there has been a surge in interest in renewable energy sources. Discuss the advancements made in this field and their potential impact on the environment.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

WRITING AN ESSAY

In order to connect two agreeing ideas we can use linking words such as: **in addition**, **moreover**, **furthermore**, and **also**.

here is the list of words that helps you to connect to agreeing sentences

Similarly	Moreover
Likewise	Correspondingly
In the same way	Besides
Furthermore	In addition to
Equally	Another key point
Additionally	What is more
Not only that, but also	Indeed
Also	

EXAMPLES:

1. John enjoys hiking; **similarly**, his sister is fond of outdoor activities.
2. She prefers tea over coffee; **likewise**, her brother shares the same preference.
3. Just as Maria enjoys reading novels, **in the same way**, her friend Sarah is an avid reader.
4. The company aims to reduce waste; **furthermore**, it plans to implement recycling initiatives.
5. The research indicates a decrease in pollution levels; **moreover**, it suggests an increase in environmental awareness.
6. The project requires thorough planning; **additionally**, it demands effective resource management.
7. **Not only that, but also**: She is not only a talented singer, but also a skilled guitarist.
8. He enjoys playing basketball; **also**, he participates in track and field events.
9. Both candidates possess strong leadership qualities; **equally**, they demonstrate excellent communication skills.
10. As the demand for renewable energy increases, **correspondingly**, investments in solar power are rising.

VOCABULARY PRACTICES

PRACTICE 4. Complete the following sentences using the appropriate linking word:

- a. _____, studying for exams requires dedication and focus.
- b. He enjoys playing tennis; _____, he's quite skilled at badminton.
- c. She enjoys painting landscapes. _____, she loves sketching portraits.
- d. I enjoy hiking; _____, I find cycling to be a great way to stay active.
- e. The new regulations aim to reduce pollution. _____, they seek to promote sustainable practices.
- f. We visited the museum last weekend. _____, we explored the art gallery.
- g. He's not only a talented musician, _____ a skilled writer.
- h. The team won the championship last year. _____, they are leading in the current season.
- i. _____, both parties agreed to the terms of the contract.
- j. She excels in mathematics. _____, her performance in science is exceptional.

PRACTICES 5. Write your own sentences using each of the provided linking words. Try to vary the context and content of your sentences to practice using them effectively in different situations.

1. **Similarly** _____

2. **Likewise** _____

3. **In the same way** _____

WRITING AN ESSAY

In IELTS Academic Task 2 Writing, candidates are often required to present a balanced argument or discuss a given topic from multiple perspectives. Including contrasting ideas words enhances the complexity and depth of your argumentation.

1. However	11. While
2. On the other hand	12. Although
3. Nevertheless	13. Even though
4. Conversely	14. On the contrary
5. In contrast	15. In spite of
6. Despite this	16. Instead
7. Conversely	17. Alternatively
8. Yet	18. Rather
9. Nonetheless	19. Conversely
10. But	20. In comparison

1. The government has invested heavily in renewable energy; however, the reliance on fossil fuels remains a significant challenge in combating climate change.
2. Some argue that social media enhances connectivity; on the other hand, it has been criticized for fostering shallow relationships and increasing feelings of isolation.
3. The experiment yielded inconclusive results; nevertheless, it provided valuable insights for future research.
4. While urbanization has led to economic growth, it has also exacerbated environmental degradation; conversely, rural areas often struggle with limited access to resources but maintain a closer connection to nature.
5. Traditional classrooms rely heavily on lectures; in contrast, online learning platforms offer interactive tools and personalized learning experiences.
6. The company faced financial setbacks; despite this, it continued to innovate and expand its product line.
7. The study highlighted the benefits of exercise for mental health; yet, many individuals still struggle to prioritize physical activity in their daily lives.

ADVANTAGES AND DISADVANTAGES

An advantage and disadvantage essay is a form of writing that looks at both the good and negative elements of a certain topic. This approach helps the writer to provide a balanced viewpoint and demonstrate a thorough mastery of the subject.

Structure of an essay:

One technique to structure an essay about advantages and disadvantages is to write one paragraph about the benefits of an agreement/solution and one paragraph about the drawbacks.

INTRODUCTION

Begin with a general introduction to the topic. Set the context by providing some background information.

Make it clear that you will discuss both the topic's advantages and downsides.

Two body paragraphs

Advantages:

Point 1: Present the first advantage with examples, evidence, and explanations to support it.

Point 2: Explain the second advantage, with supporting details. - (Add more points if needed, depending on the length of the essay.)

Disadvantages:

Point 1: Present the first drawback with examples, proof, and explanations.

Point 2: Explain the second disadvantage, with supporting details. - (Add more points if necessary.)

Conclusion

Summarize the main points. Briefly summarize the key advantages and disadvantages presented.

Provide a balanced viewpoint: Provide a last thought on the subject, potentially indicating which viewpoint is stronger or more significant.

Personal Opinion (optional) You may incorporate your personal viewpoint, but it must be clear and supported by the analysis offered.

TASK 2 PRACTICES

QUESTION: Nowadays, many people choose to be self-employed, rather than to work for a company or organisation. Why might be the case? What could be the disadvantages of being self-employed?

PARAPHRASE: _____

Introduction	_____	Topic words
	_____	Task words
	_____	ideas
Main body 1	_____	Avoid copying words from the question
	_____	Your words to a reader
	_____	ideas
Main body 2	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
Conclusion	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
Final paragraph	_____	Relevant vocabulary
	_____	Summarize main points
	_____	Restate your points

TASK 2 PRACTICES

QUESTION: At the present time, the population of some countries includes a relatively large number of young adults, compared with the number of older people. Do the advantages of this situation outweigh the disadvantages?

PARAPHRASE: _____

plan	_____	Topic words
	_____	Task words
	_____	ideas
introduction	_____	Avoid copying words from the question
	_____	Your words to a reader
	_____	ideas
Body I	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
Body II	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
conclusion	_____	Relevant vocabulary
	_____	Summarize main points
	_____	Restate your points

TASK 2 PRACTICES

QUESTION: In some countries, more and more adults are living with their parents after graduating from college, university or even after finding a job. Do the advantages outweigh the disadvantages?

PARAPHRASE: _____

plan	_____	Topic words
	_____	Task words
	_____	ideas
introduction	_____	Avoid copying words from the question
	_____	Your words to a reader
	_____	ideas
Body I	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
Body II	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
conclusion	_____	Relevant vocabulary
	_____	Summarize main points
	_____	Restate your points

UNIT 4. TRAVEL

TARGET: Words related to journeys and trips / multiple choice / exercises

TRAVEL PASSAGE 1

The majority of individuals have a strong inclination towards traveling. Exploring unfamiliar locations, other cities, and foreign nations is highly captivating. Individuals may engage in travel for either recreational purposes or professional obligations.

There are multiple modes of transportation. In my opinion, there is no experience comparable to air travel due to its superior comfort, convenience, and notably faster speed compared to alternative modes of transportation. There is no presence of dust or filth often encountered on a railway or car travel, and there is no inconvenience of having to switch from a train to a steamer and then to another train.

Trains offer a combination of speed, comfort, and enjoyment. From the cozy confines of a railway carriage, you are afforded a magnificent panoramic view of the entire region. If you experience hunger, you have the option to dine in the dining car. Additionally, for lengthy journeys, you have an opportunity to rest in a comfortable bed provided in a sleeper car.

Ship travel is currently quite popular. Experiencing the sensation of the ship's deck beneath one's feet, observing the rhythmic movement of the waves, feeling the invigorating sea breeze on one's face, and hearing the calls of seagulls are all highly enjoyable.

A significant number of individuals choose to commute via auto mobiles. Moreover, the appeal lies in the ability to efficiently see numerous attractions within a limited timeframe, the freedom to halt at one's discretion, the absence of ticket purchases, and the convenience of not having to transport luggage.

Hiking is a highly common method of transportation. The mode of transportation is walking. Walking tours are quite captivating. Hitchhiking is a prevalent mode of transportation favored by the youth. However, its popularity in our country is not as widespread as it is in other countries.

IMPROVE YOUR VOCABULARY

- 1. journey**—traveling from one point to another, usually with a succession of incidents.
- 2. air travel**—transporting people or products by plane, usually between destinations.
- 3. location**—a place in space where something is.
- 4. Enjoyment** - the sensation of pleasure, contentment, or satisfaction from partaking in or fulfilling activities.
- 5. railway carriage**—a train compartment that transports passengers.
- 6. spectacular** panoramic vista—a stunning and expansive perspective of a wide area or landscape.
- 7. Sleeper car** - a railroad passenger compartment having bunk beds or convertible chairs for resting or sleeping on long trips.
- 8. invigorating sea**—refers to the sea's fresh air, soothing sounds of waves, and overall rejuvenating sensation.
- 9. Seagulls**—white seabirds with long wings—are common around coastlines and waterways.
- 10. via car**—traveling by car or motor vehicle.
- 11. hike** - "An outdoor activity involving walking in natural environments, often along trails or paths, for recreation, exercise, or exploration."
- 12. ticket**—a printed or digital document that proves purchase or entitlement to an event, service, or transportation service.
- 13. Transportation** - movement of people, goods, or animals via cars, ships, trains, or aircraft.
- 14. speed**—how fast an object goes or how far it covers in a given period.
- 15. convenience**—ease of use, accessibility, and suitability.
- 16. alternate mode**—an alternative to the usual way of doing things. An alternate approach offers another way to reach a desired objective.
- 17. Professional obligation**—the ethical or moral requirements professionals must follow.
- 18. recreational purposes**—enjoyment, relaxation, or leisure, not work or seriousness.
- 19. appeal lies**—the legal right to appeal a lower court decision or judgment to a higher court.
- 20. commute**—daily trip from home to work or school.

VOCABULARY PRACTICES

PRACTICE 1. Multiple choice questions for synonyms:

1. What is a synonym for "journey"?
a) Travel
b) Explore
c) Vacation
d) Retreat
2. What is a synonym for "air travel"? a) Flight
b) Voyage
c) Cruise
d) Excursion
3. What is a synonym for "location"?
a) Spot
b) Destination
c) Site
d) Facility
4. What is a synonym for "enjoyment"? a) Delight
b) Suffering
c) Misery
d) Distress
5. What is a synonym for "railway carriage"?
a) Tram
b) Cart
c) Train
d) Coach
6. What is a synonym for "magnificent panoramic view"?
a) Grand landscape
b) Tiny snapshot
c) Dull perspective
d) Drab scenery
7. What is a synonym for "sleeper car"?
a) Resting cubicle
b) Dozing compartment
c) Lounger berth
d) Slumber compartment
8. What is a synonym for "invigorating sea"?
a) Stimulating ocean
b) Dreary lake
c) Tiring river
d) Restful pond
9. What is a synonym for "seagull"?
a) Waterfowl
b) Pigeon
c) Falcon
d) Eagle
10. What is a synonym for "via automobile"?
a) Through car
b) With truck
c) By bus
d) Using bicycle

VOCABULARY PRACTICES

PRACTICE 2. Find the antonyms of these words

1. What is the antonym of "hiking"?
a) Strolling
b) Swimming
c) Jogging
d) Skiing
2. What is the antonym of "ticket"?
a) Permit
b) Receipt
c) Voucher
d) Refund
3. What is the antonym of "transportation"?
a) Commute
b) Travel
c) Conveyance
d) Stationary
4. What is the antonym of "speed"?
a) Velocity
b) Snail's pace
c) Acceleration
d) Swiftiness
5. What is the antonym of "convenience"?
a) Inconvenience
b) Comfort
c) Accessibility d) Handiness
6. What is the antonym of "alternative mode"?
a) Traditional method
b) Unconventional approach
c) Contemporary style
d) Modern innovation
7. What is the antonym of "professional obligation"?
a) Personal choice
b) Ethical duty
c) Moral responsibility
d) Work commitment
8. What is the antonym of "recreational purposes"?
a) Work activities
b) Leisurely pursuits
c) Relaxation
d) Entertainment
9. What is the antonym of "appeal lies"?
a) Appeal dismissed
b) Appeal rejected
c) Appeal denied
d) Appeal upheld
10. What is the antonym of "commute"?
a) Road trip
b) Daily journey
c) Regular travel
d) Staycation

VOCABULARY PRACTICES

PRACTICE 3. Find the correct answer:

1. What is the author's preferred mode of transportation for travel due to its comfort, convenience, and speed?
A) Trains
B) Ships
C) Automobiles
D) Air travel
2. Which mode of transportation offers a combination of speed, comfort, and enjoyment, allowing passengers to dine and rest onboard?
A) Ships
B) Automobiles
C) Hiking
D) Trains
3. Which mode of transportation involves walking as the primary method and is described as captivating for walking tours?
A) Ships
B) Automobiles
C) Hiking
D) Trains
4. What mode of transportation is favored by the youth but is not as widespread in the author's country as in others?
A) Ships
B) Automobiles
C) Hiking
D) Hitch-hiking
5. What is one of the benefits mentioned for commuting via automobiles?
A) Ability to see multiple attractions within a limited timeframe
B) Magnificent panoramic views during the journey
C) Feeling the invigorating sea breeze
D) Traveling without the need for luggage transport

READING COMPREHENSION

Multiple-choice questions are a common type of assessment that present a question or problem with several possible answer choices.

Advice:

1. Read the question carefully: Identify the key concepts or keywords in the question.
2. Eliminate obviously incorrect options: This can help narrow down your choices and increase your chances of selecting the correct answer.
3. Consider all the options: Even if you think you've found the correct answer early on, make sure to read through all the options before making your final selection.

Consider which option best aligns with the question and provides the most complete or accurate response.

EXAMPLE:

Find the answers to the following questions

1. What is the capital city of France?
A) London B) Paris
C) Berlin D) Rome
2. How many continents are there in the world?
A) 3 B) 5
C) 7 D) 9
3. Which planet is known as the "Red Planet"?
A) Jupiter B) Earth
C) Mars D) Saturn

READING PRACTICES

"Discovering Connections, Skills, and Nature" PASSAGE 2

Although there are numerous reasons for traveling, it is important to remember that it can be a rejuvenating experience. Travelling is an enriching experience that imparts valuable knowledge that is unattainable through the confines of one's home. First and foremost, it instructs you on the art of cultivating new social connections.

The world is populated by individuals who derive great pleasure from engaging in social interactions. When you travel to new locations, you have the opportunity to form friendships and engage in meaningful interactions with others. Furthermore, it also enables you to improve your social abilities. Subsequently, engaging in travel is highly beneficial for acquiring new skills. For example, seeing mountainous areas imparts the skill of trekking.

Likewise, visiting beaches provides opportunities to acquire skills in scuba diving or surfing. When you travel, you have the opportunity to appreciate the splendor of nature as well. Moreover, you have the opportunity to intimately experience the wonders of nature and uncover the exquisite splendor of our planet.

Furthermore, traveling enhances our comprehension of individuals. Upon visiting a new location, it is customary to engage in social interactions with the native inhabitants of that area. You get a wealth of knowledge about them and their culture. It fosters a broader perspective and cultivates awareness of the diverse cultures and beliefs of others.

QUESTIONS

PRACTICE 4. Find the answers of multiple choices

1. What is one of the benefits of traveling mentioned in the passage?
A) Learning a new language
B) Developing new social connections
C) Enhancing cooking skills
D) Spending more time at home
2. How does traveling help in acquiring new skills according to the passage?
A) By staying within one's comfort zone
B) By avoiding interactions with locals
C) By engaging in different activities in new locations
D) By not exploring natural wonders
3. How does traveling enhance our understanding of individuals?
A) By avoiding social interactions
B) By sticking to familiar surroundings
C) By learning about different cultures and beliefs
D) By avoiding opportunities to engage with natives
4. What is one of the ways in which traveling is described in the passage?
A) A mundane activity with no benefits
B) A way to limit social interactions
C) A rejuvenating and enriching experience
D) A restrictive and unstimulating experience
5. What is emphasized as valuable knowledge that can be gained through traveling in the passage?
A) Practical skills like cooking
B) The art of cultivating social connections
C) Avoiding natural environments
D) Staying isolated at home.

READING PRACTICES

A Dynamic Blend of Tradition and Modernity PASSAGE 3

Discovering the Dynamic Culture of Tokyo Tokyo, the dynamic capital of Japan, is a city that harmoniously combines tradition and contemporary in a lively and captivating manner. Tokyo provides a wide range of experiences for travelers in search of a memorable journey, from impressive skyscrapers to peaceful shrines.

Now, let's explore the distinctive culture and attractions that make Tokyo an essential destination to visit. One of the initial aspects that tourists observe about Tokyo is its unparalleled fusion of traditional customs and state-of-the-art technology. The city boasts ancient temples and shrines, including as the renowned Senso-ji Temple in Asakusa and the Meiji Shrine in Shibuya, which have endured for centuries. These sacred havens provide a serene escape from the busy urban lifestyle, enabling visitors to immerse themselves in Japan's abundant cultural legacy.

Unlike its ancient origins, Tokyo is also a center of innovation and modernity. The cityscape is characterized by modern and elegant buildings, such as the Tokyo Skytree and the Mori Tower, which provide a wide and impressive view of the city below. The Shibuya Crossing, renowned as one of the most congested junctions globally, epitomizes the dynamic and rapid tempo of Tokyo. The convergence of neon lights and avant-garde infrastructure in this location forms an otherworldly and strange urban landscape. Tokyo is a culinary haven for food enthusiasts.

The city is famous for its varied gastronomic landscape, which includes delectable street food vendors as well as Michelin-starred establishments. Visitors have the opportunity to enjoy freshly prepared sushi at the Tsukiji Fish Market, indulge in flavorful ramen noodles in Shinjuku, or taste inventive meals at the renowned Robot Restaurant in Kabukicho.

READING PRACTICES

Tokyo provides abundant chances for individuals interested in traditional arts and crafts to delve into Japanese culture. Visitors have the opportunity to engage in a tea ceremony, attempt the creation of traditional pottery, or observe a captivating kabuki performance. Tokyo's museums and galleries exhibit the artworks of prominent artists from both the past and present, offering a glimpse into the city's creative essence.

Ultimately, Tokyo is a city that enthralls and engages guests with its vibrant fusion of traditional and modern elements. Tokyo offers a unique experience, whether you are seeing historic temples, admiring contemporary architecture, or enjoying delicious food. Prepare your luggage, fully enjoy with the dynamic culture of Tokyo, and let this captivating city to create to enduring imprints on your journey recollections.

PRACTICE 5. Find answers to the following questions.

1. What is one aspect that tourists observe about Tokyo?
A) The traditional customs
B) The advanced technology
C) The bustling marketplaces
D) The modern transportation system
2. Which famous temple in Tokyo has endured for centuries?
A) Tokyo Skytree
B) Tsukiji Fish Market
C) Senso-ji Temple in Asakusa
D) Meiji Shrine in Shibuya
3. What is the Shibuya Crossing renowned for?
A) Being the quietest spot in Tokyo
B) Epitomizing the dynamic and rapid tempo of Tokyo
C) Hosting traditional tea ceremonies
D) Showcasing ancient art and pottery
4. Which district in Tokyo is famous for its varied gastronomic landscape?
A) Shinjuku
B) Shibuya
C) Asakusa
D) Ueno
5. What opportunities does Tokyo provide for individuals interested in traditional arts and crafts?
A) Engage in a tea ceremony
B) Watch a kabuki performance
C) Create traditional pottery
D) All of the above

READING PRACTICES

Enriching Lives through Exploration and Cultural Immersion PASSAGE 4

Traveling is a rewarding endeavor that provides numerous advantages for folks. Traveling, whether it entails immersing oneself in unfamiliar cultures, sampling diverse culinary experiences, or marveling at awe-inspiring scenery, has a significant influence on an individual's personal development and overall state of being.

Traveling offers the valuable advantage of expanding one's perspectives and acquiring a more profound comprehension of the world. Through the act of fully engaging with diverse cultures and customs, individuals who travel can cultivate a broader and more accepting worldview. Exposure to other perspectives enhances empathy and tolerance, enabling individuals to better comprehend and negotiate the intricacies of our linked world. Moreover, traveling offers a significant chance for individuals to explore and develop themselves on a personal level.

Challenging oneself by venturing beyond familiar territory and confronting novel circumstances can enhance an individual's resilience and adaptability. Travel frequently leads individuals to uncover novel interests, fervors, and aptitudes that they may not have otherwise delved into. Engaging in inquiry and discovery can result in heightened self-assurance and a stronger sense of direction.

Traveling offers a multitude of health advantages, encompassing both physical and emotional well-being. Studies have demonstrated that traveling has the potential to alleviate stress, promote mental well-being, and improve overall health. Experiencing unfamiliar surroundings, separate from the usual daily activities, can revitalize the mental and physical state, offering essential relaxation and a renewed outlook.

In addition, participating in physical activities such as hiking, swimming, or exploring unfamiliar urban areas can enhance physical fitness and overall well-being. Ultimately, traveling has numerous advantages that enhance individual development, foster cultural comprehension, and promote overall welfare. Travel, whether to nearby or distant places, has the ability to profoundly change persons and enhance their lives in numerous ways.

QUESTIONS

PRACTICE 6 Find the answers to the following questions





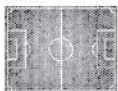



- Traveling has a significant influence on an individual's _____ and overall state of being.
A) social life
B) financial status
C) personal development
D) physical health
- Traveling helps individuals cultivate a broader and more accepting _____.
A) diet
B) worldview
C) wardrobe
D) career
- What advantage does traveling offer in terms of health?
A) Increase in stress levels
B) Decrease in overall well-being
C) Potential to alleviate stress and improve health
D) None of the above
- Engaging in physical activities during travel can enhance:
A) Stress levels
B) Physical fitness and overall well-being
C) Overall fatigue
D) Lack of motivation
- Which of the following is NOT mentioned as a benefit of traveling?
A) Enhancing empathy and tolerance
B) Alleviating stress and promoting mental well-being
C) Decreasing self-assurance and direction
D) Uncovering novel interests and passions

UNIT 5. TRIP









TARGET: Words describing locations / analyzing maps /
exercises

IMPROVE YOUR VOCABULARY

PRACTICE 1. Look at the pictures and try to describe it.

			
airport	bakery	bridge	market
			
stadium	library	court	crossroad

PRACTICE 2. Look at the pictures and try to describe it.

			
arrive	visit	go sightseeing	get away
			
check in	delay	migrate	look around

VOCABULARY PRACTICE

PRACTICE 3. Fill in the blanks with words from practice 1.

- I bought a fresh loaf of bread from the _____.
- We have to go through security checks at the _____ before boarding our flight.
- The new _____ over the river is an architectural marvel.
- On Saturdays, the _____ is bustling with people buying fresh produce.
- The championship game will be held at the local _____.
- I need to return some books to the _____ before they are overdue.
- The lawyer presented his case at the _____.
- There's a _____ where Main Street meets Elm Street.

PRACTICE 4. Match the definitions.

- A place where you can borrow books - _____
- A place where airplanes take off and land - _____
- A place where you can buy and sell goods, especially food - _____
- A large building with seats around an open area, used for sports events - _____
- A place where bread and cakes are made and sold - _____
- A structure built over a river, road, etc. to allow people or vehicles to cross from one side to the other - _____
- An area where legal cases are heard and decided by a judge - _____
- A place where two or more roads meet - _____

airport	bakery	bridge	market
stadium	library	court	crossroad

VOCABULARY PRACTICE

Here are some words that you may use for describing maps in IELTS task 1

Expanding	Removing	Additions	Change into something
Enlarge	Demolish	Construct	Convert
Expand	Knock down	Build	Redevelop
Extend	Pull down	Erect	Replace
Make bigger	Remove	Introduce	Make into
Develop	Turn down	Add	Modernize
	Cut down	Plant	Renovate
		Open	

PRACTICE 5. Match the definitions.

1. Enlarge	13. Build	a. Increase in size
2. Expand	14. Erect	b. Tear down
3. Extend	15. Introduce	c. Grow or evolve
4. Make bigger	16. Add	d. Put up a structure
5. Develop	17. Plant	e. Say no to
6. Demolish	18. Open	f. Take away
7. Knock down	19. Convert	g. Transform
8. Pull down	20. Redevelop	h. Refurbish
9. Remove	21. Replace	i. Update
10. Turn down	22. Make into	j. Open up
11. Cut down	23. Modernize	k. Substitute
12. Construct	Renovate	l. Turn into
		m. Set up
		n. Establish
		o. Start
		p. Make larger
		q. Expand
		r. Cut trees
		s. Introduce new growth
		t. Make new again
		u. Change
		v. Extend
		w. Develop anew
		x. Increase

VOCABULARY PRACTICE

PRACTICE 5. Fill in the blanks.

- They decided to _____ the old building to make room for a new park.
- We need to _____ the meeting room to accommodate more people.
- The company plans to _____ a new office in the downtown area.
- To modernize the house, we will _____ the kitchen and bathrooms.
- The city council approved plans to _____ the abandoned warehouse into loft apartments.
- To save money, the project was _____ after the initial proposal.
- They will _____ the tree to prevent it from falling during storms.
- The museum plans to _____ a new wing for contemporary art.
- We need to _____ this issue with the team at the next meeting.
- The developer will _____ the shopping mall to attract more visitors.

PRACTICE 6. Create a sentence using each word.

- Enlarge _____
- Expand _____
- Extend _____
- Make bigger _____
- Develop _____
- Demolish _____
- Knock down _____

IMPROVE YOUR GRAMMAR

Prepositions of place are words used to show the location or position of people, objects, or places in relation to other people, objects, or places. They help to describe where something is situated.

Here they are:

Above	Beneath	Near	Through
Across	Beside	Next to	To
Against	Between	Off	Towards
Along	By	On	Under
Among	Close to	Onto	Underneath
Around	Down	Opposite	Up
At	In	Outside	Upon
Behind	In front of	Over	Within
Below	Inside	Past	Without

PRACTICE 7. Fill in the blanks.

- The book is _____ the table.
- The cat is hiding _____ the couch.
- She walked _____ the bridge.
- The lamp is _____ the desk and the bed.
- The park is _____ my house.
- The painting hangs _____ the fireplace.
- There is a small garden _____ the house.
- He sat _____ his friend.
- The car drove _____ the tunnel.
- The keys are _____ the drawer.
- The clock is _____ the wall.
- The children are playing _____ the playground.
- The vase is _____ the table.
- The office is _____ the restaurant.
- He climbed _____ the ladder.

DESCRIBING A MAP

In the IELTS Writing Task 1, you might be required to describe a map, detailing the locations and changes of various features. Using prepositions of place accurately can help you clearly describe these spatial relationships.

Advice:

how should look your writing

INTRODUCTION	Paraphrasing the question (10%) Overview (40%) -Main feature 1 -main feature 2	Begin by giving a general overview of the map. Mention what it represents, the time period, and the main features.
BODY PARAGRAPH 1	Main feature 1 (25%)	Use prepositions of place to describe the locations of different features on the map.
BODY PARAGRAPH 2	Main feature 2 (25%)	Describe the changes using appropriate prepositions of place.

Example:

Introduction:

The map illustrates the layout of a small town before and after a planned development.

Body I:

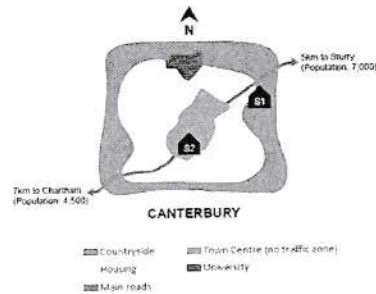
To the north of the town, there is a large park. A school is situated opposite the park, across the main road. The residential area is located in the southern part of the town, with houses built along the riverbank. The town hall is positioned at the center of the map, next to the library.

Body II:

In the proposed development, a new shopping mall will be constructed beside the school. The park will be expanded to the east, incorporating a new playground. Additionally, a new bridge will be built over the river, connecting the residential area to the commercial district. A new bus station will be erected to the west of the town hall, adjacent to the library.

WRITING PRACTICES

PRACTICE 8. Fill in the blanks.



Verbs:
Shows, situated, located
Linking words:
However, who, moreover
Showing quantity:
number, 5, 7
Adverbs:
Practically, presumably
Adjectives:
Difficult, ideal

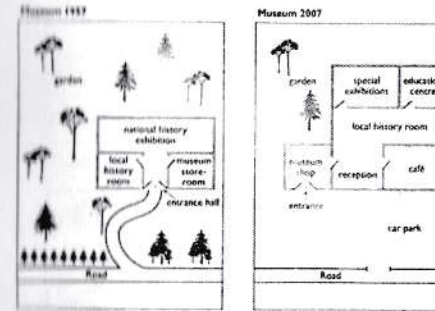
The map _____ two proposed sites for a new school for the town of Canterbury and the surrounding area.

The first site is _____ in the countryside, to the north-east of the town center. It is just outside the main housing area of the town and not far from the main road that links Sturry with Canterbury. It would therefore probably be in an _____ location for students coming from Sturry, which is only _____ kilometers away, and those who live on the east side of Canterbury. If there are students coming from Chartham, which is _____ kilometers to the south-west, they would be able to reach the school by taking the main road that runs south-west of Canterbury.

The second site is _____ in the town center itself. There are advantages of this: it makes it _____ equidistant for students coming from either Sturry or Chartham. Moreover, it would _____ be relatively easy for students who live in the housing area around the town center to reach the school. _____ because of the no traffic zone in the town center, no parent would be able to drive their child all the way to school. This may make travel arrangements _____ for some parents.

WRITING PRACTICES

PRACTICE 9. Fill in the blanks.



Verbs:
depict, reduced, replaced
Comparison:
As
Linking words:
Overall, which
Adjectives:
Larger, local,
Showing a year & duration:
Year, 1957, 2007

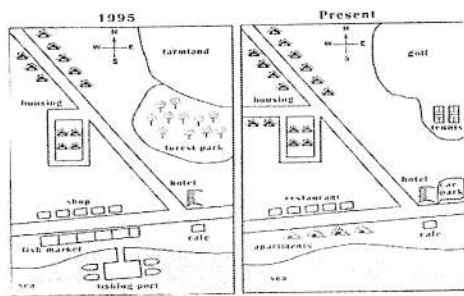
The illustrations _____ changes to a museum building and grounds in 1957 and 2007. _____, the building became much _____ and the number of trees was greatly _____.

Looking first at the grounds of the museum, _____ shown at the bottom of the map, all the trees were removed from the roadside, and also most of them to the left and to the rear of the museum were cut down. The driveway leading up to the museum was removed and a car park was built by the roadside.

In terms of the building itself, the entrance was moved from the middle of the building to the left-hand side of the building, where a new museum shop was built. To the right, the _____ history room was turned into a reception area. Further to the right, the museum storage room was _____ by a café. Above the café, the National History exhibition room was turned into a local history room. This room leads into two new rooms that were constructed, _____ are a special exhibitions room and an education center.

WRITING PRACTICES

PRACTICE 10. Fill in the blanks.



Verbs:
Situated, located, replaced
Comparison:
As well,
Linking words:
Where, while
Adjectives:
Small, new, coastal
Showing a year & duration:
Year, 1995, twenty-five years

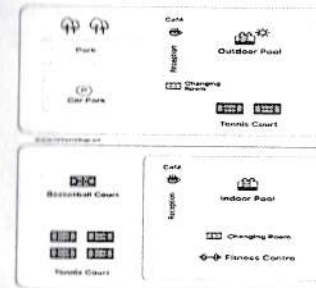
The map shows how a village called Ryemouth has developed over the last _____. There have been several changes, the most noticeable being the increases in accommodation, the elimination of the fishing industry, and the introduction of sports facilities.

In _____, to the south of the village _____ the sea is there was previously a fishing industry, with a fishing port and quite a large fish market as well. Next to this was a _____ cafe. On the other side of the road running by the sea stood a line of five shops and a hotel, while _____ in the north east part of the village was farmland and a park with trees. The main housing of the village was _____ in the north west around a main road that runs from the _____ road, with twelve houses, four of them encircled by a smaller side-street.

Turning to the present day map, it can be seen that the fishing facilities have all gone, being _____ by four apartments, and the shops have become restaurants. The cafe remains, as does the hotel, albeit with parking facilities which it did not have before. Having been converted into a golf course, the farmland has now gone, _____ the forest park has been removed to make way for tennis courts. Although the old houses remain, new ones have been built, along with a _____ road with two new houses beside it.

WRITING PRACTICES

PRACTICE 11. Fill in the blanks



Verbs:
describes, increased, erected
Comparison:
As well as,
Linking words:
While, today, on the other side of, on the left of
Showing quantity:
Number, 4
Adverbs:
Readily, slightly, directly
Adjectives:
Varied, various,
Showing a year & duration:
Year, 1990, present

The map _____ how a university sports courts area has changed from _____ to the _____ day. Looking from an overall perspective, it is _____ apparent that the number of total courts for tennis and basketball has _____ at the expense of parking and a park. _____ a formal building with a gym now houses various exercise facilities. These changes allow for more _____ activity.



In 1990, _____ the map was a park with trees and grass _____ a car park. Today, the park has been replaced by a large basketball court and the car park by _____ tennis courts

_____ the map, a structure to contain the _____ athletic facilities has been _____ with only the indoor pool and reception area in the same position in the new building. The changing room beneath the reception area and pool has been lengthened and moved _____ to the right so as to line up _____ above a new, large fitness center. The fitness center has replaced two tennis courts, now outside the main building

UNIT 6. FOOD CITY

TARGET: Words related to food and meal / agree and disagree / exercises

PRACTICE 1: Describe each picture.

			
Dairy	Boil	Knife	Recipe
			
Grain	Bake	Spoon	Ingredient
			
Herbs	Fry	Peeler	Flavor
			
Beverage	Simmer	Mixer	Cuisine
			
Dessert	Steam	Pan	Marinate

VOCABULARY PRACTICE

PRACTICE 1: Fill the gaps with the words in the box.

- A glass of cold milk is a popular _____ choice, especially with cookies.
- Fresh _____, such as basil and thyme, can add a delightful flavor to your dishes.
- Whole _____ bread is a healthier option compared to refined grains.
- Are you in the mood for a sweet _____? You can bake a delicious cake or pie.
- Dairy products like milk, cheese, and yogurt are commonly classified as _____.
- Use a _____ to cut the vegetables into small, uniform pieces.
- Stir the soup with a _____ to ensure all the ingredients are well mixed.
- Peel the apples using a _____ to remove the skin easily.
- Whip the cream using an electric _____ until it becomes fluffy.
- Heat the oil in a _____ and sauté the onions until they are translucent.

PRACTICE 2: Fill the gaps with the words in the box.

- To prepare pasta, you need to _____ it in boiling water until it becomes tender.
- Preheat the oven to 350°F and _____ the cake for 30 minutes or until golden brown.
- For a crispy and delicious snack, you can _____ French fries until they turn golden and crispy.
- To infuse flavors into a soup or sauce, you can _____ it on low heat and let it _____ slowly.
- For a healthier cooking method, you can _____ vegetables instead of frying them.
- _____ is a great way to cook seafood, as it helps to retain its natural flavors and nutrients.
- The chef prepared a delicious dish using traditional French _____.
- To enhance the taste of the meat, it's important to _____ it in a marinade overnight.

WRITING TASK 2

Advice

Learn to analyze the question in Writing Task 2. They contain a general subject and often include a general noun or nouns to help you organize your essay.

EXAMPLE:

"Some people think that eating a balanced diet is the key to a healthy life. Others believe that regular exercise is more important. Do you agree or disagree?"

- **Balanced Diet:** This is the first opinion presented. It suggests that consuming a variety of foods in the right proportions is essential for maintaining good health.
- **Regular Exercise:** The second opinion argues that physical activity is more crucial for a healthy life.

The question presents two different viewpoints and implicitly asks the test-taker to compare and contrast them. The comparison focuses on which of the two - diet or exercise - is considered more important for a healthy lifestyle.

The question prompts the test-taker to state their own opinion ("Do you agree or disagree?").

It requires a clear stance: the test-taker must choose whether they agree more with the importance of a balanced diet or regular exercise, or they can present a balanced view considering both aspects.

WRITING PRACTICES

PRACTICE 3 Find the key words in the questions.

"Some believe that fast food is to blame for many health problems and should be regulated more strictly. Do you agree or disagree with this view?"

"Some people think that organic food is just a trend and not worth the extra cost. Do you agree or disagree?"

"Some people argue that governments should subsidize healthy foods to encourage better eating habits. Do you agree or disagree?"

"Some people believe that cooking at home is better for health than eating out. Do you agree or disagree?"

WRITING AN INTRODUCTION

In the IELTS Writing Task 2 for an "agree or disagree" essay, the introduction should clearly present the topic and your stance on the issue.

Here is a structure to guide you:

- **Paraphrase the Question:** Begin by rephrasing the given statement or question in your own words. This shows the examiner that you understand the topic.
- **State Your Position:** Clearly state whether you agree or disagree with the statement. This thesis statement guides your essay and should be precise.
- **Outline Main Points:** Briefly mention the main points you will discuss in the body paragraphs to support your position. This helps in structuring your essay and giving the reader a preview of your arguments.

EXAMPLE question:

"Some people believe that junk food should be banned in schools. Others argue that it is up to individuals to make their own dietary choices.

Do you agree or disagree?"

Introduction: (I agree at the same time I disagree with the question)

The debate over banning junk food in schools versus allowing personal dietary choices highlights concerns about public health and individual freedom. This essay examines both perspectives and provides an informed opinion. I partly agree with the question.

Introduction: (I agree with the statement that junk food should be banned)

"There is an ongoing debate regarding whether unhealthy food should be prohibited in educational institutions or if the responsibility for dietary choices should rest with the individuals. In my opinion, schools should ban junk food to promote healthier eating habits among students. This essay will discuss how banning junk food in schools can lead to better health outcomes for students and how education on nutrition can empower individuals to make informed dietary choices."

WRITING PRACTICES

PRACTICE 4 Rewrite an IELTS questions with your own words.

"Some people think that eating a balanced diet is the key to a healthy life. Others believe that regular exercise is more important. Do you agree or disagree?"

Your Paraphrase:

"Some believe that fast food is to blame for many health problems and should be regulated more strictly. Do you agree or disagree with this view?"

Your Paraphrase:

"Some people think that organic food is just a trend and not worth the extra cost. Do you agree or disagree?"

Your Paraphrase:

WRITING PRACTICES

"Some people argue that governments should subsidize healthy foods to encourage better eating habits. Do you agree or disagree?"

Your Paraphrase:

"Some people believe that cooking at home is better for health than eating out. Do you agree or disagree?"

Your Paraphrase:

You may write your own strategies here but they must follow the rules above.

WRITING A BODY PARAGRAPH

Body paragraph 1 should begin the paragraph with a clear topic sentence that states your position and provide reasons and examples to support your viewpoint.

EXAMPLE question:

"Some people believe that junk food should be banned in schools. Others argue that it is up to individuals to make their own dietary choices.

Do you agree or disagree?"

- Elaborate on why a balanced diet is crucial. Include specific benefits and reasons.

EXAMPLE answer:

"A balanced diet provides all the necessary nutrients that the body needs to function effectively. By consuming a variety of foods from all major food groups, individuals can ensure they get essential vitamins, minerals, proteins, and healthy fats."

- Add specific benefits with brief explanations.

"For instance, a diet rich in fruits and vegetables supplies vitamins like Vitamin C and A, which are vital for immune function and vision."

- Compare the data

"Eating balanced meals helps maintain a healthy weight by preventing overeating and providing appropriate portions of proteins, carbs, and fats."

- Elaborate your answer

"Moreover, proper nutrition can reduce the risk of chronic diseases such as heart disease and diabetes. A diet high in fiber from fruits, vegetables, and whole grains can lower cholesterol levels and improve heart health."

- Provide evidence or examples to back up your claims.

"According to the World Health Organization, a balanced diet can prevent up to 80% of premature heart disease and stroke cases."



WRITING PRACTICES

PRACTICE 5 Rewrite the questions with your own words.

Eating a balanced diet provides essential nutrients that the body needs to function optimally. Vitamins, minerals, proteins, and healthy fats obtained from a well-rounded diet strengthen the immune system, support organ function, and prevent chronic diseases. Proper nutrition is the foundation of good health, influencing energy levels, mood, and cognitive function.

Your Paraphrase:

Fast food is often high in unhealthy fats, sugars, and sodium, which can lead to obesity, heart disease, diabetes, and other health problems. The convenience and affordability of fast food make it a popular choice, especially among lower-income populations, exacerbating health disparities. Strict regulation could mitigate these negative health outcomes by ensuring healthier options are available and limiting harmful ingredients.

Your Paraphrase:



WRITING PRACTICES

Proponents of organic food argue that it offers superior nutritional benefits and is free from harmful pesticides and chemicals. Organic farming practices are also more environmentally sustainable, promoting soil health and biodiversity. These benefits justify the higher cost of organic food for many consumers, who prioritize health and environmental impact.

Your Paraphrase:

Subsidizing healthy foods could make nutritious options more affordable and accessible, particularly for low-income individuals. This policy could reduce the prevalence of diet-related diseases such as obesity, diabetes, and heart disease by encouraging healthier eating habits. Increased consumption of fruits, vegetables, and whole grains could improve public health outcomes and reduce healthcare costs in the long run.

Your Paraphrase:

UNIT 7. CLIMATE CHANGE

TARGET: Words describing the weather patterns / YES, NO, NOT GIVEN Exercises

Causes and Impacts of Climate Change PASSAGE 1

Climate change is a global issue created by humans and has serious environmental and human consequences. Higher greenhouse gas levels— CO_2 , CH_4 , and N_2O —cause climate change. Greenhouse gases absorb solar heat, causing the greenhouse effect and rising global temperatures. Burning fossil fuels like coal, oil, and natural gas is the main source of CO_2 emissions.

Most of the deforestation is caused by agricultural and urban growth. Removed trees reduce Earth's ability to absorb greenhouse gases because they trap CO_2 and act as carbon sinks. Cement and chemical manufacture emit CO_2 , methane (CH_4), and nitrous oxide (N_2O). The repercussions of climate change are global.

Increasing temperatures have thawed polar ice caps and glaciers, raising sea levels. This increases coastal flooding and erosion risk. Heatwaves, droughts, and wildfires rise with rising temperatures, threatening agricultural productivity, water resources, and human health. Climate change harms ecosystems and biodiversity. Temperature and precipitation changes alter ecosystems and migration patterns, forcing species to adapt or die. Coral bleaching and marine biodiversity loss are caused by rising sea temperatures, which threaten coral reefs.

UNIT 7. CLIMATE CHANGE

Additionally, climate change worsens extreme weather infrastructure, agriculture, and human life are being devastated by more severe hurricanes, cyclones, and storms. Precipitation fluctuations can cause flooding or drought, which can reduce agricultural productivity and water availability. Climate change affects more than the environment. Due to rising sea levels and more frequent natural disasters, communities are relocated, agricultural productivity decreases, natural resource-dependent industries lose money, and heat-related illnesses and vector-borne diseases increase.

Global cooperation and swift action are needed to combat climate change. Renewable energy, energy efficiency, and sustainable practices are the main mitigation strategies to reduce greenhouse gas emissions. Resilient communities, ecosystem preservation, and sustainable water and agricultural management are adaptation strategies. Human actions, especially greenhouse gas emissions, cause climate change. Climate change affects ecosystems, weather patterns, ocean levels, and human civilizations. Reduce greenhouse gas emissions and adapt to the changing climate now to ensure a sustainable future for future generations.

IMPROVE YOUR VOCABULARY

1. **Consequences** - Results or effects that happen as a result of a particular action or situation.
2. **Greenhouse effect** - The process by which greenhouse gases trap heat from the sun, leading to a warming of the Earth's surface.
3. **Emissions** - The release or discharge of substances, such as gases or pollutants, into the atmosphere.
4. **Deforestation** - The clearing or removal of trees from a forested area.
5. **Carbon sinks** - Natural or artificial reservoirs that absorb and store carbon dioxide from the atmosphere.
6. **Cement** - A fine powder used in construction that hardens when mixed with water to form a solid structure.
7. **Manufacture** - The process of making goods or products, typically on a large scale.
8. **Repercussions** - Unintended outcomes or effects that result from a particular action or event.
9. **Glaciers** - Large masses of ice that form over many years and move slowly down a mountain or valley.
10. **Coastal** - Relating to or located on or near the coast, which is the area where land meets the sea.
11. **Erosion** - The gradual wearing away or removal of soil, rock, or land surface by natural forces, such as water or wind.
12. **Heatwaves** - Extended periods of excessively hot weather, often accompanied by high humidity.
13. **Droughts** - Prolonged periods of abnormally low rainfall or water scarcity in a particular region.
14. **Wildfires** - Uncontrolled fires that spread rapidly through vegetation and forested areas.
15. **Biodiversity** - The variety of plant and animal species in a particular habitat or on Earth as a whole.
16. **Coral reefs** - Diverse underwater ecosystems made up of coral polyps, which provide habitats for numerous marine species.
17. **Infrastructure** - The basic physical structures and facilities needed for the operation of a society or industry, such as roads, bridges, and buildings.
18. **Devastated** - Severe damage or destruction caused by a particular event or circumstance.
19. **Precipitation** - The process of water falling from the atmosphere to the Earth's surface in the form of rain, snow, sleet, or hail.
20. **Vector-borne diseases** - Diseases that are transmitted to humans or animals by vectors, such as mosquitoes or ticks.

VOCABULARY PRACTICES

PRACTICE 1 Match the vocabulary word on the left with its synonym on the right.

- | | |
|----------------------|------------------|
| 1. Consequences | A. Outcomes |
| 2. Greenhouse effect | B. Ramifications |
| 3. Emissions | C. Discharge |
| 4. Deforestation | D. Clear-cutting |
| 5. Carbon sinks | E. Reservoirs |
| 6. Cement | F. Concrete |
| 7. Manufacture | G. Production |
| 8. Repercussions | H. Effects |
| 9. Glaciers | I. Ice masses |
| 10. Coastal | J. Seaside |

PRACTICE 2 Match the vocabulary word on the left with its antonym on the right.

- | | |
|---------------------------|-------------------------------|
| 1. Erosion | A. Intact |
| 2. Heatwaves | B. Drought |
| 3. Droughts | C. Non-transmissible diseases |
| 4. Wildfires | D. Lack of development |
| 5. Biodiversity | E. Marine desert |
| 6. Coral reefs | F. Species extinction |
| 7. Infrastructure | G. Fire prevention |
| 8. Devastated | H. Floods |
| 9. Precipitation | I. Cold spells |
| 10. Vector-borne diseases | J. Preservation |

VOCABULARY PRACTICES

PRACTICE 3. Are the given sentences correct or not? If it is right put YES if it is not put NO

1. Is climate change primarily caused by human activities?
2. Do greenhouse gases absorb solar heat, causing the greenhouse effect?
3. Are fossil fuel combustion emissions the main source of CO²?
4. Does deforestation reduce Earth's ability to absorb greenhouse gases?
5. Do cement and chemical manufacture emit CO², methane (CH⁴), and nitrous oxide (N²O)?
6. Do increasing temperatures lead to rising sea levels?
7. Does climate change worsen extreme weather events?
8. Does climate change only impact the environment?

READING COMPREHENSION

Yes/No/Not Given questions usually reflect the author's opinion. To be affirmative, a text must clearly support a statement. The response is NO if the statement's meaning contradicts the paragraph's facts. Since the "Not Given" assertions in the questions are often equivalent or related to chapter facts, they can be particularly tough. To qualify a statement as "Not Given," the section must lack important information.

Advices:

1. Read the question carefully: Make sure you understand what the question is asking for before examining the text for the answer.
2. Look for direct statements: Scan the text for statements that directly answer the question. These statements will provide a clear answer of either "yes" or "no."
3. Pay attention to keywords: Look for keywords in the question that indicate whether the information is supported or contradicted in the text. These keywords can help you locate relevant information more efficiently.
4. Be cautious of similar-sounding statements: Sometimes, the text may contain statements that are similar to the question but not directly answering it. Make sure to evaluate the statement in relation to the question to determine if it provides a clear answer.
5. Be aware of information not given: If the text does not provide enough information to answer the question definitively, the answer would be "Not given."

READING PRACTICES

The Role of Renewable Energy in Combating Climate Change PASSAGE 2

Renewable energy is essential in the fight against climate change as it provides sustainable alternatives to fossil fuels and helps to decrease greenhouse gas emissions. In response to the pressing requirement for a shift towards a low-carbon economy, renewable energy sources such as solar, wind, hydro, and geothermal power have emerged as crucial remedies to alleviate climate change and its detrimental effects.

A key benefit of renewable energy is its capacity to produce electricity without releasing greenhouse emissions. Renewable energy sources generate clean electricity, in contrast to fossil fuels which emit carbon dioxide (CO₂) and other harmful substances when combusted, hence aiding in the reduction of the overall carbon footprint. By utilizing renewable energy sources, we may effectively reduce our reliance on fossil fuels and mitigate the emission of CO₂ into the atmosphere.

Solar energy utilizes photovoltaic cells to turn sunlight into electricity, thereby harnessing the power of the sun. Solar panels can be mounted on rooftops, deployed in solar farms, or situated in remote locations, offering a decentralized and environmentally friendly power supply.

Wind energy harnesses the power of wind turbines to transform the kinetic energy of the wind into electrical energy. Wind farms, whether located on land or at sea, have become more prevalent and have the capacity to produce significant quantities of renewable energy.

Hydropower, harnessed from the kinetic energy of water in motion, has served as a dependable and sustainable source of energy for an extensive period of time. Hydropower entails the building of dams or run-of-the-river systems to harness the power of water and transform it into electrical energy.

Moreover, geothermal energy harnesses the thermal energy derived from the Earth's core to produce electricity, mostly by means of geothermal power plants. Embracing renewable energy technologies not only aids in mitigating climate change but also yields a multitude of economic and social advantages.

READING PRACTICES

The renewable energy industry has undergone substantial expansion, resulting in the generation of employment opportunities and fostering economic progress. Furthermore, renewable energy sources contribute to energy security by expanding the range of energy sources and decreasing dependence on imported fossil fuels, thereby strengthening national energy autonomy.

Moreover, renewable energy projects typically have a reduced environmental impact in comparison to conventional energy sources. They exert a diminished influence on air and water pollution, alleviate habitat deterioration, and contribute to the preservation of biodiversity. By adopting renewable energy sources, we can alleviate the detrimental impacts of climate change on ecosystems and safeguard endangered species.

In order to effectively use the capabilities of renewable energy, it is imperative to allocate resources towards research and development, enhance energy storage technologies, and establish favorable regulations and incentives. Accelerating the adoption of renewable energy solutions requires the active participation of governments, corporations, and individuals. This encompasses augmenting investments in renewable energy infrastructure, enacting favorable regulatory frameworks, and advocating for energy efficiency measures.

Renewable energy is essential in the fight against climate change as it offers clean and sustainable alternatives to fossil fuels. Renewable energy technologies play a crucial role in combating climate change and promoting sustainability by decreasing greenhouse gas emissions, diversifying energy sources, and fostering economic growth. Adopting renewable energy is not just a necessity for the environment, but also a chance to construct a durable and prosperous civilization for future generations.

QUESTIONS

PRACTICE 4. Read the following statements and determine if they are true (Yes), false (No), or if the information is not given (Not given) based on the provided text.

1. Renewable energy helps decrease greenhouse gas emissions.
2. Fossil fuels emit carbon dioxide (CO₂) and other harmful substances when combusted.
3. Renewable energy sources have a higher carbon footprint compared to fossil fuels.
4. Solar energy can be harnessed through the use of photovoltaic cells.
5. Wind energy is mainly generated through the use of solar panels.
6. Hydropower relies on the kinetic energy of water in motion.
7. Geothermal energy is derived from the Earth's core and produces electricity.
8. Renewable energy technologies have no economic or social advantages.
9. Renewable energy sources contribute to energy security and independence.
10. Renewable energy projects have a greater environmental impact compared to conventional energy sources.
11. The adoption of renewable energy requires investment in infrastructure and regulatory frameworks.
12. Governments, corporations, and individuals must actively participate in the adoption of renewable energy solutions.
13. Renewable energy solutions do not offer sustainable alternatives to fossil fuels.
14. Renewable energy technologies play a minor role in combating climate change.
15. Adopting renewable energy is solely necessary for the environment.

READING PRACTICES

Climate Change and Food Security PASSAGE 3

Climate change presents substantial obstacles to worldwide food security, affecting agricultural efficiency, food output, and the availability of nourishing food. With the increase in temperatures, the occurrence of extreme weather events becomes more common, and there is a shift in rainfall patterns. Consequently, the stability and accessibility of food supplies are increasingly at risk. It is essential to consider the intricate connection between climate change and food security in order to establish a food system that is both sustainable and resilient.

Climate change significantly influences food security by primarily reducing agricultural productivity. Elevated temperatures, alterations in precipitation patterns, and heightened occurrence of droughts and floods have the potential to disturb crop development, diminish yields, and impact livestock farming. Severe weather phenomena, such as heatwaves or storms, have the potential to devastate agricultural produce and livestock, resulting in scarcity of food and unpredictable fluctuations in prices. Small-scale farmers, who frequently lack the necessary means to adjust to these changes, are especially susceptible.

Climate change has an impact on the nutritional composition of food. Elevated temperatures and elevated levels of carbon dioxide can lead to a decline in the nutritional value of crops, resulting in reduced amounts of protein, iron, and zinc in staple foods such as rice and wheat. Moreover, alterations in precipitation patterns might have an effect on the amount of water accessible for irrigation, which can additionally undermine the quality and quantity of crops. Moreover, climate change intensifies pre-existing gaps and inequities in the availability of food.

Disadvantaged populations, including individuals in poverty, marginalized communities, and areas susceptible to climate-related calamities, experience a disproportionate impact. Insufficient availability of resources such as land, water, and technology, along with decreased agricultural output, can result in food insecurity and malnutrition. In order to tackle the difficulties posed by climate change in relation to food security, a number of methods are essential.

READING PRACTICES

Firstly, it is crucial to improve agricultural resilience. This encompasses the promotion of climate-smart agricultural techniques, such as conservation agriculture, agroforestry, and precision farming, that enhance soil health, water management, and crop diversity. Incorporating climate information and early warning systems into farming techniques can enable farmers to make well-informed decisions and adjust to evolving conditions. Investments in research and development for agricultural types and livestock breeds that are adaptable to climate change are also essential. Creating crops that can withstand drought, high temperatures, and diseases can improve agricultural output and guarantee food supply in the context of climate change.

Likewise, advocating for sustainable livestock management techniques and expanding the variety of livestock breeds can enhance the ability to withstand challenges and decrease the negative effects on the environment caused by livestock production. Furthermore, enhancing the accessibility of markets, financial services, and social safety nets for small-scale farmers can augment their ability to adapt and decrease their susceptibility. Enhancing the rural infrastructure, including irrigation systems and storage facilities, is crucial for minimizing post-harvest losses and enhancing food storage and delivery.

Global collaboration and the synchronization of policies are crucial in tackling climate change and ensuring food security on a worldwide level. By implementing the Paris Agreement and endorsing initiatives such as the United Nations' Sustainable Development Goals (SDGs), we can promote cooperation and guarantee that efforts to adapt to and mitigate climate change are incorporated into policies for ensuring food security.

To summarize, climate change has substantial ramifications for worldwide food security, impacting agricultural efficiency, food manufacturing, and the availability of nourishing food. Tackling the intricate difficulties necessitates a comprehensive strategy that integrates climate-resilient agricultural methods, investments in research and development, and inclusive policies that give priority to the requirements of vulnerable communities. Through implementing resolute measures to alleviate and adjust to climate change, we have the potential to construct a future that is more ecologically sound and ensures food security for all.

QUESTIONS

PRACTICE 5. Read the following statements and determine if they are true (Yes), false (No), or if the information is not given (Not given) based on the provided text.

1. Climate change does not affect worldwide food security.
2. Extreme weather events become less common with increasing temperatures.
3. Climate change has no impact on agricultural productivity.
4. Small-scale farmers are not vulnerable to climate change.
5. Climate change has no effect on the nutritional composition of crops.
6. Changes in precipitation patterns do not affect crop quantity and quality.
7. Climate change reduces gaps and inequities in food availability.
8. Investments in research and development for climate-adaptable crops are not important.
9. Sustainable livestock management techniques have no impact on climate change.
10. Enhancing rural infrastructure is not crucial for food storage and delivery.
11. Global collaboration is not necessary to tackle climate change and ensure food security.
12. The Paris Agreement and Sustainable Development Goals promote cooperation on climate change and food security.
13. Tackling climate change requires a comprehensive strategy that includes agricultural methods and policies.
14. Efforts to adapt to and mitigate climate change can lead to a future that ensures food security for all.

READING PRACTICES

The Role of Individuals in Climate Change Mitigation PASSAGE 4

Climate change is a worldwide problem that necessitates cooperation from governments, businesses, and individuals. Although structural reforms and governmental initiatives are essential, it is important not to overlook the contribution of individuals in mitigating climate change. Every person possesses the ability to make a positive impact on lowering greenhouse gas emissions and promoting sustainable practices in their everyday activities.

Through the adoption of environmentally conscious behaviors and deliberate decision-making, individuals have the ability to exert a substantial influence in the effort to alleviate climate change. Reducing one's carbon footprint is a highly effective method for individuals to contribute to climate change mitigation. This can be accomplished by implementing minor yet significant measures, such as practicing energy conservation at home by utilizing energy-efficient equipment, switching off lights when not in use, and adequately insulating residences to minimize heating and cooling requirements.

In addition, opting for sustainable modes of transportation such as walking, cycling, or utilizing public transportation, while also reducing air travel, can effectively decrease carbon emissions. Another crucial factor to consider is the shift towards adopting a sustainable diet. Meat and dairy production is a major source of greenhouse gas emissions. By integrating a greater number of meals that are derived from plants into their dietary habits and decreasing their intake of meat, individuals have the ability to diminish their carbon footprint and make a positive contribution towards establishing a more sustainable food system.

By endorsing local and organic food producers, the environmental consequences of food production and transportation are further diminished. Individuals can contribute to positive change by minimizing waste and adopting responsible consumption habits. This entails the reduction of disposable plastics, the practice of recycling and composting, and the choice of long-lasting and environmentally-friendly items.

READING PRACTICES

Through the practice of refraining from excessive consumption and adopting a minimalist lifestyle, individuals have the ability to decrease the demand for things that need a large amount of resources and make a positive contribution to a circular economy. Moreover, individuals have the ability to actively participate in lobbying and education in order to increase knowledge regarding climate change and encourage the adoption of sustainable practices within their communities. One can achieve this by engaging in local environmental projects, becoming a member of community organizations, or arranging educational programs.









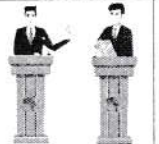

Through the exertion of influence on others and the dissemination of knowledge, individuals have the capacity to initiate a ripple effect that motivates collective action. It is crucial to recognize that the climate catastrophe cannot be resolved solely by human acts. Systemic adjustments and policy interventions are crucial for facilitating significant and widespread reforms. Nevertheless, the activities of individuals are of utmost importance in instigating a significant change in culture towards sustainability and exerting influence on legislators and companies to prioritize efforts in mitigating climate change.

Ultimately, individuals play a crucial role in mitigating climate change. Individuals can contribute to a more sustainable future by adopting sustainable behaviors, such as lowering carbon emissions, embracing sustainable diets, eliminating waste, and lobbying for change. Climate change is a shared problem that requires collective action. When individuals unite with a common dedication to sustainability, they may generate a formidable influence for beneficial transformation.




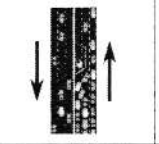






UNIT 8. LIFE

TARGET: Words related to public and transport / pie chart / exercises

Improve your vocabulary try to describe these pictures.

				
fake	traffic lights	challenge	media	network
				
government	breaking news	party	voter	public service

Improve your vocabulary try to describe these pictures.

				
catch a taxi	rush hour	vote	traffic congestion	public transport
				
distance	landmark	pedestrian	railway	highway

VOCABULARY PRACTICE

PRACTICE 1. Use words from improve your vocabulary part and fill in the sentences.

1. Fake -
 2. Traffic lights -
 3. Challenge -
 4. Media -
 5. Network -
 6. Government -
 7. Breaking news -
 8. Party -
 9. Voter -
 10. Public service -
 11. Catch a taxi -
 12. Rush hour -
 13. Vote -
 14. Traffic congestion -
 15. Public transport -
 16. Distance -
 17. Landmark -
 18. Pedestrian -
 19. Railway -
 20. Highway -
- A. A system of roads, railways, or other ways of travel.
 B. A person who walks, especially in a city or town.
 C. A famous building or object that you can use to recognize a place.
 D. A measure of space between two points.
 E. Vehicles on the road, especially when they are blocking movement.
 F. A long road for traveling between cities.
 G. A means of travel provided for the public, such as buses and trains.
 H. The period when the most people are traveling.
 I. To take a vehicle that you pay for to get somewhere.
 J. A person who chooses in an election.
 K. An organization providing a service for the public.
 L. Latest news reported immediately.
 M. The use of means like television, newspapers, and the internet to communicate.
 N. The act of choosing between different options.
 O. An attempt to win or achieve something.
 P. A group of people with similar political aims.
 Q. Signals that control the flow of vehicles.
 R. Not genuine; counterfeit.
 S. An interconnected system or group.
 T. The organization of people and laws governing a country.

VOCABULARY PRACTICE

PRACTICE 2. Complete the sentences with the correct word:

1. During _____, the roads are often very busy, making it difficult to get to work on time.
2. You can _____ by standing on the side of the road and waving your hand.
3. A _____ is a person who walks across the street.
4. The government announced new _____ to improve public safety.
5. Every _____ has the right to participate in an election.
6. _____ is a serious problem in many big cities, causing long delays.
7. Many people use _____ like buses and trains to commute to work.
8. _____ are used to control the flow of vehicles and ensure road safety.
9. A _____ can be a well-known building, monument, or natural feature.
10. It's important to _____ in elections to have your voice heard.
11. The _____ is working on new policies to improve the economy.
12. There was _____ on TV about the earthquake.
13. Social _____ platforms are widely used to share information quickly.
14. The _____ between New York and Los Angeles is quite large.
15. The company's _____ is expanding to include more global partners.
16. Many people attend the political _____ to show their support.
17. The new railway line will connect the city to the _____.
18. The _____ was found to be a counterfeit item.
19. The main _____ connects the north and south regions of the country.
20. Solving this difficult puzzle was a real _____.

PIE CHART

A pie chart is a circular diagram that is divided into pieces. The entire circle symbolizes the complete amount, which is equivalent to 100%. The individual sections illustrate how the total might be distributed into various portions or proportions. These shares or percentage belong to distinct groups. Pie charts are an effective tool for comparing and contrasting different categories. Proportions are represented as a percentage (%) or a fraction (e.g. $\frac{3}{1}$) of the entire amount.



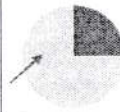
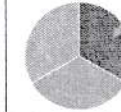
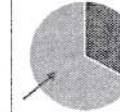
Advice:

- Utilize distinct colors: Allocate unique and easily discernible colors to each segment in order to facilitate differentiation between data points.
- Restate the Prompt: Refrain from explicitly duplicating the work description. Demonstrate your linguistic aptitude by employing synonyms and restructuring sentences.
- Utilize comparative language by incorporating terms and phrases such as "more than," "less than," "doubled," "decreased," etc., to accurately depict changes.
- Incorporate Data: Utilize precise percentages and numerical values derived from the charts to substantiate your analysis.
- Maintain Clarity and Logic: Arrange your content in a cohesive fashion, guaranteeing that each paragraph transitions logically to the following one.
- Refrain from expressing personal opinions: Focus on providing a description and analysis of the supplied data without incorporating your own interpretations or subjective viewpoints.

USEFUL EXPRESSIONS

Fractions are used to convey precise information about quantities and trends.

Fractions:

				
A half (50%)	A quarter (25%)	Three quarters (75%)	A third (33.3%)	Two thirds (66.6%)

Example:

1. A half of the employees in the company work remotely.
2. The pie chart indicates that a quarter of the city's budget is spent on public transport.
3. The chart shows that three quarters of the sales come from online purchases.
4. The pie chart reveals that a third of the marketing budget is allocated to digital advertising.
5. Two thirds of the population live in urban areas, as shown in the chart.

VOCABULARY PRACTICE

PRACTICE 3: Replace the percentage into fractions.

1. The pie chart illustrates that 50% of the budget is allocated to education.

2. According to the data, 25% of the respondents chose public transport as their primary mode of transportation.

3. The chart shows that 75% of the company's revenue comes from online sales.

4. It is evident from the pie chart that 33.3% of the energy consumption is from renewable sources.

5. The survey results indicate that 66.6% of the participants preferred working from home.

6. In 2020, 50% of the household expenses were dedicated to groceries, compared to 33.3% in 2010.

7. The pie chart reveals that 50% of the employees in the company work remotely, while 50% work on-site.

8. 66.6% of the survey respondents were aged 30-49, which is twice as many as those aged 20-29, who accounted for 33.3%.

9. The company's budget shows that 25% is spent on marketing, with digital advertising making up 33.3% of that amount.

VOCABULARY PRACTICE

PRACTICE 4. Replace the percentage into fractions.

- In 2020, _____ (33.3%) of the household expenses were dedicated to groceries, compared to _____ (20%) in 2010.
- The pie chart reveals that _____ (25%) of the employees in the company work remotely, while _____ (75%) work on-site.
- _____ (66.6%) of the survey respondents were aged 30-49, which is twice as many as those aged 20-29, who accounted for _____ (33.3%).
- The company's budget shows that _____ (20%) is spent on marketing, with digital advertising making up _____ (25%) of that amount.
- According to the pie chart, _____ (60%) of the total water usage is for agricultural purposes, while _____ (40%) is for industrial use.
- The chart demonstrates that _____ (75%) of the population lives in urban areas, which is an increase from _____ (66.6%) a decade ago.
- In the past year, _____ (25%) of the company's sales were from new products, whereas _____ (75%) were from existing products.
- The data indicates that _____ (80%) of the students achieved a passing grade, while the remaining _____ (20%) did not pass.
- The pie chart shows that _____ (40%) of the transportation budget is spent on road maintenance, and _____ (60%) is allocated to public transit.
- It is clear from the data that _____ (33.3%) of the respondents use social media daily, compared to _____ (20%) who use it occasionally.

VARYING LANGUAGE

Approximate language:

If you do not know the precise number or quantities, you can use words or phrases that express approximate amounts.

About	Almost	Approximately	Just over Just under	nearly
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- The pie chart shows that **about** 50% of the budget is allocated to education.
- Almost** 33% of the city's budget is spent on public transport.
- Approximately** 75% of the household income is spent on housing and utilities.
- The chart reveals that **just over** 33% of the marketing budget is allocated to online advertising.
- The pie chart shows that **just under** 50% of the population lives in urban areas.
- Nearly** 50% of the workforce is employed in the service sector.

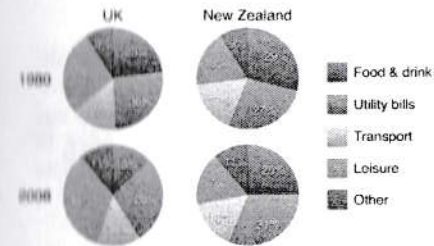
VOCABULARY PRACTICE

PRACTICE 5: Use words from previous page.

1. The pie chart illustrates that _____ 40% of the budget is allocated to research and development.
2. According to the data, _____ one-third (33.3%) of the respondents preferred online shopping.
3. The chart shows that _____ 50% of the company's revenue comes from domestic sales.
4. It is evident from the pie chart that _____ 25% of the energy consumption is from renewable sources.
5. The survey results indicate that _____ 60% of the participants completed the training program.
6. The data reveals that _____ half (50%) of the students passed the exam.
7. The pie chart illustrates that _____ 60% of the students prefer studying in the library.
8. According to the data, _____ one-fourth (25%) of the respondents indicated they enjoy outdoor activities.
9. The chart shows that _____ 45% of the company's employees have been with the company for over five years.
10. It is evident from the pie chart that _____ 80% of the energy consumption is from non-renewable sources.
11. The survey results indicate that _____ 30% of the participants plan to travel abroad next year.
12. The data reveals that _____ half (50%) of the customers are satisfied with the service provided.

PIE CHART PRACTICES

PRACTICE 5: Fill the blanks with verb and noun in the box.



The pie chart illustrates the expenditure patterns of citizens from two nations, the UK and New Zealand, between the years 1980 and 2008.

Verb: decrease; decline; increase; rising

Noun: household; counterparts; percentage; proportion

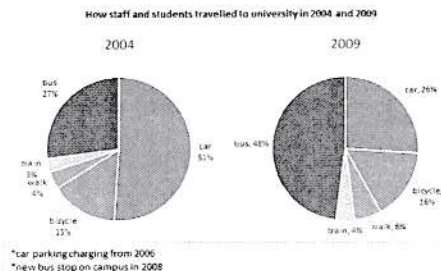
The pie chart illustrates the comparison of five areas of _____ expenditure in the UK and New Zealand for the years 1980 and 2008.

The data clearly indicates a considerable _____ in the proportion of spending on Food and drink in both nations during the given time period, while expenditure on energy bills experienced a rise. In addition, UK people allocate a significant proportion of their household spending to leisure activities, surpassing their _____ in New Zealand.

In 1980, the _____ of the household budget allocated to food and drink in the UK was lower than that of their New Zealand counterparts, with 23% and 29% respectively. In 2008, the _____ of expenditure on food and drink decreased marginally to 25% in New Zealand and experienced a significant _____ to 13% in the UK. In contrast, both nations saw a little _____ in spending on utility bills for the typical household, with the percentage _____ from 27% to 31% in New Zealand and from 26% to 28% in the UK.

PIE CHART PRACTICES

PRACTICE 6. Fill the blanks with verb and noun in the box.



The pie charts depict the modes of transportation utilized by both staff and students to commute to university in the years 2004 and 2009.

Adjective: new; little; small; lowest

Adverb: subsequently; specifically; possibly; more

The pie charts depict the various means of transportation used by university personnel and students for commuting between home and the university in the years 2004 and 2009.

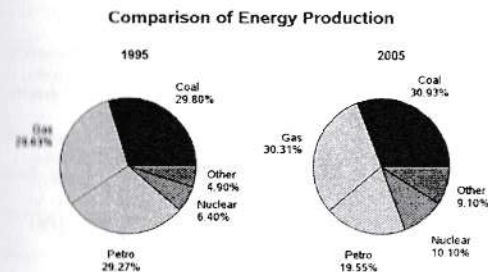
The charts highlight the contrasting popularity of transportation modes between the two periods. _____ the shift from driving to using the bus.

At first, around 50% of the students and staff utilized cars for transportation. However, this percentage decreased by over 50% by 2009. _____ due to the implementation of auto parking fees in 2006. It is worth mentioning that the proportion of individuals who used the bus in 2004 was _____ than 25%. This figure _____ increased to over 48%, possibly due to the construction of a _____ bus stop on the campus in 2008.

The other modes of transportation had very minor shifts in utilization. The number of cyclists increased by a _____ margin of only 1% from 15%, maintaining its position as the third most prevalent method of transportation. In 2009, there was a little increase of 1-2% in rail travel and walking, resulting in the _____ shares of 4% and 6% respectively.

PIE CHART PRACTICES

PRACTICE 6. Fill the blanks with verb and noun in the box.



The following pie charts depict the comparison of various forms of energy generation in France over a span of two years.

Comparison: by comparison; primary; although; while

Showing quantity: total; only; other; approximately; 29.63%

The two pie charts illustrate the allocation of several energy categories, including gas, coal, petrol, nuclear, and others, that were produced in France in 1995 and 2005.

In France, coal and gas were the _____ sources of power generation. _____ nuclear and other kinds of energy made up the smallest part of the total energy created. During the 10-year period, petrol was the only energy source that decreased.

In France, coal was the primary source of energy, accounting for _____ 29.8% in 1995 and showing a slight increase over the years to reach about 31% of the _____ energy production in 2005. The gas generation percentage had a comparable trend, with a rise of approximately 0.6%. The percentage increased from _____ in 1995 to little above 30.3% in 2005. These two energy sources accounted for approximately 60% of France's total energy production.

In 1995, petroleum constituted the third most prevalent form of energy, representing around 29.3% of the whole output. From 2005 to 2015, the output of petrol experienced a 10% fall, dropping from 19.55% to become the _____ form of energy to exhibit a loss. In contrast, there was a significant increase in the utilization of nuclear energy and other energy sources, resulting in a huge growth of 4%. The outcome was a nuclear energy proportion of 10.1% and a proportion of _____ energy sources of 9.1%.

Leisure activities constituted the greatest proportion of UK household expenditure in both years, amounting to 34% of the budget. _____, the typical New Zealand household dedicated a mere 17% of their financial resources to leisure activities in 2008. In both nations, transportation expenses accounted for 15% of the household budget, _____ other expenditures made up 10%.

UNIT 9. DISEASE

TARGET: Words related to illnesses and health problems / problem and solution / exercises

1. **Emissions:** The release of substances (often gases) into the atmosphere.
2. **Fossil fuels:** Natural fuels such as coal, oil, and natural gas derived from the remains of living organisms.
3. **Particulates:** Tiny particles or droplets in the air that can be harmful when inhaled.
4. **Smog:** A type of air pollution often seen as a foggy haze, mainly caused by vehicle emissions and industrial fumes.
5. **Respiratory illnesses:** Diseases that affect the lungs and breathing, such as asthma and bronchitis.
6. **Greenhouse gases:** Gases that trap heat in the earth's atmosphere, contributing to global warming.
7. **Regulations:** Rules or directives made and maintained by authorities to control activities.
8. **Carpooling:** Sharing a car journey with others to reduce the number of vehicles on the road.
9. **Green spaces:** Areas with natural vegetation, such as parks and forests, that improve environmental quality.
10. **Renewable energy sources:** Energy sources that are not depleted when used, such as wind, solar, and hydroelectric power.

1. **Emissions** from factories and vehicles contribute significantly to air pollution.
2. The burning of **fossil fuel** releases harmful particulates into the atmosphere.
3. **Smog**, a type of intense air pollution, is often seen in large cities with heavy traffic.
4. Prolonged exposure to polluted air can lead to **respiratory illnesses** and other health problems.
5. **Greenhouse gases** like carbon dioxide and methane trap heat in the atmosphere, exacerbating climate change.
6. Governments are implementing stricter **regulations** to reduce industrial air pollution.
7. Using public transportation and **carpooling** can help decrease the number of vehicles on the road and reduce air pollution.
8. Planting trees and creating **green spaces** can improve air quality by absorbing pollutants.
9. **Air quality** monitoring systems are essential for tracking pollution levels and issuing warnings to the public.
10. Switching to **renewable energy** sources such as wind and solar power can significantly reduce air pollution.

VOCABULARY PRACTICES

PRACTICE 1: Use the highlighted vocabulary to complete them.

1. The burning of _____ releases harmful _____ into the atmosphere.
2. Prolonged exposure to polluted air can lead to _____ and other health problems.
3. Governments are implementing stricter _____ to reduce industrial air pollution.
4. Planting trees and creating _____ can improve air quality by absorbing pollutants.
5. Switching to _____ such as wind and solar power can significantly reduce air pollution.

PRACTICE 2: Match the problems with solutions so that it has meaning.

Problems:

1. Emissions from factories and vehicles
2. Prolonged exposure to polluted air leading to health problems
3. Contribution of greenhouse gases to climate change
4. Lack of greenery in urban areas

Solutions:

- a. Planting trees and creating green spaces
- b. Switching to renewable energy sources such as wind and solar power
- c. Implementing stricter regulations to reduce industrial emissions
- d. Using public transportation and carpooling to reduce the number of vehicles on the road.

GRAMMAR. IF CONDITIONALS

Conditionals in English grammar are sentences that express a condition and its possible result. They typically consist of two clauses: the "if" clause (condition) and the main clause (result). There are several types of conditionals, each serving different functions and expressing various degrees of possibility.

Zero Conditional

The zero conditional is used to talk about general truths or laws of nature, where the result is always true if the condition is met.

If + S + V in present simple, S + V in present simple

If you heat water to 100 degrees Celsius, it boils.

First Conditional

The first conditional is used for real and possible situations in the present or future.

If + S + V in present simple, S + V in future simple

If you work hard, you will buy a car

GRAMMAR PRACTICES

PRACTICE 3 gap-fill sentences using zero and first conditionals.

1. If you ____ (heat) water to 100 degrees Celsius, it ____ (boil).
2. If she ____ (call), I ____ (answer).
3. If it ____ (rain), the ground ____ (get) wet.
4. If you ____ (study) hard, you ____ (pass) the exam.
5. If you ____ (mix) red and blue, you ____ (get) purple.

PRACTICE 4 Write zero conditional sentences based on the following facts.

When you press this button, the machine stops.

Plants die if they don't get enough water.

If you freeze water, it turns into ice.

Metal expands when it is heated.

If you don't water plants, they die.

LINKING WORDS

Linking words in IELTS writing tasks are used for several reasons:

- Cohesion and Coherence: They connect ideas, making the text fluid and logical.
- Clarifying Relationships: Indicate relationships like cause-effect, contrast, etc.
- Organizational Structure: Show essay structure, aiding Task Response.
- Lexical Resource: Demonstrate a wide range of vocabulary.
- Higher Score: Improve overall writing quality and readability.

Addition	Contrast:	Cause and Effect:	Sequence	Conclusion:
Additionally, Moreover	However, Although	Therefore, Because	Firstly, Finally	In conclusion, Overall

EXAMPLE:

1. The company has expanded its market share; **additionally**, it has increased its research and development budget.
2. The study reveals significant health benefits of a plant-based diet; **moreover**, it highlights the environmental advantages.
3. The weather forecast predicted a sunny day; **however**, it started raining in the afternoon.
4. She enjoyed the concert. **although** she found the venue too crowded.
5. She forgot to set her alarm; **therefore**, she was late for the meeting.
6. The project was delayed **because of** unexpected technical issues.
7. **Firstly**, we need to gather all the relevant data before making a decision.
8. **Finally**, after months of hard work, the new software was ready for launch.
9. **In conclusion**, the study confirms the positive effects of regular exercise on mental health.
10. **Overall**, the project was a success despite a few minor setbacks.

LINKING WORDS PRACTICES

PRACTICE 5: Fill in the blanks with transition words.

1. The new policy aims to reduce traffic congestion. _____, it may increase public transportation costs.
2. She missed the bus _____ she overslept.
3. The company launched a successful marketing campaign. _____, sales increased by 30%.
4. She is a talented musician. _____, she excels in painting and sculpture.
5. _____ he studied hard, he did not pass the exam.
6. _____, we will discuss the project proposal. Then, we will review the budget.
7. _____, customer satisfaction has improved significantly since we implemented the new service policies.
8. The weather was perfect for a hike. _____, we decided to go to the beach.
9. _____, I would like to thank all the team members for their hard work.
10. _____, the research supports the hypothesis that a balanced diet improves health.

PRACTICE 6: Fill in the blanks with transition words.

1. The project was behind schedule. _____, the team worked overtime to meet the deadline.
2. The movie received critical acclaim. _____, it didn't do well at the box office.
3. He decided to take a vacation _____ he was feeling burnt out.
4. _____, we will start with an introduction to the topic.
5. She is an excellent writer. _____, she has won several literary awards.
6. The new software was well-received by users. _____, it increased productivity by 20%.
7. _____, I would like to acknowledge the support of our sponsors.
8. The weather was terrible. _____, they decided to postpone the event.
9. The research was extensive and thorough. _____, it still had some limitations.
10. The budget was approved. _____, we can proceed with the project planning.

TASK 2 PRACTICES

PRACTICE 7 Here is a list of ideas related to air pollution. Decide which are problems (P) and which are solutions (S). Write "P" or "S" next to each idea.

- _____ Emissions from factories and vehicles
- _____ Implementation of stricter regulations
- _____ Burning of fossil fuels
- _____ Promotion of public transportation
- _____ Respiratory illnesses and other health problems
- _____ Planting trees and creating green spaces
- _____ Contribution of greenhouse gases to climate change
- _____ Encouraging the use of renewable energy sources
- _____ Lack of greenery in urban areas
- _____ Reducing personal vehicle use

PRACTICE 8 Air Pollution Vocabulary: Match the words with their correct meanings.

- atmosphere
- power
- pollutants
- health
- carbon dioxide
- climate
- vehicle
- energy
- cars
- carbon

- A gas produced by burning fossil fuels and by the respiration of living organisms.
- A substance that makes the air, water, or soil dirty or harmful.
- The general condition of a person's body or mind.
- A machine, usually with wheels and an engine, used for transporting people or goods.
- The layer of gases surrounding the Earth.
- The overall weather conditions in an area over a long period.
- The capacity to do work or produce heat.
- The chemical element with the symbol C, found in all known life forms.
- Devices used for transportation, commonly powered by engines.
- Energy sources derived from the conversion of natural resources, especially in power plants.

TASK 2 PRACTICES

PRACTICE 9 Match the paragraphs with the correct sections of the essay (Introduction, Body 1, Body 2, Conclusion): Paragraphs.

A. To combat air pollution, several effective solutions can be implemented. First, reducing the use of fossil fuels is crucial. This can be achieved by promoting the use of renewable energy sources such as solar, wind, and hydroelectric power. Additionally, improving public transportation and encouraging carpooling can significantly decrease the number of vehicles on the road, thereby reducing emissions. Policies and regulations that limit industrial emissions and encourage the use of cleaner technologies are also essential.

B. In conclusion, air pollution is a pressing environmental and health issue that requires immediate action. By understanding the causes and implementing effective solutions, we can mitigate the harmful effects of air pollution. Transitioning to renewable energy sources, improving public transportation, and enforcing strict regulations on emissions are steps in the right direction. These efforts will help protect the environment and public health for future generations.

C. Air pollution is a major problem affecting cities worldwide. It is caused by the release of pollutants into the atmosphere, which can come from various sources such as vehicles, factories, and power plants. These pollutants can have severe impacts on both human health and the environment. Understanding the causes and finding effective solutions to this issue is crucial for ensuring a healthier future.

D. The impacts of air pollution are far-reaching and severe. Exposure to polluted air can lead to respiratory problems such as asthma, bronchitis, and even lung cancer. It can also aggravate pre-existing health conditions, making it particularly dangerous for vulnerable populations like children and the elderly. Beyond human health, air pollution can harm ecosystems, damage crops, and contribute to climate change by increasing the levels of greenhouse gases in the atmosphere.

Sections:

- Introduction
- Body 1
- Body 2
- Conclusion

UNIT 10. HEALTCARE

TARGET: Words related to the wellness and well-being / True, False, Not Given / exercises

Consistent Physical Activity PASSAGE 1

Consistent physical activity is a fundamental aspect of preserving optimal well-being. Participating in physical activities such as walking, running, swimming, or strength training offers a multitude of advantages that improve both physical and mental health.

An important advantage of consistent physical activity is the enhancement of cardiovascular well-being. Physical activity strengthens the cardiac muscle, enhances blood flow, and aids in reducing blood pressure. Additionally, it diminishes the likelihood of cardiovascular disorders by promoting optimal cholesterol levels and decreasing the accumulation of arterial plaque.

Physical activity is crucial for maintaining a healthy body weight. Engaging in physical activity aids in the expenditure of calories and the development of muscular tissue, resulting in an enhanced metabolic rate. Sustaining an optimal weight diminishes the likelihood of acquiring long-term ailments such as type 2 diabetes, hypertension, and specific forms of cancer.

The importance of mental health benefits is as substantial. Engaging in physical activity triggers the secretion of endorphins, also known as "feel-good" hormones, which aid in relieving symptoms of depression and anxiety. Engaging in regular physical activity also enhances the quality of sleep and boosts overall energy levels, promoting a more pleasant mood and improved mental acuity.

In addition, exercise enhances bone and muscle strength. Engaging in weight-bearing exercises, such as walking and resistance training, is highly beneficial in preventing osteoporosis and preserving muscle mass, which is essential as we become older.

To summarize, consistent physical activity is crucial for preserving overall well-being. It promotes cardiovascular health, facilitates weight control, enhances mental well-being, and fortifies bones and muscles. By integrating regular physical activity into their daily routines, individuals can greatly enhance their overall well-being and mitigate the likelihood of various health problems.

IMPROVE YOUR VOCABULARY

- Optimal:** best or favorable : optimum
- Benefit:** a helpful or good effect, or something intended to help
- Enhance:** to improve the quality, amount, or strength of something
- Improvement:** an occasion when something gets better or when you make it better
- Essential:** necessary or needed
- Significant:** important or noticeable
- Reduce:** to become or to make something become smaller in size, amount, degree, importance
- Burning:** producing flames
- Building:** a structure with walls and a roof, such as a house or factory:
- Promoting:** to encourage people to like, buy, use, do or support something
- Poor:** having little money and/or few possessions
- Minor:** having little importance, influence, or effect, especially when compared with other things of the same type
- Disadvantage:** a condition or situation that causes problems, especially one that causes something or someone to be less successful than other things or people
- Decline:** to gradually become less, worse, or lower
- Restricts:** to limit the movements or actions of someone, or to limit something and reduce its size or prevent it from increasing
- Hindering:** to limit the ability of someone to do something, or to limit the development of something
- Raises:** to lift something to a higher position
- Conservation:** the protection of plants and animals, natural areas, and interesting and important structures and buildings, especially from the damaging effects of human activity
- Negative:** A negative sentence or phrase is one that contains a word such as "not", "no", "never", or "nothing"
- Harmful:** causing harm

VOCABULARY PRACTICES

PRACTICE 1. Find this words synonym.

- | | |
|-----------------|---------------|
| 1. optimal | A. necessary |
| 2. conservation | B. advantage |
| 3. essential | C. rich |
| 4. negative | D. optimum |
| 5. disadvantage | E. painless |
| 6. poor | F. merit |
| 7. minor | G. important |
| 8. benefits | H. slight |
| 9. reduce | I. protection |
| 10. significant | J. lower |

PRACTICE 2. Find this words antonyms.

- | | |
|----------------|---------------|
| 1. improvement | A. beneficial |
| 2. promoting | B. facilitate |
| 3. burning | C. lower |
| 4. building | D. destroy |
| 5. enhance | E. improve |
| 6. decline | F. diminish |
| 7. hindering | G. relegation |
| 8. harmful | H. freeze |
| 9. restricts | I. roomy |
| 10. raise | J. decrease |

VOCABULARY PRACTICES

PRACTICE 3. Are the given sentences True or False

11. Consistent physical activity is fundamental for optimal well-being.
12. Physical activities such as walking, running, swimming, or strength training offer limited health benefits.
13. Physical activity does not significantly impact cardiovascular health.
14. Engaging in physical activity can help reduce blood pressure.
15. Regular exercise increases the risk of cardiovascular disorders
16. Physical activity helps in maintaining a healthy body weight by expending calories.
17. Sustaining an optimal weight increases the likelihood of acquiring long-term ailments such as type 2 diabetes and hypertension.
18. Physical activity triggers the secretion of endorphins, which help relieve symptoms of depression and anxiety.
19. Regular physical activity can lead to poorer quality of sleep.
20. Weight-bearing exercises like walking and resistance training are helpful in preventing osteoporosis.

READING COMPREHENSION

In the IELTS Reading section, True/False/Not Given questions are designed to assess your ability to understand and interpret factual information presented in the text.

Advice

1. Read Carefully - ensure you understand what the statement is asserting.
2. Locate Information - find the relevant part of the text that addresses the statement.
3. Analyze the Statement:

True: The information in the statement is explicitly supported by the text.

False: The information in the statement is explicitly contradicted by the text.

Not Given: The text does not provide enough information to determine whether the statement is true or false.

Model Answer

True:

Verify that the statement matches the information in the text.

False:

Identify if the statement is contradicted by the text.

Not Given:

Determine if the statement's information is neither confirmed nor contradicted in the text.

READING PRACTICES

The Role of a Balanced Diet PASSAGE 2

Proper nutrition is essential for preserving optimal health and reducing the risk of chronic illnesses. A well-balanced diet supplies the necessary nutrients required for the body to operate at its best, promoting many aspects such as energy levels and immune system performance.

A crucial element of optimal nutrition is the consumption of a diverse range of foods to guarantee the assimilation of various essential nutrients. Fruits and vegetables include many vitamins, minerals, and antioxidants that aid in shielding the body from free radicals and lowering the likelihood of chronic illnesses. Whole grains offer crucial dietary fiber, which assists in the process of digestion and contributes to the regulation of blood sugar levels.

Proteins, regardless of their origin from animals or plants, play a vital role in the construction and restoration of tissues, the production of enzymes and hormones, and the support of immunological function. Essential fatty acids, present in foods such as avocados, almonds, and fish, have a crucial role in promoting brain function, mitigating inflammation, and preserving the integrity of cell membranes.

Proper hydration is an essential aspect of maintaining good nutrition. Water is indispensable for nearly all physiological processes, encompassing digestion, nutrient conveyance, and thermoregulation. Ensuring proper hydration is crucial for sustaining energy levels and promoting cognitive function.

In contrast, inadequate nutrition can result in a range of health issues. Consuming diets that are rich in processed foods, sugar, and unhealthy fats is a significant factor in the development of obesity, heart disease, diabetes, and various other chronic ailments. Insufficient intake of essential nutrients can also compromise the immune system and hinder both physical and cognitive abilities.

Ultimately, optimal diet is crucial for one's total physical and mental wellness. An optimally balanced diet, encompassing a diverse range of essential nutrients, facilitates the proper functioning of the body, enhances the immune system, and mitigates the risk of developing chronic ailments. Engaging in well-informed decision-making regarding diet and ensuring proper hydration are crucial measures for attaining and sustaining good health.

QUESTIONS

PRACTICE 4. Are the given sentences True or False.

1. Proper nutrition is essential for reducing the risk of chronic illnesses.
2. Whole grains do not contribute to the regulation of blood sugar levels.
3. Essential fatty acids are only found in plant-based foods.
4. Proper hydration is crucial for promoting cognitive function.
5. The text mentions the specific number of vitamins and minerals needed daily for optimal health.
6. Proper nutrition is necessary for maintaining overall health and preventing chronic diseases.
7. Eating only fruits and vegetables is sufficient for a well-balanced diet.
8. Whole grains are important for digestion and blood sugar regulation.
9. Proteins are only necessary for muscle development.
10. Essential fatty acids help improve brain function and reduce inflammation.
11. Drinking water is not necessary for nutrient transportation.
12. Consuming a diet high in processed foods can lead to chronic health issues like obesity and heart disease.
13. Insufficient nutrition has no impact on the immune system.
14. Making informed dietary choices and staying hydrated are important for maintaining good health.

READING PRACTICES

The role of sleep in overall health PASSAGE 3

Sleep is a fundamental pillar of health, affecting nearly every system in the body. Quality sleep is essential for physical, mental, and emotional well-being, influencing everything from cognitive function to immune system efficiency.

One of the primary benefits of adequate sleep is its role in cognitive health. During sleep, the brain processes information, consolidates memories, and clears out toxins that accumulate during the day. This process is crucial for learning, problem-solving, and maintaining mental sharpness. Chronic sleep deprivation, on the other hand, impairs cognitive functions, leading to difficulties with concentration, decision-making, and memory.

Sleep also plays a critical role in physical health. It supports growth and development, particularly in children and adolescents. During sleep, the body repairs tissues, builds muscle, and strengthens the immune system. Adequate sleep is associated with a lower risk of chronic conditions such as heart disease, diabetes, and obesity. Poor sleep patterns can disrupt hormonal balance, leading to increased hunger and cravings, which contribute to weight gain.

Emotionally, sleep has a profound impact. It helps regulate mood and reduce stress. Insufficient sleep is linked to increased emotional reactivity, irritability, and a higher risk of mood disorders such as anxiety and depression. Consistent, quality sleep promotes emotional stability and resilience.

Sleep hygiene, which includes practices like maintaining a regular sleep schedule, creating a restful environment, and avoiding stimulants before bedtime, is essential for achieving good sleep quality. Limiting screen time and ensuring the sleep environment is dark, quiet, and cool can significantly improve sleep patterns.

In conclusion, sleep is indispensable for maintaining optimal health. It supports cognitive function, physical health, and emotional well-being. Prioritizing good sleep hygiene and ensuring sufficient sleep each night are vital steps towards a healthier, more balanced life.

QUESTIONS

PRACTICE 5. Are the given sentences True or False.

1. Quality sleep is only important for physical health.
2. During sleep, the brain processes information and consolidates memories.
3. Chronic sleep deprivation can improve concentration and decision-making.
4. Sleep is very important for children and teenagers as they grow.
5. Getting enough sleep has no effect on the risk of heart disease and diabetes.
6. Poor sleep can cause hormonal imbalances and make people feel hungrier.
7. Sleep does not affect emotional stability or mood.
8. Reducing screen time before bed can help improve sleep quality.
9. A noisy and warm room is best for sleeping well.
10. The text talks about the importance of eating a balanced diet for good sleep.
11. Sleep helps strengthen the immune system.
12. Not getting enough sleep can lead to anxiety and depression.
13. The text gives specific advice on what foods to eat for better sleep.

READING PRACTICES

Mental health PASSAGE 4

Mental health is a crucial component of overall well-being, encompassing emotional, psychological, and social aspects. Good mental health enables individuals to cope with the normal stresses of life, work productively, and contribute to their communities.

Several factors contribute to mental health, including genetics, life experiences, and biological factors. Positive relationships and social support are fundamental to maintaining good mental health. Interactions with family, friends, and colleagues provide emotional support, reduce feelings of isolation, and increase a sense of belonging and self-worth.

Stress management is also vital for mental well-being. Chronic stress can lead to anxiety, depression, and other mental health issues. Techniques such as mindfulness, meditation, and physical exercise can help manage stress levels. These practices promote relaxation, enhance mood, and improve overall mental clarity.

Mental health can also be influenced by lifestyle choices. Adequate sleep, a balanced diet, and regular physical activity contribute significantly to mental well-being. Sleep, in particular, is crucial as it affects mood, cognitive function, and overall emotional health. Poor sleep patterns can exacerbate mental health issues and reduce the ability to cope with stress.







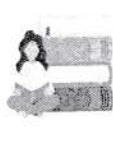













Access to mental health care is essential. Professional support from psychologists, psychiatrists, or counselors can provide the necessary tools and therapies to address mental health concerns. Early intervention and treatment are crucial for improving outcomes and preventing the progression of mental health conditions.

In conclusion, mental health is a vital aspect of overall health that requires attention and care. Building strong relationships, managing stress, making healthy lifestyle choices, and seeking professional help when needed are key components of maintaining good mental health and well-being.

UNIT 11. HOBBIES

TARGET: Words related to sports and activities / table / exercises

Improve your vocabulary

				
gardening	painting	cooking	knitting	baking
				
taking photos	reading	writing	fishing	hiking
				
going campsite	birdwatching	playing musical instruments	scrapbooking	creating diy projects
				
yoga	meditation	cross stitching	pottery	board games

VOCABULARY PRACTICE

PRACTICE 1. Match the hobby with its activity.

1. Gardening	A. Catching aquatic animals as a recreational activity
2. Painting	B. Capturing images with a camera
3. Cooking	C. Planting seeds and nurturing plants
4. Knitting	D. Preparing and making meals or dishes
5. Baking	E. Creating fabric by interlocking loops of yarn
6. Photography	F. Walking or trekking in natural environments
7. Reading	G. Composing written content such as stories or articles
8. Writing	H. Making bread, cakes, or pastries in an oven
9. Fishing -	J. Engaging with written text for pleasure or information
10. Hiking	K. Applying colors to a canvas or surface

VOCABULARY PRACTICE

PRACTICE 2. Match the activities with the following benefits for mental well-being and write sentences by comparing one to another.

1. Gardening	A. Promotes mindfulness and relaxation
2. Painting	
3. Cooking	
4. Knitting	
5. Baking	B. Fosters creativity and self-expression
6. Photography	
7. Reading	
8. Writing	C. Provides a sense of accomplishment and satisfaction
9. Fishing	
10. Hiking	
11. Camping	
12. Birdwatching	D. Encourages physical activity and outdoor engagement
13. Playing musical instruments	
14. Scrapbooking	
15. DIY projects	
16. Yoga	E. Cultivates focus and concentration
17. Meditation	
18. Cross-stitching	
19. Pottery	
20. Board games	

VOCABULARY PRACTICE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

IMPROVE YOUR VOCABULARY

Some useful vocabulary for describing trends.

The number of students The figure of students The percentage of students	increased jumped rose grew decreased dropped fell declined fluctuated	rapidly suddenly dramatically significantly slowly sharply steeply steadily gradually	from a to b
			between a and b

There is (was) a	slow slight gradual steady steep sharp dramatic sudden	increase rise decrease drop fall fluctuation	in the number of ...	from a to b
				between a and b

The number of students	Remained	Increase	From A to B
	Stayed	Steady Stable The same	
There was	Little Hardly any No	Change	Between A and B

The number	Peaked	at 150	in January
	Reached	a peak a high point the bottom a low point	

VOCABULARY PRACTICE

PRACTICE 3: Fill in the blanks.

- "There was a noticeable _____ in sales during the winter months, dropping by 20% compared to the summer."
- "Sales of electric vehicles _____ by 30% over the last year, reflecting growing consumer interest."
- "The amount of waste produced per household _____ from 10 kg per week to 7 kg per week after the recycling program was introduced."
- "The company's market share _____ from 10% in 2018 to 20% in 2020, indicating a successful expansion strategy."
- "The number of daily commuters by bus _____ from 80,000 to 60,000 following the introduction of a new metro line."
- "The exchange rate between the dollar and the euro _____ throughout the year, reaching a high of 1.2 and a low of 1.1."
- "The price of oil _____ significantly, falling from \$100 per barrel to \$60 per barrel over the course of the year."
- "There was a sudden _____ in student enrollment from 200 to 350 in the first quarter of the year."
- "The percentage of renewable energy usage _____ dramatically from 10% to 25% after the implementation of new government policies."
- "House prices _____ by 5% in the last quarter, reflecting a cooling real estate market."
- "The number of hospital admissions _____ over the course of the year, with peaks in winter and troughs in summer."
- "The number of visitors to the museum _____ steadily from 50,000 in January to 75,000 in June."
- "The birth rate in the country has been _____ steadily, from 12 births per 1,000 people in 2000 to 8 births per 1,000 people in 2020."
- "There was a sharp _____ in the number of tourists visiting the island, from 500,000 in 2019 to 300,000 in 2020."
- "The urban population _____ steadily, reaching 1 million people by the end of the decade."
- "The average temperature in the city _____ gradually from 15°C in March to 25°C in August."
- "The stock market experienced a sudden _____, with the index falling by 15% in a single day."
- "The unemployment rate saw a slight _____, increasing from 5% to 6% over the six-month period."

QUANTIFIERS

Quantifiers in English grammar are words or phrases used before nouns to express the amount or quantity of something. They can indicate either a specific or an approximate quantity and are essential for providing detail and precision in communication. Quantifiers can be used with both countable and uncountable nouns.

Quantifiers for Countable Nouns:	Many
	Several
Nouns:	Few
	A number of
	Much
	Little
	A bit of

Quantifiers for Both Countable and Uncountable Nouns:	Some
	Any
	Plenty of

	Countable	Uncountable
Positive sentences	<u>a lot of / lots of</u>	<u>a lot of / lots of</u>
Negative sentences	<u>many</u>	<u>much</u>
Interrogative sentences	<u>how many</u>	<u>how much</u>

VOCABULARY PRACTICE

PRACTICE 4. Choose the correct quantifier from the list to complete each sentence: many, much, some, any, few, little, several, a number of, plenty of, a bit of.

- There are _____ books on the shelf.
- We don't have _____ sugar left.
- She has _____ friends in the city.
- Are there _____ tickets available for the concert?
- He spent _____ time studying for the exam.
- _____ students attended the extra class session.
- We need _____ water for the recipe.
- _____ people enjoy outdoor activities.
- I need _____ information about the new project.
- They found _____ mistakes in the report.
- There are _____ apples in the basket.
- Do you have _____ money with you?
- We have _____ bread at home.
- _____ students have finished their assignments.
- There is _____ time left to complete the task.

PRACTICE 4. Identify and correct the mistakes in the use of quantifiers in the following sentences.

- There are much people at the party. _____
- She has a few knowledge about the topic. _____
- We don't have many water left in the tank. _____
- He gave me a little pieces of advice. _____
- Do you have much questions? _____

AN OVERALL WRITING

Writing an overall: paraphrase the given task with the help of the table below.

Noun phrase			Verb
The	Given Supplied Presented Provided	Table	Shows Presents Demonstrates Depicts

EXAMPLE:

[The graph below] [cinema attendance] [by age] [in London.]

rewritten

[The provided table] [the number of visitors of cinema] [in the capital city of England] [according to the age group].

PRACTICE 5. Paraphrase the given sentences

- The chart below illustrates the distribution of car sales by region in the United States.

- The data displayed in the graph depicts the percentage of households with internet access in different countries.

- The following diagram outlines the growth of renewable energy usage over the past decade.

- The table provided shows the average annual income by occupation in various industries.

TABLE PRACTICE

PRACTICE 6. Fill in the blanks.

Independent films released in the UK and Republic of Ireland by genre 2012

Genre	Number of releases	% of all releases	% of income from ticket sales
Comedy	26	17.6	45.4
Horror	14	9.5	20.2
Biopic	1	0.7	9.1
Drama	35	23.6	8.3
Crime	7	4.7	4.7
Action	4	2.7	4.1
Documentary	35	23.6	2.9
Thriller	13	8.8	1.3
Romance	5	3.4	0.8
Other	8	5.4	3.2
Total	148	100	100

The table presents the independent films released in the UK and Republic of Ireland by genre 2012

Verbs: presents, produced, earned, accounted

Comparison: as

Linking words: however

Adjectives: various, independent, discernible, successful

Showing a year & duration: 2012

Number: 8.3%, 2.9%, 35, 26, 9, 1%

The table _ data on several categories of ___ films that were released in the UK and the Republic of Ireland in 2012. The data illustrates the number of films _ in ___ genres and also reveals the respective share of total ticket sales attributed to each genre.

The data presented in the table clearly indicates that there is no _ relationship between the quantity of films produced in a particular category and the percentage of ticket sales generated by films of that genre. _ an illustration, the Drama and Documentary categories had the most number of films produced, with ___ films released in each category. _, they correspondingly only _ % and ___ % of the total ticket sales.

Comedy films _ " to be the most lucrative genre, with _ out of 148 films accounting for 45.4 percent of the overall ticket sales revenue. Another highly _ genre of film in ___ was the biographical picture. Despite the release of only one of these, it _ for ___ percent of ticket sales.

TABLE PRACTICES

PRACTICE 7. Complete the sentences using the words provided: increased, rose, grew, decreased, dropped, fell, declined, fluctuated.

Year	Engineering	Business	Computer Science	Arts	Medicine
2015	150	200	180	100	90
2016	170	210	190	120	95
2017	190	220	200	130	100
2018	210	230	210	140	105
2019	230	240	220	150	110

The table below shows the number of international students enrolled in various programs at a university from 2015 to 2019.

- The number of international students in the Engineering program _____ from 150 in 2015 to 230 in 2019.
- Business program enrollments _____ steadily over the five years, reaching 240 in 2019.
- The number of students in Computer Science _____ from 180 in 2015 to 220 in 2019.
- Enrollments in the Arts program _____ every year, starting at 100 in 2015 and ending at 150 in 2019.
- The Medicine program saw a consistent _____ in the number of students, increasing from 90 in 2015 to 110 in 2019.
- The number of international students in the Business program _____ from 210 in 2016 to 220 in 2017.
- Enrollments in the Arts program _____ steadily from 100 in 2015 to 150 in 2019.
- The number of students in the Computer Science program _____ by 20 students from 2015 to 2019.
- The number of students in Medicine _____ by 5 each year.
- Engineering enrollments _____ from 210 in 2018 to 230 in 2019.

TABLE PRACTICES

PRACTICE 8. Fill in the blanks.

Rank by total	Country	Gold	Silver	Bronze	Total
1	United States	46	29	29	104
2	China	38	27	23	88
3	Great Britain	29	17	19	65
4	Russia	24	26	32	82
5	South Korea	13	8	7	28
6	Germany	11	18	14	44
7	France	11	11	12	34
8	Italy	8	0	11	28
9	Hungary	6	4	5	17
10	Australia	7	16	12	35

The table below shows the number of medals won by the top ten countries in the London 2012 Olympic Games.

Verbs: show, win, win, have, win, give,	Comparison: than, than, as well as,
Linking words: while, overall, in fact, but, but,	showing quantity: number, 104, 88, in total,
Adverbs and adjectives: Significantly, few, low	nouns: medals

The table _____ the number of _____ won by the top ten countries in the London 2012 Olympic Games. The USA _____ greatest number of medals _____ with the total of _____. They _____ more gold medals _____ silver and more medals than any other country in both categories. China _____ the second _____ of medals at _____, and like the USA, China _____ silver medals _____ gold medals.

_____ Russia's silver medal _____ was better than Great Britain's, they did not do _____ Great Britain in the gold medals, winning just 24. _____, Great Britain had a _____ overall medal total than Russia _____, as the table is based on the number of gold medals won, they were placed third. Similarly, Germany was _____ more successful at winning medals than South Korea, with a total of 44 compared to South Korea's 28, _____ because South Korea won two more gold medals than Germany they were ranked higher. Australia _____ the worst performance in this group, winning only seven gold and sixteen silver medals.

UNIT 12. FAMILY

TARGET: Words related to family topics / discussion essay / exercises

1. **Clan:** A group of close-knit and interrelated families.

2. **Forebears:** Ancestors; people from whom one is descended.

3. **Offspring:** Children or descendants.

4. **Maternal:** Related to the mother.

5. **Paternal:** Related to the father.

6. **Kinfolk:** Relatives or family members.

7. **Step-parent:** A person married to one's parent after the death or divorce of their other parent.

8. **Step-sibling:** The child of one's step-parent, not biologically related.

9. **Foster parent:** An adult who takes care of a child not biologically their own, typically through a state or charitable organization.

10. **Family bond:** The strong connection or attachment between family members.

11. **Bloodline:** Direct descent from a particular ancestor; ancestry.

12. **Inheritance:** Property or money received from an ancestor.

13. **Lineage:** Direct descent from an ancestor; family tree.

14. **Dependents:** Individuals, typically children or elderly relatives, who rely on others for support.

15. **Family gathering:** A meeting of family members, often for a celebration or special occasion.

16. **Family values:** Beliefs and ideals that guide family life and behavior.

17. **Inherit:** To receive money, property, or a title from an ancestor.

18. **Family dynamics:** The interactions and relationships among family members.

19. **Blended family:** A family consisting of a couple and their children from previous relationships.

20. **Extended family:** A family that extends beyond the nuclear family, including grandparents, aunts, uncles, and other relatives.

VOCABULARY PRACTICES

PRACTICE 1: Fill in the blanks with the appropriate term from the list provided.

1.a person's child or children.
2.ancestors or predecessors in a family or line of descent.
3.a group of close-knit and interrelated families or individuals, typically united by shared interests or goals.
4.one's family and relations.
5.a person who becomes a parent through marriage to one of the child's original (usually biological) parents.
6.relating to or characteristic of a father.
7.relating to a mother, especially during pregnancy or shortly after childbirth.
8.a person who becomes a parent through marriage to one of the child's original (usually biological) parents.
9.an individual who cares for a child who is not biologically their own in the foster care system.
10.the strong connection or ties that bind individuals within a family together, often through shared experiences, emotions, and support.

PRACTICE 2: Determine whether the following statements are true or false.

1. A step-parent is biologically related to their step-children.
2. Inheritance refers to the strong connection between family members.
3. A foster parent is someone who legally adopts a child.
4. The term paternal refers to anything related to the father.
5. Family dynamics refer to the beliefs and ideals that guide family life.

VOCABULARY PRACTICES

PRACTICE 4. Use the correct term from the vocabulary list to fill in the blanks.

1. Sarah felt a strong _____ with her siblings despite their frequent arguments.
2. John discovered that his _____ were from Scotland.
3. The _____ includes not only parents and children but also grandparents, aunts, uncles, and cousins.
4. In a _____ family, children from previous relationships live together under one roof.
5. The _____ between mother and child is often very strong.
6. When the old king died, his son was set to _____ the throne.
7. The family held a large _____ to celebrate the holidays.
8. James's _____ values include honesty, respect, and kindness.
9. Maria's _____ were Italian immigrants who came to America in the early 1900s.
10. Emily has three _____: two from her father's first marriage and one from her mother's second marriage.

PRACTICE 5. Complete the following sentences with the appropriate vocabulary term.

1. The Johnson _____ meets every summer for a big reunion.
2. Many families have strong _____ that guide their daily interactions and decisions.
3. Jack became a _____ after marrying a woman with two children from a previous marriage.
4. Jane's _____ was something she treasured, as it connected her to her ancestors.
5. The _____ among siblings can often be complicated, especially in a blended family.

WRITING TASK 2

In the IELTS Exam Task 2 Writing, a discussion essay requires you to present and discuss both sides of an argument or issue.

Advice:

- Before you start writing, make sure you fully understand the question or prompt.
- Identify the topic, the key issues, and the instruction words (e.g., discuss, compare, analyze).
- Organise your essay plan - Take a few minutes to brainstorm ideas and plan your essay structure. Decide on your main arguments, how you will present them, and the order in which you will discuss them.

A good discussion essay starts like this:

Introduction:

- Paraphrase the question or state the topic in your own words.
- Provide some background information or context if necessary.
- Clearly state your opinion or position on the issue.

First and second body paragraph:

- Present one side of the argument or viewpoint.
- Provide reasons, examples, or evidence to support this viewpoint.
- Acknowledge any counterarguments if necessary, but focus primarily on supporting your chosen perspective.

If necessary third body paragraph:

- Present any additional perspectives or nuances related to the topic.
- Provide reasons, examples, or evidence to support these perspectives.
- Discuss any implications or consequences of these additional perspectives.

Conclusion:

- Summarize the main points of your essay.
- Reiterate your opinion or position on the issue.
- Provide any final thoughts or recommendations if applicable.

IMPROVE YOUR VOCABULARY

USEFUL VOCABULARY

To present one's opinion	To give reasons
It is clear (to me) that	My main reason is... / Another reason...
It seems to me that	One reason for... is
From my point of view,	Many people say/ believe that...
As far I am concerned	Since...
I am sure/ convinced that	Because of/ due to...
To express facts	To add ideas
It is widely known that...	What is more....
It is a well-known fact that ...	Moreover
Research has shown that...	Furthermore
There are definitely...	in addition (to)
It is clear/ true that...	also
To show sequences	To express contrast
Firstly.... / First of all....	Although
Secondly,...	Despite ...
Thirdly,...	In spite of ...
Lastly,...	Whereas ...
Finally,...	However....

EXAMPLE:

Despite the prevalence of non-traditional family structures, such as single-parent households and blended families, it is widely recognized that the nuclear family remains an influential social institution in many societies.

From my point of view, fostering open communication and mutual respect within the family unit is essential for nurturing strong familial bonds and promoting emotional well-being among its members.

Research has shown that the quality of parent-child relationships during early childhood significantly influences children's socio-emotional development and academic success later in life.

It seems to me that the concept of family extends beyond biological ties, encompassing chosen families and support networks that provide love, care, and belonging to individuals irrespective of blood relations.

VOCABULARY PRACTICES

PRACTICE 6: Give your opinions to the following questions. Use following expressions in your sentences.

Some people believe that traditional family structures are essential for a stable society. Discuss the advantages and disadvantages of traditional family structures compared to modern ones.

It is clear (to me) that _____

It seems to me that _____

From my point of view _____

As far I am concerned _____

I am sure/ convinced that _____

PRACTICE 7: Give reasons to the following question from practice 6 and use provided expressions below.

My main reason is _____

One reason for _____

Many people say _____

Many people believe that _____

Since _____

Because of _____

due to _____

VOCABULARY PRACTICES

PRACTICE 8. Try to add new ideas to your sentences in practice 7. Use words that have been provided.

1. What is more _____

2. Moreover _____

3. Furthermore _____

4. in addition (to) _____

5. also _____

PRACTICE 9. Show contrasts to the following sentences.

although despite in spite of whereas however

1. **despite** providing a sense of stability and continuity by traditional family structure, _____

2. **in spite of** being a member of my family, _____

3. **Although** she had studied diligently for the exam, _____

4. **Whereas** some prefer the hustle and bustle of city life, _____

5. **However** difficult the situation may seem, _____

WRITING TASK 2 STRUCTURE

This type of essay requires you to identify a problem, discuss its causes or effects, and propose solutions to address it. Make sure you fully understand the problem presented in the prompt. This could be a societal issue, environmental concern, or any other problem relevant to the task.

<p>INTRODUCTION</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Start with a general statement about the problem to introduce the topic.</p> <p>Provide some background information or context to help the reader understand the issue.</p> <p>End your introduction with a thesis statement that clearly states the problem and briefly outlines the solutions you will discuss.</p>
<p>Two body paragraphs</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Each body paragraph should focus on a specific aspect of the problem. Transition smoothly between paragraphs to maintain coherence.</p> <p>Start by explaining the problem in detail. This may include discussing its causes, effects, or both.</p> <p>Provide evidence, examples, or statistics to support your points.</p> <p>In the last body paragraph, present your proposed solutions to address the problem. Make sure each solution is feasible and logically connected to the problem discussed.</p>
<p>Conclusion</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Summarize the main points discussed in the essay.</p> <p>Emphasize the importance of implementing the proposed solutions. You can also provide a final thought or recommendation related to the topic.</p>



TASK 2 PRACTICES

QUESTION: Discuss how societal shifts, such as dual-income households, single-parent families, and changing gender roles, have influenced the structure and dynamics of modern families

PARAPHRASE: _____

plan	_____	Topic words
	_____	Task words
	_____	ideas
introduction	_____	Avoid copying words from the question
	_____	Your words to a reader
	_____	ideas
Body I	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
Body II	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
conclusion	_____	Relevant vocabulary
	_____	Summarize main points
	_____	Restate your points

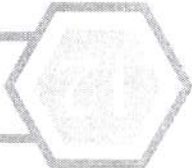


TASK 2 PRACTICES

QUESTION: Debate the importance of parental leave policies in supporting working parents and promoting family well-being, and explore potential reforms to improve access to parental leave and address gender disparities.

PARAPHRASE: _____

plan	_____	Topic words
	_____	Task words
	_____	ideas
introduction	_____	Avoid copying words from the question
	_____	Your words to a reader
	_____	ideas
Body I	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
Body II	_____	Topic sentence
	_____	Points evidences
	_____	Linking words and complex sentences
conclusion	_____	Relevant vocabulary
	_____	Summarize main points
	_____	Restate your points

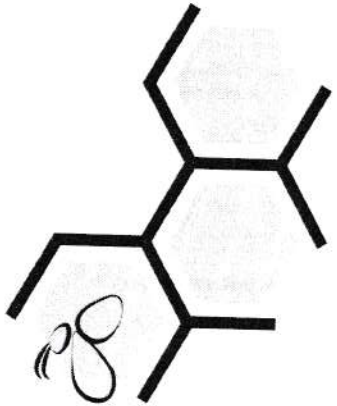


TASK 2 PRACTICES

QUESTION: the role of government policies, community resources, and social support networks in assisting vulnerable families facing economic hardship, domestic violence, substance abuse, or other crises. Discuss both views.
PARAPHRASE:

topic words	plan	introduction	Body I	Body II	conclusion
Task words					
ideas					
Avoid copying words from the question					
Your words to a reader					
ideas					
Topic sentence					
Points					
evidences					
Linking words and complex sentences					
Topic sentence					
Points					
evidences					
Linking words and complex sentences					
Relevant sentences					
Relevant vocabulary					
Summarize main points					
Restate your points					

you may create your strategy here



Handwritten lines for notes or strategy.

UNIT 13. CULINARY

TARGET: Words related to cooking and kitchen activities / flow and table completion task / exercises

The Journey of Chocolate PASSAGE 1

Chocolate is one of the most beloved treats worldwide, enjoyed in various forms such as bars, drinks, and desserts. But have you ever wondered about the journey it takes from a simple cacao bean to the delicious chocolate we consume?

The journey begins on cacao farms, primarily located in regions close to the equator, such as West Africa, Central and South America, and Southeast Asia. Cacao trees produce pods that contain cacao beans. These beans are harvested by hand, a labor-intensive process that involves cutting the pods from the trees and opening them to extract the beans. Once the beans are extracted, they undergo fermentation, a crucial step that develops the beans' flavor. The beans are placed in shallow containers and covered with banana leaves, where they ferment for several days. During fermentation, the beans undergo biochemical changes that enhance their taste.

After fermentation, the beans are dried under the sun. This drying process can take up to a week and must be carefully monitored to prevent mold. The dried beans are then packed and shipped to chocolate manufacturers around the world. At the chocolate factory, the beans are cleaned and roasted. Roasting further develops the flavor and makes it easier to remove the beans' outer shells. Once roasted, the beans are cracked and winnowed, separating the nibs from the shells. The nibs are then ground into a thick paste known as cocoa mass or cocoa liquor.

The next step is conching, a process where the cocoa mass is continuously mixed and aerated. This step refines the texture and flavor of the chocolate. Additional ingredients like sugar, milk powder, and vanilla are added during conching, depending on the type of chocolate being produced. Finally, the chocolate is tempered, a controlled cooling process that ensures it will have a smooth, glossy finish and a satisfying snap when broken. The tempered chocolate is then molded into bars or other shapes, packaged, and distributed to stores, ready for consumers to enjoy. From farm to factory to your local store, chocolate undergoes an intricate journey that transforms it from raw cacao beans into the sweet treat we all love.

IMPROVE YOUR VOCABULARY

- 1. Flavor** - The distinctive taste of a food or drink.
- 2. Fermentation** - The chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of heat.
- 3. Biochemical** - Relating to or denoting the chemical processes and substances that occur within living organisms.
- 4. Shallow** - Of little depth.
- 5. Pods** - A long, narrow, flat seed vessel of a plant.
- 6. Labor** - intensive: Requiring a lot of effort.
- 7. Equator** - An imaginary line drawn around the earth equally distant from both poles, dividing the earth into northern and southern hemispheres.
- 8. Winnowed** - Remove (chaff) from grain.
- 9. Nibs** - Crushed or ground cocoa beans.
- 10. Cocoa mass** - The thick paste produced by grinding cocoa beans, used in the manufacture of chocolate.
- 11. Conching** - A process in chocolate making that involves heating and mixing to develop flavor and texture.
- 12. Texture** - The feel, appearance, or consistency of a surface or substance.
- 13. Tempered** - Having been brought to a suitable consistency or hardness by a process of gradually heating and cooling.
- 14. Glossy** - Smooth and shiny.
- 15. Mold** - A furry growth of minute fungal hyphae occurring typically in moist warm conditions, especially on food or other organic matter.
- 16. Roasted - Cook** (food, especially coffee, nuts, or cocoa) by exposure to direct dry heat.
- 17. Cocoa butter** - A pale-yellow, edible vegetable fat extracted from the cocoa bean, used in making chocolate, especially high-quality chocolate, and in cosmetics.
- 18. Aerated** - Supplying or charging with air.
- 19. Desserts** - A sweet course typically eaten at the end of a meal.
- 20. Ingredients** - Any of the foods or substances that are combined to make a particular dish.

VOCABULARY PRACTICES

PRACTICE 1. Match synonym of these words.

- | | |
|--------------|-----------------------------------|
| 1. Roasting | A. Dehydrated, desiccated |
| 2. Various | B. Assorted, diverse, manifold |
| 3. Produce | C. Taste, essence, aroma |
| 4. Enjoyed | D. Shiny, polished, lustrous |
| 5. Dried | E. Puree, mixture, blend |
| 6. Harvested | F. Yield, harvest, crops |
| 7. Glossy | G. Sweets, confections, treats |
| 8. Flavor | H. Appreciated, savored, relished |
| 9. Paste | I. Gathered, collected, reaped |
| 10. Desserts | J. Grilling, toasting, baking |

PRACTICE 2. Match the words with their antonyms.

- | | |
|----------------|-----------------|
| 1. Beloved | A. Complicated |
| 2. Roasted | B. Disliked |
| 3. Simple | C. Moist |
| 4. Crucial | D. Hated |
| 5. Dried | E. Raw |
| 6. Enjoyed | F. Unappetizing |
| 7. Ready | G. Unimportant |
| 8. Cleaned | H. Unsatisfying |
| 9. Delicious | I. Unprepared |
| 10. Satisfying | J. Dirty |

VOCABULARY PRACTICES

PRACTICE 3. Fill in the missing steps in the table below using the information from the text "The Journey of Chocolate".

1. Cacao Farms: _____
2. Fermentation: _____
3. Drying: _____
4. Shipping: _____
5. At the Factory: _____
6. Grinding: _____
7. Conching: _____
8. Tempering: _____
9. Molding and Packaging: _____

- A. Location of farms, Cacao trees produce pods, Harvesting by hand
- B. Continuous mixing and aeration, refines texture and flavor, Additional ingredients added
- C. Chocolate molded into shapes, Packaged and distributed
- D. Controlled cooling process, Ensures smooth, glossy finish and snap
- E. Beans cleaned and roasted, Roasting develops flavor, Beans cracked and
- F. Dried beans packed, Shipped to manufacturers
- G. winnowed
- H. Nibs ground into cocoa mass/cocoa liquor
- I. Beans in shallow containers, covered with banana leaves, Ferment for several days
- J. Beans dried under the sun, takes up to a week, Prevent mold

READING COMPREHENSION

Advice

Flow Chart Completion

Flow chart completion is an educational activity in which students are given an unfinished flow chart and a written paragraph. The flow chart illustrates the sequential progression of ideas or events outlined in the text. Students are required to complete the vacant sections of the flow chart using their comprehension of the text. Engaging in this form of activity enhances students' comprehension skills and their capacity to discern crucial information and logical progressions within the reading content.

Table Completion

Table completion is an educational activity in which pupils are provided with an unfinished table and a corresponding written piece. The table often consists of rows and columns that indicate various elements or details derived from the text. Students are required to fill in the empty spaces in the table by extracting pertinent information from the reading passage. This activity enhances students' proficiency in extracting, organizing, and summarizing information. Both exercises have the objective of improving reading comprehension, attention to detail, and the capacity to synthesize information from a text.

The following are some guidelines for performing flowchart and table completion tasks successfully.

1. Thoroughly examine the instructions, making careful observation of the word limits that have been specified for the spaces, such as "NO MORE THAN TWO WORDS."
2. Rapidly examine the sentences or phrases that contain openings in order to determine whether the information required is an adjective, noun, or verb.
3. Use clues from the adjacent text to complete the missing words accurately. In many instances, the context given either preceding or following the interval can be utilized to ascertain the most suitable word.
4. Confirm that the term you choose is consistent with the sentence in both grammar and syntactic structure. To preserve coherence, verify that the tenses, agreements, and word orders are correct.
5. Be wary of pitfalls, such as deceptive information or words that appear similar, as they may induce respondents to provide inaccurate responses. Always consult the instructions in order to maintain concentration on the necessary tasks.

READING PRACTICES

The Procedure for Crafting a Homemade Pizza PASSAGE 2

The process of making homemade pizza is a gratifying and pleasurable endeavor that encompasses various stages, from the preparation of the dough to the baking of the final outcome. Gaining comprehension of the procedure can assist you in crafting a delectable pizza from the very beginning. To begin, assemble all the essential components: flour, yeast, water, salt, sugar, olive oil, tomato sauce, cheese, and your choice of toppings such as pepperoni, vegetables, or herbs. Commence by preparing the dough.

Combine warm water, yeast, and a small amount of sugar in a sizable bowl. Allow the liquid to rest for around 5 minutes until it develops a frothy texture, which signifies that the yeast is actively working. Subsequently, incorporate flour, salt, and olive oil into the yeast mixture and proceed to knead the dough for around 10 minutes until it attains a smooth and elastic consistency. Place a moistened cloth over the bowl and let the dough to ferment in a heated area for around 1 to 1.5 hours, or until it has expanded to twice its original size. While the dough is undergoing fermentation, make your toppings and preheat the oven to 475°F (245°C). If you are utilizing veggies, it may be advantageous to softly sauté them in order to enhance their flavors. Shred the cheese and ensure that the tomato sauce is prepared. After the dough has completed its rising process, deflate it by punching it down to eliminate any trapped air bubbles. If you intend to make two pizzas, split the dough into two equal halves.

Flatten each part on a surface covered with flour until it reaches the thickness you choose. Place the flattened dough on a baking sheet or pizza stone. Apply a thin coating of tomato sauce to the dough, ensuring to leave a narrow margin along the borders. Distribute the cheese equally on top of the sauce, then subsequently place your selected toppings. Apply a small amount of olive oil to the surface to enhance the taste. Cook the pizza in the oven that has been preheated for 12–15 minutes, or until the crust turns a golden color and the cheese becomes bubbly and slightly browned. After completing the cooking process, take the pizza out of the oven and allow it to cool for a few minutes before cutting it into slices and serving. Indulge in the pleasure of relishing a homemade pizza in the company of loved ones, appreciating the gratification that results from preparing a meal entirely from raw ingredients.

QUESTIONS

PRACTICE 4 Complete each sentence based on your understanding of the text provided.

Assembling Ingredients	Gather all the essential components: _____, yeast, water, salt, sugar, olive oil, tomato sauce, cheese, and your choice of toppings such as _____ or herbs.
Preparing the Dough	Combine warm water, yeast, and a small amount of _____ in a bowl. Allow the liquid to rest for around 5 minutes until it becomes _____.
Kneading and Rising	Incorporate flour, salt, and olive oil into the yeast mixture and knead the dough for around _____ minutes. Let the dough ferment for 1 to 1.5 hours until _____.
Prepping and Topping	Preheat the oven to _____ and prepare your toppings. Flatten the dough, apply tomato sauce, distribute cheese, and add your selected _____.
Baking the Pizza	Cook the pizza in the preheated oven for _____ minutes, or until the crust is golden and the cheese is bubbly and _____.
Assembling Ingredients	Gather all the essential components: _____, yeast, water, salt, sugar, olive oil, tomato sauce, cheese, and your choice of toppings such as _____ or herbs.

READING PRACTICES

The craft of Chinese tea production PASSAGE 3

Chinese tea is widely recognized for its cultural significance and wide variety; distinct varieties include green, black, oolong, white, and pu-erh, each of which provides unique health benefits and flavors. Chinese tea production is a meticulous procedure that differs according to the variety of tea being manufactured. The expedition commences at tea plantations, which are predominantly situated in Fujian, Yunnan, and Zhejiang. To ensure superior quality, young, delicate leaves and buds are meticulously plucked by hand by workers. The recently harvested leaves are subsequently exposed to air circulation or a well-ventilated area to wither, which decreases their moisture content and renders them more malleable for subsequent processing.

The leaves of green tea are rapidly heated via scalding or pan-frying in order to inhibit oxidation and preserve their vibrant green hue and crisp flavor. On the contrary, black tea leaves experience complete oxidation. By rolling the leaves to disrupt their cells and allowing them to undergo complete oxidation, they become dark in color and acquire a robust flavor. Through partial oxidation, oolong tea achieves a harmonious blend of green and black tea flavors. By repeatedly rolling and resting the leaves, a flavor profile that is both complex and nuanced is produced.

White tea undergoes the least amount of processing; the leaves are simply desiccated and withered, preserving their delicate flavor. The fermentation procedure for pu-erh tea is distinctive in that the leaves are aged under controlled conditions for years. This aging procedure imparts health benefits and an enhanced flavor to the tea. The tea leaves are dried and separated by quality following processing. Subsequently, the products are packaged and dispatched to global markets, where they are welcomed by tea aficionados.

QUESTIONS

PRACTICE 5. Complete each sentence based on your understanding of the text provided.

Start at Tea Plantations

1. The journey begins at tea plantations, predominantly located in _____, _____, and _____.

Plucking Leaves and Buds

2. Workers meticulously pluck young, delicate _____ and _____ by hand to ensure superior quality.

Withering Process The

3. Recently harvested leaves are exposed to air circulation or a well-ventilated area to _____, reducing their _____ content.

Green Tea Heating The

4. Leaves of green tea are rapidly heated via _____ or _____ to inhibit oxidation and preserve their vibrant green hue and crisp flavor.

Black Tea Oxidation

5. Black tea leaves experience complete _____ by rolling the leaves to disrupt their cells and allowing them to undergo complete _____.

Oolong Tea Oxidation

6. Through partial oxidation, _____ tea achieves a blend of green and black tea flavors by repeatedly _____ and _____ the leaves.

White Tea Processing

7. White tea undergoes the least amount of processing; the leaves are simply _____ and _____ to preserve their delicate flavor.

Pu-erh Tea Fermentation

8. Pu-erh tea leaves are aged under controlled conditions for years, a unique _____ procedure that imparts health benefits and enhanced flavor.

READING PRACTICES

The Method of Preparing Ketchup PASSAGE 4

Ketchup, a widely favored condiment on an international scale, is frequently paired with hamburgers, hot dogs, and potatoes. The intricate process of ketchup production entails the conversion of fresh tomatoes into the luscious, velvety sauce that we all adore. The expedition commences at tomato cultivation and harvesting facilities, where tomatoes are nurtured to their utmost ripeness. Transported to processing facilities, these tomatoes are meticulously cleansed to eliminate any impurities or grime. The tomatoes are inspected and categorized after being washed to ensure that only those of the highest quality are utilized. Following this, the chosen tomatoes are chopped and cooked in order to reduce them to a puree. To ensure the safety of the product and eliminate any pathogens, the tomatoes are heated to a high temperature throughout this cooking procedure.

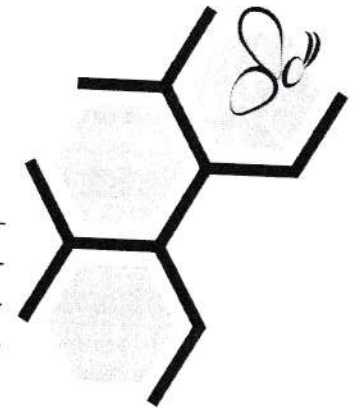
In the cooking process, the tomato puree is filtered or passed through a fine mesh in order to eliminate seeds, skins, and any residual solid particles. This stage is of utmost importance in attaining the velvety consistency of ketchup. The strained tomato pulp is subsequently combined with a combination of spices, vinegar, sugar, and salt, among other components. measurements and additions, these components contribute to the distinctive flavor profile of ketchup. mixture, the sauce thickens, and the flavors are permitted to combine once more. Additionally, this culinary method aids in attaining the intended consistency. After ketchup has been reduced to the desired consistency, it is allowed to cool slightly prior to being dispensed into sterile receptacles. Subsequently, the vessels are air tightly sealed and labeled to safeguard the freshness of the ketchup. After being packaged and distributed to retailers, the bottled ketchup is then available for consumers to consume. stage of the ketchup production process, from the farm to the table, is critical to the creation of this delectable condiment that pairs well with an assortment of cuisines.

Here's a table completion reading task based on the provided text about the method of preparing ketchup:

QUESTIONS

Stage	Description
Cultivation and Harvesting	The process begins at _____ and _____ facilities, where tomatoes are nurtured to their _____.
Transport and Cleaning	Transported to _____ facilities, the tomatoes are meticulously _____ to eliminate any _____ or _____.
Inspection and Categorization	The tomatoes are _____ and _____ to ensure that only those of the highest _____ are utilized.
Chopping and Cooking	The chosen tomatoes are _____ and _____ to reduce them to a _____. During this cooking procedure, the tomatoes are heated to a high _____ to eliminate any _____.
Filtering	The tomato puree is filtered or passed through a _____ in order to eliminate _____, _____, and any residual _____. This stage is important for attaining the _____ consistency of ketchup.
Mixing	The strained tomato pulp is combined with a combination of _____, _____, _____, and _____, among other components.
Thickening and Flavor Blending	During this stage, the sauce _____ and the flavors are allowed to _____ once more, aiding in achieving the intended _____.
Cooling and Dispensing	Once the ketchup has been reduced to the desired consistency, it is allowed to _____ slightly prior to being dispensed into _____ receptacles.
Sealing and Labeling	The vessels are _____ sealed and _____ to safeguard the freshness of the ketchup.
Packaging and Distribution	After being _____ and distributed to retailers, the bottled ketchup is available for consumers to _____.

you may create your strategy here



A series of horizontal lines provided for writing a strategy, located on the right page of the notebook. The lines are evenly spaced and extend across most of the width of the page.

UNIT 14. CULTURE

TARGET: Words related to traditions and customs / bar graph / exercises

Improve your vocabulary

- Culture:** The customs, beliefs, arts, and social institutions of a particular group or society.
- Tradition:** A practice or belief passed down from generation to generation within a culture.
- Customs:** Socially accepted behaviors and practices within a specific society.
- Norms:** Shared expectations and rules that guide behavior in a particular culture.
- Diversity:** The presence of a variety of different cultures, ethnicities, or backgrounds within a society.
- Language:** A system of communication consisting of words, grammar, and syntax used by a particular group of people.
- Heritage:** The cultural traditions, values, and artifacts inherited from previous generations.
- Art:** Expressive creations or activities produced by humans, such as painting, music, literature, and dance.
- Cuisine:** The style of cooking and types of food associated with a particular culture or region.
- Ritual:** A ceremonial act or series of actions performed according to specific cultural traditions or religious beliefs.
- Folklore:** Traditional stories, legends, songs, and customs passed down orally within a culture.
- Identity:** The sense of self and belonging to a particular cultural or social group.
- Globalization:** The increasing interconnectedness and exchange of ideas, goods, and cultures on a global scale.
- Intercultural:** Involving or relating to interactions between different cultures.
- Cultural exchange:** The sharing and exchange of ideas, customs, and traditions between different cultures.
- Stereotype:** A generalized and oversimplified belief or idea about a particular group or culture.
- Assimilation:** The process of adopting the customs, values, and behaviors of another culture.
- Cultural heritage:** The physical artifacts, traditions, and practices inherited from past generations.
- Cultural appreciation:** Respectful recognition and understanding of another culture's customs, art, and achievements.
- Multiculturalism:** The coexistence of multiple cultures within a society, valuing diversity and promoting cultural harmony.

VOCABULARY PRACTICE

PRACTICE 1: Fill in the blanks with the appropriate vocabulary word related to culture from the provided list.

Vocabulary List: Culture, Tradition, Customs, Diversity, Language, Heritage, Art, Cuisine, Ritual, Folklore

- ___ refers to the customs, beliefs, arts, and social institutions of a particular group or society.
- A ___ is a practice or belief passed down from generation to generation within a culture.
- ___ are socially accepted behaviors and practices within a specific society.
- The presence of a variety of different cultures, ethnicities, or backgrounds within a society is called ___.
- ___ is a system of communication consisting of words, grammar, and syntax used by a particular group of people.
- ___ is the cultural traditions, values, and artifacts inherited from previous generations.
- ___ are expressive creations or activities produced by humans, such as painting, music, literature, and dance.
- The style of cooking and types of food associated with a particular culture or region is known as ___.
- A ___ is a ceremonial act or series of actions performed according to specific cultural traditions or religious beliefs.
- ___ are traditional stories, legends, songs, and customs passed down orally within a culture.

VOCABULARY PRACTICE

PRACTICE 2. Determine whether the following statements are true or false based on the definitions provided for the vocabulary words related to culture.

1. Folklore refers to the exchange of ideas, customs, and traditions between different cultures. (True/False)
2. Identity is the process of adopting the customs, values, and behaviors of another culture. (True/False)
3. Globalization involves interactions between different cultures. (True/False)
4. Cultural exchange involves the sharing and exchange of ideas, customs, and traditions within a single culture. (True/False)
5. Stereotype is a respectful recognition and understanding of another culture's customs, art, and achievements. (True/False)
6. Assimilation is the sense of self and belonging to a particular cultural or social group. (True/False)
7. Cultural heritage refers to the physical artifacts, traditions, and practices inherited from past generations. (True/False)
8. Cultural appreciation involves the coexistence of multiple cultures within a society. (True/False)
9. Multiculturalism promotes cultural harmony and values diversity. (True/False)
10. Intercultural refers to the increasing interconnectedness and exchange of ideas, goods, and cultures on a global scale. (True/False)

GRAMMAR: COMPARATIVES

In IELTS exam in writing task 1 you may have to compare trends so let's learn comparatives.

AS + positive adjectives + AS.

She is **as beautiful as** her mother.

THE + comparative adjectives + S + V, THE + comparative adjectives + S + V

The taller they grew, the more confident they became.

Using "Less" and "More" with Adjectives:

"Less" and "more" are comparative adjectives used to compare the degree or amount of a particular quality between two or more things. They help us express whether something has a lower or higher level of a specific characteristic.

Here's how they are typically used:

Less + Adjective: It indicates a lower degree or amount of a quality compared to something else.

Example:

She is **less experienced** than her colleague.

More + Adjective: It indicates a higher degree or amount of a quality compared to something else.

Example:

This painting is **more vibrant** than the previous one.

GRAMMAR PRACTICES

PRACTICE 3. Complete the following table by filling in the blanks with the appropriate form of the adjectives provided. Use "less" or "more" to make the comparisons.

Comparative form	Adjective
_____	Crowded
_____	Beautiful
_____	Expensive
_____	Diverse
_____	Traditional

PRACTICE 4. Complete these sentences.

1. This book is _____ (interesting) that one.
2. The new model is _____ (expensive) the old one.
3. His speech was _____ (convincing) hers.
4. The second movie was _____ (exciting) the first one.
5. Their plan is _____ (effective) ours.
6. This problem is _____ (complicated) that one.
7. Her new job is _____ (rewarding) her previous job.
8. The movie was _____ (enjoyable) the book.
9. The test was _____ (challenging) the last one.
10. His performance was _____ (impressive) hers.
11. The _____ (hard) you work, the _____ (successful) you become.
12. The _____ (early) you start, the _____ (quick) you finish.
13. The _____ (healthy) you eat, the _____ (good) you feel.
14. The _____ (much) you practice, the _____ (better) you get.
15. The _____ (less) you worry, the _____ (happier) you live.

BAR GRAPH

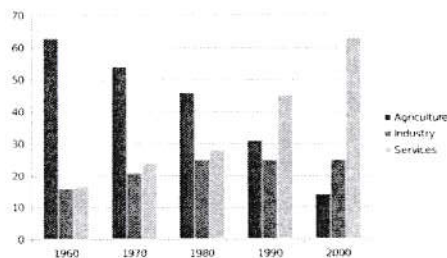
Bar charts require a description of the bars and their corresponding values. When analyzing a bar chart, it is necessary to determine the order in which to describe the bars, either from the highest value to the lowest value or from the lowest value to the highest value. It could perhaps be a combination of these elements. If there is a large number of bars, it is possible to occasionally put together the description of one, two, or three bars that have similar or identical values. If there is a large quantity of items and it is not possible to categorize them, simply provide a description of the ones that hold the most importance.

ADVICE

- Carefully analyze the bar graph. Look for important facts, trends, and patterns. Find the highest and lowest numbers, significant changes over time, and stunning bar comparisons.
- Introduction: Write a brief introduction that summarizes the graph. Explain the graph, its time period, and any noteworthy findings or patterns. This contextualizes the reader.
- Divide your work into distinct paragraphs, usually with an introduction, body, and conclusion. Each body paragraph should address a graph trend. To write more clearly, group comparable material.
- Communicate data clearly: Use precise language and terminology. Provide comparisons, percentages, and precise data to support your analysis. Vary sentence structures and wording to make your writing more intriguing.
- Emphasize significant aspects: Highlight the graph's most important features. The highest or lowest values, notable changes or trends, or startling bar comparisons are examples. Provide precise information and graph data to back your claims.
- Compare: Compare and contrast bar data. This could involve comparing categories, tracking changes, or contrasting groups. To clarify comparisons, use "higher than," "lower than," "similar to," or "in contrast to".
- Summarize the important themes and patterns from the body paragraphs in your conclusion. Avoid adding additional information in the conclusion; instead, summarize the graph's main results.
- Practice and time management: Analyze and describe different bar graphs within exam time limitations. This will improve your organization and writing skills.

ANALYZING A BAR GRAPH

Contribution as % of India's GDP



The bar graph depicts the proportional contributions of the agricultural, industrial, and service sectors to the Indian economy from 1960 to 2000.

Throughout the whole time span, the value of agriculture continuously diminished as the relevance of services increased progressively with each passing decade. Industry followed a distinct pattern, with a gradual rise in proportion initially, followed by a plateau starting from 1980

In 1960, agriculture accounted for the largest proportion of the Gross Domestic Product (GDP), reaching a peak of 62%. However, it gradually declined in regular intervals and reached a low of 12% in 2000. In 1960, the service sector had a relatively insignificant influence on the economy. The situation saw a slow change initially, but later experienced a significant increase in its percentage contribution from 28% to 43% between 1980 and 1990. By the year 2000, the level of achievement in agriculture had reached the same peak as it did in 1960, indicating a complete reversal in the general pattern.

Throughout the time, industry consistently made significant contributions to India's riches. The industry experienced a slight increase from 16% in 1960 to 25% in 1980, and then remained unchanged over the following two decades, retaining a consistent portion of the total GDP.

ANALYZING A BAR GRAPH

Below is a list of questions that the passage has answered:

What is the main focus of the bar graph?

How did the proportional contributions of the agricultural, industrial, and service sectors change over the period from 1960 to 2000?

What was the overall trend for the agricultural sector's contribution to the GDP during the given time frame?

How did the service sector's contribution to the economy evolve over the years?

Did any sector experience a plateau in its proportional contribution? If so, which one and when did it occur?

What was the highest proportional contribution made by the agricultural sector, and in which year did it occur?

How did the service sector's proportional contribution compare to the agricultural sector's peak in 1960?

What was the proportional contribution of the industry sector in 1980, and how did it change afterward?

What was the overall trend regarding the industry sector's proportional contribution to the GDP?

Which sector had the highest proportional contribution in the year 2000, and how did it compare to the contributions of the other two sectors?

ANALYZING A BAR GRAPH

Which data along the horizontal and vertical axes are described?

The horizontal axis in the bar graph represents the years from 1960 to 2000, while the vertical axis displays the percentage contribution of each sector to the Indian economy.

The data along the horizontal axis of the graph corresponds to the time period spanning from 1960 to 2000, while the vertical axis represents the proportional contributions of the agricultural, industrial, and service sectors to the GDP.

The horizontal axis of the bar graph illustrates the timeline from 1960 to 2000, while the vertical axis indicates the percentage contribution of each sector, namely agriculture, industry, and services, to the Indian economy.

The years from 1960 to 2000 are represented along the horizontal axis of the graph, with the vertical axis indicating the percentage contributions made by the agricultural, industrial, and service sectors to the overall GDP of India.

Along the horizontal axis of the bar graph, we can observe the time span from 1960 to 2000, while the vertical axis presents the proportionate contributions of the agricultural, industrial, and service sectors to the Indian economy.

The horizontal axis of the graph displays the years ranging from 1960 to 2000, while the vertical axis showcases the relative percentage contributions of the agricultural, industrial, and service sectors to the overall GDP of India.

IMPROVE YOUR VOCABULARY

Some useful vocabulary for describing trends

The number of students The Figure of students The percentage of students	increased jumped rose grew decreased dropped fall declined fluctuated	rapidly suddenly dramatically significantly slowly sharply steeply steadily gradually	from a to b
			between a and b

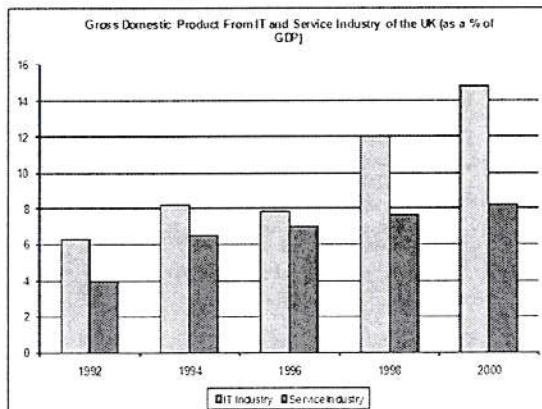
There is(was) a	slow slight gradual steady steep sharp dramatic sudden	increase rise decrease drop fall fluctuation	in the number of.....	from a to b
				between a and b

The number of students	Remained	Increase	From A to B
	Stayed	Steady Stable The same	
There was	Little Hardly any No	Change	Between A and B

The number	Peaked	at 150	in January
	Reached	a peak a high point the bottom a low point	

BAR GRAPH PRACTICES

PRACTICE 5. Fill the blanks with words in the box.



The figure displays the various constituents of the Gross Domestic Product (GDP) of the United Kingdom for the period spanning from 1992 to 2000.

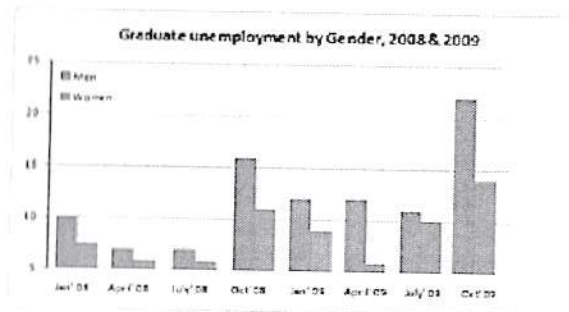
Verbs:
 Depicts: maintained;
 fluctuating: remained,
 experienced: increased
Nouns:
 Percentages: period;
 components: proportion; gain

The bar chart _____ the gross domestic product (GDP) derived from the IT and Service Industry in the United Kingdom (UK) between 1992 and 2000. _____ are used as the unit of measurement.

In general, it is evident that both saw a _____ in relation to GDP, but IT consistently _____ a higher pace during this _____. In 1992, the Service Industry contributed 4% to the GDP, whereas the IT sector surpassed this with a little over 6%. During the subsequent four-year period, the values of both components gradually converged _____ between 6 and slightly above 8 per cent. The overall value _____ increasing, albeit with a minor decrease from 1994 to 1996. Nevertheless, for the subsequent four years, the patterns of the two _____ exhibited distinct dissimilarities. The proportion of GDP attributed to the IT sector _____ a significant rise, reaching 12% in 1998 and over 15% in 2000. In contrast, the Service Industry remained relatively stable, with just a modest _____ to 8%. By the conclusion of the era, the _____ of GDP derived from the Information Technology sector was nearly double that of the Service Industry.

BAR GRAPH PRACTICES

PRACTICE 6. Fill the blanks with the words in the box.



The bar graph below shows the percentage of unemployed graduates, aged 20-24, in one European country over two years.

Nouns: unemployment rate, female graduates, examination, genders
Verbs: represents, decreased, rose, experienced

The bar graph depicts the _____ among male and female graduates in Europe aged 20 to 24 in the years 2008 and 2009. The X-axis represents the chronological progression of years, while the Y-axis _____ the values expressed as percentages.

Overall, it is evident that throughout the time, the unemployment rate for _____ is lower than that of male graduates. In October 2009, the unemployment rate for men exceeded 20%.

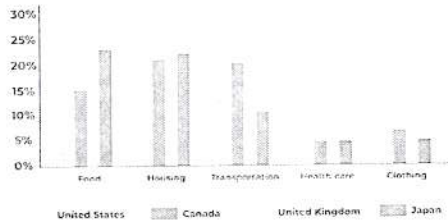
Upon _____ of the graph provided, it is evident that in January 2008, the unemployment rate among male students was 10%, whereas the unemployment rate among female students was less than 8%. Furthermore, between January 2008 and July 2008, the unemployment rate consistently _____. However, these percentages _____ again, exceeding 15% for males and 10% for women.

Following October 2008, the unemployment rate _____ a subsequent decline for both males and females until April 2009. In July 2009, there was a sudden rise in female unemployment. Unemployment rates for both reached their highest point in October 2009.

BAR GRAPH PRACTICES

PRACTICE 7. Fill the blanks with the words in the box.

The bar chart below shows shares of expenditures for five major categories in the United States, Canada, the United Kingdom, and Japan in the year 2009.



VERBS:

shows, costs, spending, were

ADJECTIVES: greater

PERCENTAGES: 7.6

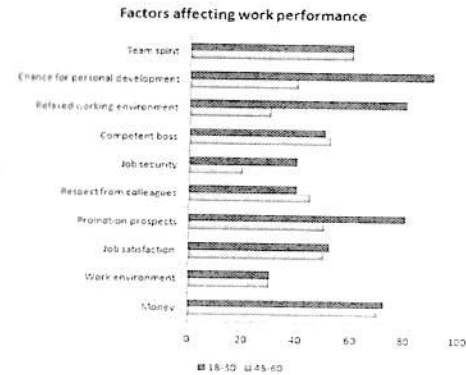
NOUNS: transportation, clothing, food, homes, Healthcare

The 2009 bar chart ____ spending in five lifestyle categories for four nations.

From a global viewpoint, housing, _____, and _____ are the top expenses in nearly all countries, with Americans spending the most on _____ and Japanese on food. ____ and ____ cost less than food in Canada and the US, but transportation _____ more. Food _____ ranges from 14% in the US to 22% in Japan, with Canada (15%) and the UK (21%). All countries had _____ housing costs: 26% in the US, 24% in the UK, 21% in Japan, and 20% in Canada. Transportation numbers varied: Canada was 20%, barely above the US at 19%, while the UK and Japan _____ 15% and 10%, respectively. Healthcare spending is highest in the US (8%), while all other countries are below 5%. Canada spends the highest on apparel (____%), followed by the UK (____%), Japan (4%), and the US (3%).

BAR GRAPH PRACTICES

PRACTICE 7. Fill the blanks with the words in the box.



ADJECTIVES:

Older; comparable; personal; laid-back

VERBS:

Illustrates; reported

NOUNS:

Age; opportunities; teamwork; personal; development; salary; team; job; career

This bar chart ____ the factors that have the greatest impact on work performance at a company, categorized by _____.

In general, the criteria are _____, but younger employees place a higher importance on _____ for advancement, _____, and laid-back work environment. Both age groups prioritized _____ and _____ spirit over work environment and job security. Both age groups exhibit a 60% preference for _____ and 30% acknowledge the impact of the environment on work performance. Job satisfaction is _____ at 55% for individuals aged 18-30 and 50% for those aged 45-60. Respect from coworkers is indicated at 38% for younger workers and 42% for _____ workers. Money is a factor for 73% of younger workers and 70% of older workers. Competent managers are valued by around 50% of both age groups. Workplace _____ development impacts 90% of those aged 18-30, but just 38% of senior employees are affected. Younger employees place a higher importance on _____ security (40% to 20%), a more _____ work environment (85% to 30%), and chances for _____ advancement (80% to 48%).

UNIT 15. TECHNOLOGY ADVANCES

TARGET: words related to gadgets / matching / exercises

Technology PASSAGE 1

The instant we open our eyes; technology is all around us. The lights, fans, laptops, televisions, induction stoves, etc. Simply put, advancement is impossible without the use of technology.

People used to have to wait months to receive letters from their loved ones in the past. However, we are all now only a click away. You only need to click once to initiate a text message or video conversation with someone you're missing.

Over time, the cost has also decreased. The microwave is the answer if you're craving some cake. A dishwasher is the answer if you're too exhausted to wash dishes by hand. The music system provides the means to party if that's your desire.

Technology is the ultimate answer to each issue a human being faces, and scientists are so aware of this that they always come up with fresh, creative answers. But it's crucial that you don't rely solely on technology.

We now depend entirely on technology for our daily activities, making it an essential aspect of our life. The entire civilization is now dependent on the utilization of modern technology. Life and business would come to a complete stop without technology. Although technology benefits society, it needs to be used carefully. It has both positive and negative effects.

IMPROVE YOUR VOCABULARY

1. **Instant** - happening or done immediately
2. **Light** - a source of illumination
3. **Fan** - devices that create air movement for cooling
4. **Stove** - cooking appliances with burners or heating elements
5. **Advancement** - progress or improvement
6. **Microwave** - a type of oven that uses microwaves to heat food
7. **Civilization** - the advanced stage of human social development and organization
8. **Decrease** - made less or lower in amount, number, or size
9. **Use** - To employ or operate something for a specific purpose or function
10. **Open** - To move, slide, or lift an object or barrier so that something can pass through or be visible
11. **Click** - To press a button on a computer mouse or other device in order to select an item or perform an action.
12. **Initiate** - To begin or start something.
13. **Rely**: To trust or have confidence in someone or something.
14. **Provide** - To supply or furnish something to someone.
15. **Conversation** - a spoken exchange of thoughts and ideas between people
16. **Exhausted** - extremely tired or depleted of energy
17. **Laptop** - portable computer
18. **Television** - devices for watching broadcast program
19. **Message** - a communication sent to convey information
20. **Video** - a recording of visual images

VOCABULARY PRACTICES

PRACTICE 1. Find the synonym or of these words.

- | | |
|-----------------|--------------|
| 1.Video | A.Reduce |
| 2. decrease | B.Drained |
| 3.microwave | C.Discussion |
| 4.exhausted | D.Clip |
| 5. Massage | E. Nuke |
| 6.Video | F. Rubdown |
| 7.Provide | G.Fatigued |
| 8. civilization | H.Film |
| 9.Use | I. Culture |
| 10.Conversation | J. Supply |

PRACTICE 2. Find the antonym of these words.

- | | |
|---------------|-------------|
| 1. Instant | A. Drag |
| 2.Light | B. Heavy |
| 3.Fan | C. Setback |
| 4.Stove | D. Delayed |
| 5.Advancement | E. Conclude |
| 6.Laptop | F. Critic |
| 7.Open | G. Desktop |
| 8.Initiate | H. Radio |
| 9.Television | I. Fridge |
| 10. Click | J. Closed |

VOCABULARY PRACTICES

PRACTICE 3. Match each word on the left with the appropriate word or phrase on the right.

- | | |
|---|--|
| 1. When you need to heat food quickly, | A. you can get a lot of work done efficiently. |
| 2. Because technological advancement has accelerated, | B. there has been a significant improvement in cooking efficiency. |
| 3. Although the fan was running, | C. it didn't help much with the intense heat. |
| 4. While using a modern stove | D. you can find answers to almost any question online. |
| 5. If you want instant information | E. people have become more reliant on quick solutions. |
| 6. Since the microwave was invented, | F. he decided to take a nap. |
| 7. Even though civilization has progressed | G. it became easier to manage various kitchen tasks. |
| 8. After the decrease in energy consumption | H. people still appreciate the simplicity of older tools. |
| 9. Whenever you use a laptop, | I. you should ensure all the requirements are met. |
| 10. As soon as you open the application, | J. it can be both entertaining and informative. |
| 11. If you click the icon, | K. the lights flickered momentarily. |
| 12. Before you initiate the project, | L. you can follow the instructions provided. |
| 13. When you provide accurate data, | M. it led to a fruitful discussion about the project. |
| 14. Once the conversation started, | N. our quality of life has vastly improved. |
| 15. Since he felt exhausted, | O. you need to set the timer correctly. |
| 16. When you watch television, | P. the participants felt more engaged and motivated. |
| 17. As soon as the message was sent, | Q. the device will start immediately. |
| 18. While watching the video, | R. the user interface is very intuitive. |
| 19. Although many prefer modern gadgets | S. the document will open automatically. |
| 20. Because society values modern innovations, | T. you contribute to the overall success of the study. |

READING COMPREHENSION

MATCHING INFORMATION

In this type of question, you are given a list of statements and are asked to match each statement with specific paragraphs or sections in the reading passage. These statements can be details, examples, explanations, reasons, descriptions, or other specific information found within the text.

- **Statements:** Short phrases or sentences summarizing key information.
- **Paragraphs/Sections:** Each statement needs to be matched to a specific paragraph or section of the passage where the information is found.

1. **Skim the Passage First:** Get a general idea of the content and structure of the passage. Pay attention to headings, subheadings, and the first and last sentences of each paragraph.
2. **Read the Statements:** Carefully read the statements to understand what specific information you need to find.
3. **Scan for Keywords:** Identify keywords or phrases in the statements and scan the paragraphs for these words or synonyms. Keywords can include names, dates, specific terms, or distinctive adjectives.
4. **Identify Synonyms and Paraphrasing:** The information in the passage might not be in the exact words as in the statement. Look for synonyms and paraphrased information.
5. **Eliminate Wrong Options:** If a paragraph clearly doesn't match a statement, eliminate it from consideration to narrow down your choices.
6. **Careful Reading:** Once you think you've found the matching paragraph, read that part carefully to ensure the information matches the statement fully.

READING PRACTICES

From Horses to Horsepower PASSAGE 2

Before the invention of the automobile, how did people travel? Prior to the invention of cars, people traveled via bicycles, carts, railroads, boats, and horses. For long distance travel, there were trains and boats. For shorter distances, horses, bicycles, and wagons were employed. In addition, more people walked than do so now.

When did cars come into being? In 1886, Karl Benz, a German inventor, created the first automobile. This vehicle was not intended for mass production; rather, it was an invention. A public vehicle known as the "Model T" was developed more than a century ago, in 1908. Ford Motor Company produced the "Model T". Henry Ford was the owner of this corporation. Henry Ford aimed to create an affordable vehicle that would enable a large number of people to own one. The horse-drawn carriage was swiftly displaced by the car.

The Model T was not like modern cars at all. For a considerable amount of time, the automobile was only available in black. In addition, the Model T was far smaller than modern cars. It was limited to 45 miles per hour (mph) at its top speed. Race cars may now reach speeds of nearly 200 miles per hour (mph). The last Model T was produced in May 1927, but Ford Motor Company kept producing other models of automobiles.

What personal changes did autos bring about? Traveling was much easier with vehicles. People traveled much more and farther after the development of the automobile. For the cars to drive on, better roads were constructed. Fast food restaurants, gas stations, and auto repair shops all emerged.

QUESTIONS

PRACTICE 4. Match the following terms related to the history and impact of automobiles with their descriptions

1. Karl Benz
 2. Model T
 3. Henry Ford
 4. Horse-drawn carriage
 5. Fast food restaurants
- A. German inventor who created the first automobile in 1886.
- B. Public vehicle developed in 1908 by Ford Motor Company.
- C. Owner of Ford Motor Company, aimed to create an affordable car for the masses.
- D. Vehicle that was swiftly displaced by the car after the automobile's invention.
- E. Emerged as a result of increased travel with automobiles for convenient dining options.

READING PRACTICES

From Comfort to Connectivity PASSAGE 3

- A. Over the past few decades, technology has undergone impressive progress, which has changed our lives and enabled us to keep up with it. More than anything else, technology has made it possible for people to live comfortable and convenient lives. Examples of these include the development of roads, trains, and airplanes allowing easy travel, as well as the ease with which people may communicate from anywhere in the world.
- B. We also know more about the outside world and space thanks to technology. Technology is responsible for the advancement of every field, demonstrating the pervasiveness of technology in our lives and the importance of the highest paying tech employment. We go into more detail about the significance, advantages, and effects of technology in the sections that follow.
- C. The importance of technology in today's fast-paced environment cannot be overstated on any front. Because of this, there has been a significant shift in the way we work, communicate, and solve complex problems, which emphasizes the importance of technical proficiency and digital literacy now more than ever. For those who wish to be successful in the IT industry, enrolling in a Java Full Stack Developer course might be a significant step.

QUESTIONS

PRACTICE 5. Match each statement to the correct paragraph (A, B, or C).

1. Technology's role in enabling comfortable and convenient lives.
2. The critical need for digital literacy in solving complex problems.
3. The contributions of technology to the understanding of space.
4. Examples of technological developments that facilitate travel and communication.
5. The impact of technological advancements on work and communication.
6. A recommendation for those aiming to succeed in the IT industry.
7. The need for continuous progress in technology.
8. The reason behind the pervasiveness of technology in our lives.
9. The development that revolutionized transportation and communication.
10. A specific field of study suggested for IT aspirants.
11. How technology has improved our knowledge of the world beyond Earth.
12. The connection between technology and the highest paying jobs.

READING PRACTICES

Challenges and Opportunities PASSAGE 4

A. Both the complexity and interconnectedness of technologies are rising. More computer software is used today than ever before in cars, airplanes, medical equipment, financial operations, and electrical systems, which makes them appear more difficult to comprehend and, in some cases, regulate. There is less human-to-human contact than ever before due to government and corporate surveillance of people and information processing, which primarily relies on digital technologies and artificial intelligence. This creates more opportunities for biases to become encoded and embedded in our technological systems in ways we might not even be able to recognize or identify.

B. The field of bioengineering is expanding its horizons to tackle philosophical, political, and economic inquiries concerning the relationship between humans and nature. Furthermore, these big and small systems and devices are increasingly managed via the cloud, which makes control over them extremely distant and cut off from social or human oversight. Because it is so difficult to comprehend how technologies like artificial intelligence or the Internet of Things work or who is to blame when something goes wrong, the study of how to make these technologies "explainable" has grown into its own field of study.

C. Because of this increasing complexity, it is more important than ever for academics to investigate how global technological developments are affecting people's lives in both positive and negative ways, as well as what social, political, and legal measures are necessary to influence the development and design of technology in ways that will be beneficial. Given how quickly technology is advancing and how certain it seems that it will continue to do so, it may seem impossible to accomplish this, but many nations are only now starting to take meaningful action to regulate computer technologies and are still in the process of completely reevaluating the laws governing international data flows and cross-border technology exchange.

UNIT 16. ANIMAL LIFE

TARGET: vocabulary related to animals and its life style / short-answer questions / exercises

Tortoises PASSAGE 1

The Galapagos Islands are located in the Pacific Ocean, west of South America. This region is home to a diverse array of exclusive reptile, bird, and plant species. The survival of these animals on the islands can be attributed to their isolation from perilous fauna, diseases, and human presence.

The Galapagos islands are renowned for their colossal tortoises. The lifespan of these tortoises is over 100 years, and they can reach a weight of around 270 kilograms. Their weight is so substantial that only a group of six or eight individuals can raise them.

In the past, sailors, explorers, hunters, and fishers arrived at the islands and hunted down the sluggish and amiable animals for their meat. Several tortoises were removed from the islands to be placed in zoos or private collections.

These tortoises are currently classified as endangered species. Currently, the remaining population stands at approximately 6,000 individuals. Currently, both they and their residence are safeguarded.

IMPROVE YOUR VOCABULARY

- 1. Exclusive:** Limited to a particular group or area; not shared or available to others.
- 2. Isolation:** The process or condition of being separated or detached from others; the state of being alone or solitary.
- 3. Specie:** Taxonomic group whose members can interbreed.
- 4. Fauna:** The animal life of a particular region, habitat, or geological period.
- 5. Hunter:** Someone who hunts game.
- 6. Disease:** Illnesses or medical conditions that affect living organisms.
- 7. Private Collections:** Personal assemblages of items or objects owned by individuals rather than institutions.
- 8. Collection:** Several things grouped together or considered as a whole.
- 9. Sailor:** People who navigate and work on ships or boats, especially as members of a navy or merchant marine.
- 10. Lifespan:** The length of time for which a person, animal, or thing exists or is functional.
- 11. Substantial:** Of considerable importance, size, or worth; significant or ample.
- 12. Endangered:** At risk of extinction or harm; in need of protection for survival.
- 13. Population:** All the inhabitants of a particular town, area, or country.
- 14. Residence:** A person's home or place where they live.
- 15. Safeguarded:** Protected or defended from harm or danger; ensured safety or security.
- 16. Explorer:** A person who travels to unfamiliar places in search of new information or discoveries.
- 17. Sluggish:** Slow-moving or inactive; lacking energy or alertness.
- 18. Amiable:** Friendly, pleasant, or likable in nature; showing goodwill or kindness.
- 19. Remove:** Taken away from a particular place or position.
- 20. Zoo:** Establishments where animals are kept for public exhibition, conservation, and education.

VOCABULARY PRACTICES

PRACTICE 1. Find the synonyms for these words from the passage 1

Exclusive	Accumulation, aggregation
Isolation	Kind, sort
Specie	Separation, union
Fauna	Sole, single
Hunter	Colonization, settlement
Disease	Endanger, imperil, substantial
Lifespan	Endangered, imperil
Substantial	Huntsman
Endangered	Illness, sickness
Population	Life-time, period

PRACTICE 2. Find the antonyms for these words from the passage

Residence	Energetic
Safeguarded	Hostile
Explorer	Transience
Sluggish	Homebody
Amiable	Exposed
Zoo	Public displays
Remove	Dispersion
Private Collections	Landlubbers
Sailors	Add
Collection	Wilderness

VOCABULARY PRACTICES

PRACTICE 3. Answer to the following question. Use no more than two words

1. Where are located the Galapagos Islands located?

2. What is the lifespan of Galapagos tortoises?

3. How much can Galapagos tortoises weight?

4. Who hunted the tortoises in the past?

5. How many tortoises are left now?

6. What classification do the tortoises currently hold?

READING COMPREHENSION

Short-answer question

Short-Answer Questions are a prevalent question format in the IELTS Reading test. You may be asked to provide concise responses, limited to a maximum of three words or a number. This question type requires you to locate precise information inside a paragraph and provide concise responses to the questions. The maximum word limit for your answers will be provided. Writing four words results in an incorrect answer. Accuracy in spelling is also essential.

TIPS

1. carefully examine each question
2. scan the passage to swiftly identify the pertinent information
3. adhere to the word restriction
4. reproduce the answers precisely as they appear in the passage.

the answers can be located in the sequence of the passage, although this is not universally accurate.

READING PRACTICES

Adaptability of parrots to changes in their habitat. PASSAGE 2

Parrots are distributed across the tropics and may be found in all southern hemisphere continents except Antarctica. However, Australia stands out as the region with the most diverse and varied species of parrots. Australia is home to one-sixth of the world's 345 parrot species, and it has gained a reputation for its abundant and diverse population of parrots.

In the 16th century, the German geographer Mercator created a global map which featured a location, located near present-day Australia, that he called Terra Psittacorum - the Land of Parrots. In 1865, the renowned British biologist and wildlife artist John Gould expressed that the many species of birds belonging to this prominent family in Australia contribute significantly to its tropical and gentle ambiance.

A significant portion of Gondwana was characterized by extensive rainforests that were pierced by large, sluggish rivers and immense lakes. However, by eight million years ago, significant transformations were occurring. The interior of the Australian continent has seen a process of desiccation, causing the rainforests that used to be widespread in the area to progressively shrink towards the edges of the continent. These rainforests still persist to some extent at the continental margins.

The organisms that persisted in those diminishing rainforests had to adapt to the arid circumstances or confront annihilation. In response to these dire circumstances, the parrot family, which is usually located in jungles in other regions of the world, has established a presence in some of Australia's most inhospitable habitats. The parrots migrated from their original woods to the eucalypt woodlands and eventually settled in colonies in the central deserts of Australia. As a result, they underwent diversification, leading to the emergence of several species with adaptations that represent the necessary modifications made by animals and plants to live in these environments.

QUESTIONS

PRACTICE 4. Answer to the following questions using no more than two words

1. Which continent lacks parrots?

2. How many parrot species are there worldwide?

3. Who created the Terra Psittacorum map?

4. When did John Gould express his views on Australian parrots?

5. What ancient continent are parrots believed to originate from?

6. What type of forests characterized Gondwana?

7. Where did parrots migrate from in Australia?

8. To what type of woodlands did parrots move?

READING PRACTICES

Do animals possess the ability to count? PASSAGE 3

Psychologist Elizabeth Brannon asserts that a fundamental numerical skill is the capacity to differentiate between a greater and a lesser quantity. The kids' performance resembles that of a monkey. According to her, it is virtually indistinguishable.

Humans and monkeys belong to the taxonomic group of animals called primates. However, there are other species whose numerical abilities also depend on ratio. It appears that the same principle applies to certain amphibians. Claudia Uller, a psychologist, conducted an experiment where salamanders were enticed with two groups of fruit flies contained in transparent tubes. During a series of experiments, the researchers observed the direction in which the salamanders moved, inferring that if they have the ability to discern numbers, they would choose the tube with the greater number. The salamanders were able to accurately differentiate between tubes carrying 8 and 16 flies, but they were unable to distinguish between tubes containing 3 and 4, 4 and 6, or 8 and 12 insects. It appears that in order for the salamanders to differentiate between two numbers, the greater number must be at least twice the size of the smaller number. Nevertheless, they exhibited comparable proficiency in distinguishing between 2 and 3 flies as they did between 1 and 2 flies, indicating their distinct perception of small numbers compared to bigger numbers.

READING PRACTICES

Additional evidence for this notion is provided by research on mosquitofish, which naturally congregate in the largest group possible. A study conducted by researchers at the University of Padova revealed that mosquitofish are capable of distinguishing between a group consisting of three companions and a group consisting of four companions. However, they did not exhibit a preference between groups of four and five companions. Additionally, the researchers discovered that mosquitofish have the ability to differentiate between numbers up to 16. However, this is only possible when the ratio of fish in each group exceeds 2:1. These findings suggest that fish, similar to salamanders, have both approximate and exact number systems, which are also present in more sophisticated creatures like human infants and other primates.

In order to explore this potential, the experiments with mosquitofish were replicated, but this time substituting different geometric forms for the fish. The researchers organized these forms in a manner that ensured they possessed identical total surface area and brightness, while having varying quantities of items. Through several experiments conducted on 14 distinct fish, the researchers discovered that the fish reliably distinguished between 2 items out of a set of 3. The team is currently conducting tests to see if mosquitofish can also differentiate between three geometric items and four.

QUESTIONS

PRACTICE 5. Answer to the following questions using no more than two words or a word.

1. According to Elizabeth Brannon, what is a fundamental numerical skill?

2. What taxonomic group do humans and monkeys belong to?

3. In Claudia Uller's experiment, what animals were enticed with fruit flies?

4. What was the minimum ratio of flies that salamanders could accurately differentiate between?

5. What were the findings of the study on mosquitofish conducted at the University of Padova?

6. What geometric forms were substituted for fish in the experiments with mosquitofish?

7. How many geometric items could mosquitofish reliably distinguish between out of a set of 3?

8. What is the resemblance in performance between kids and monkeys, according to Elizabeth Brannon?

9. What is the taxonomic group that humans and monkeys belong to?

10. How did Claudia Uller test the numerical abilities of salamanders in her experiment?

READING PRACTICES

Guide to Animal Fitness PASSAGE 4

Running a marathon without training is impossible. Even with proper training, 42-kilometer jogs will be uncomfortable.

Now consider the barnacle goose. This bird travels 3000 km annually. How do birds prepare? Do they gradually improve their fitness over months? Barnacle geese rarely do this. Environmental physiologist Lewis Halsey says these species generally stay on the sea surface and eat a lot.

The subject of whether exercise is as correlated with fitness in other species as in humans had not been properly investigated until recently. The main idea is that animals stay healthy by exercising while hunting and avoiding predators.

Halsey notes that this may not always happen. Get the domestic cat. Most domestic cats spend most of their day lounging, seemingly uninterested in hunting. Even lethargic people can run fast, especially over short distances, when encouraged. Black and brown bears can also emerge from months-long hibernation with their muscle mass intact without any effort.

Barnacle geese exceed (this). Sedentary persons maintain their health. During a two-day migration, they can cover thousands of kilometers due to their stronger cardiovascular systems and flight muscles.

READING PRACTICES

Thus, if exercise does not determine physical strength, what is? A broader view of fitness offers one hint. Biologically, it means the body has strengthened and improved. In bears, these changes may be caused by colder weather or less food. Some factors boost muscle-protecting substance production during hibernation. These chemicals reach bear muscles via the circulation, preventing muscle atrophy.

According to Halsey, barnacle geese may be adjusting to temperature changes to prepare for a major physical challenge. In other birds, the stimulus may differ. Physiological ecologist Chris Guglielmo studied how daylight duration affects migrating songbirds, including yellow-romped warblers. "There is no necessity for us to capture small songbirds and train them to undertake flights lasting 6 or 10 hours," adds. Birds can fly for 10 hours in the wind tunnel when exposed to the right daylight cycle.

Our forebears had unpredictable lives. They had to move far to find food and avoid danger. Due to its biological cost, they had to maintain limited muscle mass. Each kilogram increases resting metabolism by 10–15 kcal/day. This may seem insignificant, yet muscles make up 40% of the average person's total mass. Daniel Lieberman, an evolutionary scientist and marathon runner, says most people spend 20% of their energy on muscle mass.



QUESTIONS

PRACTICE 6. Answer to the following questions using no more than two words or a word.

1. How far do barnacle geese migrate annually?

2. What activity do barnacle geese engage in before migration?

3. What assumption about animal fitness is questioned?

4. How do domestic cats maintain speed?





5. What do bears preserve during hibernation?

6. What cardiovascular adaptation do barnacle geese develop?

7. What might trigger barnacle geese's physical adaptations?

8. What effect does daylight have on warblers?

9. What do humans need for fitness?

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ACKNOWLEDGMENTS

Writing this book has been an incredible journey, and I am deeply grateful to everyone who has supported me along the way.

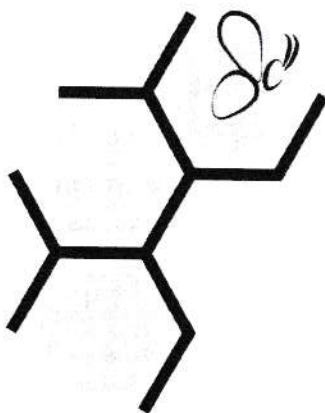
First and foremost, I want to thank my family and friends for their unwavering support and encouragement.

A heartfelt thank you to my workplace, Chirchik state pedagogical university, that has been giving great chances to every member of it and thoughtful suggestions greatly improved this manuscript. I am also grateful to my faculty, Tourism, for guiding me through the publishing process with wisdom and grace. Special thanks to the head of the English language theory and practice department whose advices have profoundly influenced my work.

I am deeply grateful to my research team students who were indispensable in uncovering crucial information that shaped the narrative.

With deepest appreciation,

Khamitov Eldorbek Erkin o'gli



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Reading and writing practice textbook

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Nashr. lits № 2244. 25.08.2020 y.

Bosishga ruxsat etildi 22.09.2024 y.

Bichimi 60x84 1/16. Ofset qog'oz. "Cambria"
garniturasi. Hisob-nashr tabog'i. 13,3.

Adadi 100 dona. Buyurtma № 2306810.

«Sarbon LLS» MCHJ bosmaxonasida chop etildi.
+998 (94) 673-66-56, +998 (97) 017-01-01





ISBN 978-9910-9952-1-7



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