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## lelts reading making time for science answer

INTERNATIONAL ENGLISH LANGUAGE TESTING SYSTEM ACADEMIC READING PRACTICE TEST 1 hour Time 1 hour INSTRUCTIONS FOR CANDIDATES Do not open this question document until you are told to do so. In the spaces at the top of this page, write your name and candidate number. Carefully read the instructions for each piece of paper. Answer all the questions. Write answers on the answers sheet. Use a pencil. You must complete the answer sheet within the time limit set. At the end of the test, please include both this question document and the answer page. INFORMATION FOR CANDIDATES This question paper contains 40 questions. Each question has one sign. READING PASSAGE 2 1 You should spend about 20 minutes on 1-13 questions based on Reading Passage 1. MAKING TIME SCIENCE CHRONOBIOLOGY may sound a bit futuristic – like something of a science fiction novel, perhaps – but it's actually an area of study that is associated with one of the oldest processes of life on this planet ever known: the fleeting rhythm of time and their impact on flora and fauna. It can take many forms. For example, marine life is affected by flood patterns. Animals tend to be active or inactive, depending on the position of the sun or moon. Many creatures, including humans, are mostly initiators – that is, they like to go out in the hours of sunlight. Nocturnal animals, such as bats and possums, prefer to buy at night. The third group is known as crepuscular: they thrive at dawn and dusk in low light and remain inactive for other hours. As for humans, chronobiologists are interested in the so-called circadian rhythm. This is a complete cycle our bodies are naturally focused on performing over twenty-four hours a day. In addition to sleeping at night and waking up during the day, each cycle involves many other factors such as changes in blood pressure and body temperature. Not everyone has an identical circadian rhythm. For example, night people often describe how difficult it is for them to act in the morning, but they become alert and targeted in the evening. This is a benign variation of circadian rhythms called chronotype. Scientists have limited capacity to develop persistent modifications of chronobiological needs. For example, the latest therapeutic development in humans, such as the use of artificial light machines and melatonin, can redefine our circadian rhythms, but our bodies can tell the difference and health suffer when we violate these natural rhythms for a long time. Plants look no more malleable in this regard 3; studies show that seasonally grown and matured vegetables on the tree are much higher in essential nutrients than those grown in greenhouses and matured by laser. Knowledge of chronobiological patterns can have many pragmatic consequences in our daily lives. Although modern life can sometimes seem to enslave biology - after all, needing circadian rhythms when we have to tablets, energy drinks, shift work and cities that never sleep? – It is important to keep it in sync with our body clock. The average city dweller, for example, wanders 6.04 a.m, which scientists consider premature. One study found that even growing by 7.00 .m has harmful health effects unless exercise is performed 30 minutes afterwards. The optimal moment was reduced to 7.22 .m; muscle aches, headaches and mood were reported to be the smallest study participants who woke up then. When you're ready to go, what then? If you are trying to shed a few extra pounds, nutritionists are unyielding: never miss breakfast. It disorients your circadian rhythm and puts your body in a hunger regime. The recommended course of action is an intensive workout with a carbohydrate-rich breakfast: on the contrary, the round and weight loss results are not so pronounced. Morning is also perfect for dissegregation of vitamins. Replenishing absorption in the body is not time-dependent, but naturopath Pam Stone notes that an additional boost during breakfast helps us to live up the day ahead. For better absorption, Stone suggests linking supplements to food in which they are soluble, and managing from caffeine drinks. Finally, Stone warns against taking care of storage; high strength is best for absorption, and heat and humidity are known to deplete the supplemental strength. After dinner espressos are becoming more and more tradition - we have Italians to thank for this - but to prepare for a good night's sleep we better start brakes on caffeine consumption already at 3 am.m. With a seven-hour half-life, a cup of coffee containing 90 mg of caffeine taken this hour can still leave 45 mg of caffeine in your nervous system at ten o'clock that evening. It is very important that by the time you are ready to sleep, your body will get rid of all traces. Evenings are important for going to bedtime; however, nutritionist Geraldine Georgeou warns that after five carbohydrates there is a rapidly more cultural myth than a chronobiological need. This will deprive your body of vital energy needs. Overloading your intestines can lead to indigestion, though. Our digestive tract does not close at all at night, but their work slows down to crawl as our bodies prepare to sleep. A small amount of snack consumption should be enough. 4 Questions 1 to 7 Do these statements correspond to the information in Reading Passage 1? In boxes 1 to 7 of the reply sheet, type TRUE if the statement agrees with the false information if the statement conflicts with information that has not been provided, unless information about this 1 Chronobiology is a study of how live things have evolved over time. 2 Sea level rise and fall affect the way sea creatures behave. 3 Most animals are active during the day. 4 Circadian rhythms determine how we do different things on different days. 5 A night person can still healthy circadian rhythm. 6 New therapies can permanently change circadian rhythms without compromising. 7 Naturally produced vegetables have more nutritional value. 5 8-13 Questions In the answers sheet, type the correct letter A, B, C, or D in cells 8-13. 8 What have scientists identified as the ideal time to wake up in the morning? A 6.04 B 7.00 C 7.22 D 7.30 9 To lose weight, should we avoid eating breakfast B to eat a low-carb breakfast C exercise before breakfast D exercise after breakfast 10 Which is not mentioned as a way to improve the absorption of supplements? Avoid drinks containing caffeine while taking supplements B by taking supplements at breakfast C while taking supplements with foods that are not available. who can dissolve them D store supplements in a cool, dry environment 11 The best time to stop drinking coffee is mid-afternoon B 10 p.m.C only when it feels anxious D after dinner 6 12 Evening we should stay away from carbohydrates B stop using C to eat as much D eat light food 13 Which of these phrases best describes the main purpose of reading excerpts? A offer of healthier eating, sleep and exercise techniques B describe how modern life has made chronobiology fundamentally irrelevant for C-center chronobiology and describe some practical programs D plan a daily schedule that can change our natural chronobiological rhythms 7 READING PASSAGE 2 You should spend about 20 minutes on issues 14-26, which are based on Reading Passage 2 below. Triune1 brain The first of our three brains to evolve is what scientists call the reptile cortex. These brains support elementary survival activities of animals, such as breathing, proper rest and beating hearts. We do not have to think deliberately about this activity. The reptile bark also has a startle center, a mechanism that facilitates a rapid reaction to unexpected events in our environment. That panic lurch you experience when the door slams shut somewhere in the house, or the increased awareness you feel when a twig cracks a nearby bush, and an evening stroll is both examples of reptile bark at work. As for our interaction with others, the reptile brain offers only the main impulses: aggression, mating and territorial defense. In this sense, there is no significant difference between a crocodile defending its place along the river and a turf war between two gangs in the city. Although the lizard may have a claim to its habitat, it makes complete indifference to the well-being of its young people. But listen to the anguished squeal of the dolphin separated from its pod, or testify to the sight of elephants mourning their dead, and it is clear that a new development is underway. Scientists have identified this as a limbo bark. Unique to mammals, the limbic bark impels creatures to nurture their offspring, providing feelings of tenderness and warmth when the children are nearby. The same sensations also cause mammals different types of social relationships and sibling networks. When we are with others in our own way – be it in football practice, church, school or nightclub – we experience positive feelings of bitterness, solidarity and comfort. If we spend too long on these networks, then loneliness will settle down and encourage us to seek friendship. Only human capacity goes beyond the bark of these two. People eat, sleep and play, but we also talk, plot, rationalize and discuss smaller moral points. Our unique abilities are the result of a wide third brain - neocortex - 1 Triune = three in one 8, which engages in logic, mind and ideas. Neocortex's power stems from its ability to think beyond the present, at a specific moment. While other mammals are mostly limited to impulsive actions (although some, such as monkeys, can learn and remember simple lessons), people can think of a big picture. We can combine simple lessons (for example, an apple falls down from a tree; harms others causing dissatisfaction) to create complex theories of physical or social phenomena (e.g. gravity laws and concerns about human rights). Neocortex is also responsible for the process by which we take a decision and undertake to take certain actions. Over time, these choices can accumulate into feats of progress unknown to other animals. Anticipating a better degree for the next morning exam, the student can ignore the limbic desire to communicate and go to bed early instead. Within three years, this permanent victim is transformed into a first-class degree and a scholarship for graduates of higher education; throughout life, this can mean an innovative contribution to human knowledge and development. The ability to donate our drive immediately to satisfy the benefit later is a neocortex product. Understanding the triune brain can help us assess different types of brain damage and psychological disorders. The most devastating form of brain damage, for example, is a condition where something is understood to be brain dead. In this state, a person seems only unconscious – sleep, perhaps – but it is illusive. Here the brain of reptiles acts on autopilot, despite the constant loss of other bark. Limbic cortical disorders are recorded differently. Puppies, available for limbic damage, can move and eat well enough, but do not register the presence of their littermates. Scientists observed how after a limbic lobotomy, one disturbed monkey stepped on its indignant peers, as if stepping on a log or rock. In our own species, limbic damage is closely related to sociopathic behavior. Sociopaths with fully functioning neocortexes are often shrewd and emotionally intelligent people, but they lack the ability to relate, empathize or express concern about One of the wonders of neurological history occurred when a railway worker named Phineas Gage survived an incident in which a metal rod skewered his skull, taking a number of his neocortex with him. Although Gage continued to live and work as before, his fellow staff watched a change in his personality balance. Gage's animal inclinations were now strongly expressed at a time when his intellectual abilities were suffering; garrulous or obscene jokes have changed your once fast mind. However, the new findings show that Gage has managed to mitigate these sudden changes over time and rediscover the right social way. This would suggest that reparative therapy can help patients with advanced brain trauma gain a better quality of life. 2 Lobotomy = surgical cutting of brain nerves 9 14-22 questions A reptile cortex B characteristic classification as as characterized by limbic bark C neocortex answer sheet 14-22 boxes type the correct letter A, B or C. 14 throw short-term happiness future gains 15 to maintain the body functions necessary for life 16 experiencing pain to lose another 17 forming communities and social groups 18 when making a decision and executing it in 19 conservation areas of the land 20 develop explanations of things 21 supervise your young 22 quickly respond to sudden movement and noise 10 Questions 23-26 Complete the sentences below. Write no more than two words for each answer from the excerpt. Enter the answers in cells 23 through 26 on the answer sheet. 23 A person with only a functioning reptile bark is known as .... 24 ..... people are associated with limb disorder. 25 Phineas Gage lost part of his industrial accident as a result of an industrial accident..... 26 After the accident, co-workers noticed a balance between Gage's..... and higher order thinking. READING PASSAGE 3 You should spend about 20 minutes on 27-40 questions, which are based on reading excerpt 3 below. HELIUM'S FUTURE UP IN THE AIR A IN RECENT YEARS WE HAVE ALL BEEN EXPOSED TO DIRE MEDIA REPORTS ABOUT THE impending collapse of global coal and oil stocks, but the depletion of other major unrevealed resources continues without getting much press at all. Helium is an inert, odorless, monotonical element known as the material that floats balloons and inhales voices creaking – can disappear from this planet in a generation. B Helium itself is not rare; in fact, there is a large supply of space. In fact, 24 percent of the elemental mass of our galaxy is helium, making it the second most abundant element in our universe. However, due to its ease, most helium disappeared from our planet many years ago. Therefore, only a miniscular proportion – 0.00052%, exactly – remains in the earth's atmosphere. Helium is a by-product of millennia of radioactive decomposition from thorium and uranium elements. Helium is mostly trapped in the underground gas hoppers and commercially extracted by fractional distillation. C The loss of helium on Earth would greatly affect society. Despite the perception that it is novelty material for parties and tricks, the element actually has many vital applications in society. Perhaps the most well-known commercial use is airplanes and blimps (a non-combustible helium replaced hydrogen as a lifting gas du jour after the Hindenburg disaster in 1932, during which the plane burst into flames and crashed to the ground killing some passengers and crew). However, helium also helps deep-sea diving when it is mixed with nitrogen to reduce the risk of inhaling ordinary air under high pressure; as a cleaning agent for rocket engines; and, the most common use as a coolant superconductor magnets for hospital MRI (magnetic resonance imaging) scanners. D The possibility of permanent loss of helium poses a real crisis, because its unique properties are extremely complex, if not impossible to duplicate (of course, no biosynthesis ersatz product is close to the point of helium capabilities, even if similar changes continue to grow rapidly in oil and carbon pike). Helium even cheerfully derided as a loner element because he did not follow other molecules, such as his cousin, hydrogen. According to Dr. Lee Sobotka, helium is the most noble gas, which means that it is very stable and unresponsive for the most part ... it has a closed electronic 12 configuration, a very closely bound ao large aoo, which is a very closely bound ao large, and has a very close-knit ao large It is this prestige of its electrons that does not allow to combine with other elements. Another important attribute is the unique helium boiling point, which is lower than that of any other element. Due to the deteriorating global shortage of millions of dollars in value, life-saving equipment can become completely useless. As a result of the decline in supply, research and development projects in physics laboratories and factories around the world have already been postponed. There is a huge imbalance between supply and demand, partly due to the development of high-tech production in Asia. E The source of the problem is the Helium Privatisation Act (HPA), an American law passed in 1996 that requires the US National Helium Reserve to liquidate its helium assets by 2015, regardless of market price. While the intention is to pay the initial cost of the reserve the U.S. Congress is unaware of its consequences, the result of this fire sale is that global helium prices are so artificially deflated that few may be worried about processing the material or using it wisely. The deflated value also means that natural gas extractors do not see a reason to catch helium. A lot is lost in the extraction process. As Sobotka notes, [t]he government had a good vision to keep helium, and the question now is this: Do corporations have a vision to capture it when extracting natural gas, and consumers have the wisdom to recycle? long-term vision, as current market forces are not enough to force prudent practices. Nobel Laureate Robert Richardson, the US government must be defeated to abolish its privatisation policy, as the country supplies more than 80 percent of the world's helium, mainly from the National Helium Reserve. If Richardson had 25 times price increases, there would be incentives to recycle. F A number of steps are needed to avoid costly predicaments in the coming decades. Firstly, all existing helium stocks should only be retained and released with authorisation and medical use should take precedence over other commercial or recreational needs. Secondly, retention should be mandatory and ensured by the regulatory agency. At present, some consumers, such as hospitals, tend to thoroughly recycle, while others, such as NASA, waste huge amounts of helium. Finally, research into helium alternatives must begin in earnest. 13 In questions 27–31, Reading Passage 3 contains six paragraphs A to F. Which paragraph contains this information? In cells 27–31 of the answer sheet, type the correct letter A through F. 27 The use of helium, which makes activity safer 28 option to create an alternative to helium 29 term, describes the process of removing helium from the ground 30 reasons why helium users are not trying to preserve it 31 contrasts between helium chemical properties and how non-scientists think about it In Questions 32–35 Do these statements correspond to the writer's statements in reading Passage 3? In boxes 32 to 35 of the reply sheet, type YES if the statement agrees with the writer's NO statements if the statement contradicts the writer's statements, which were not made, if it is impossible to say what the writer thinks of this 32 Helium. 33 Helium is a very cold substance. 34 High-tech industries in Asia use more helium than laboratories and manufacturers in other parts of the world. 35 The US Congress understood the possible consequences of HPA. 14 Questions 36-40 Please complete the summary below. For each answer, select no more than two words in the excerpt. Enter the answers in cells 36 through 40 of the answer sheet. Sobotka argues that big business and consumers helium need to be helped to maintain helium stocks since 36..... will not be encouraged solely by buying and selling. Richardson thinks 37..... should be withdrawn, as the US provides most of the world's helium. He argues that higher costs would mean that people have 38..... use resources many times. People should need 39..... access the helium that we still have. Also, 40 ..... should ensure that helium is used with caution. ANSWERS: Academic Test One: Reading answers Each question correctly answered by scoring at 1 mark. All answers require the correct spelling. Section 1 1: FALSE 2. TRUE 3. 4. FALSE 5. TRUE 6. FALSE 7. TRUE 8. C 9. C B 11. 12. D 13. Section C 2 14. C 15. 16.B 17. B 18. C 19. 20.C 21. B 22. 23. Brain dead 24. sociopathic behaviour 25. neocortex 26. animal predispositions Chapter 3 27. C 28. D 29. B 30. E 31. 32. Yes 33. No 34 were submitted. No 35. No 36. prudent practice 37. privatisation policy 38. incentives 39. authorisation 40. Regulatory Agency

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