

Culture: locating relevant paragraphs

By the end of the lesson I will be able to:

- skim texts to identify relevant paragraphs.
- understand how to respond to matching sentence ending tasks.
- understand how referencing words connect ideas.



INTRODUCTION

1. You are going to read a text about cultural change. Which of these things are important parts of your culture?

- | | |
|-----------------------------------|---------------------|
| 1. Doing sport | 5. Reading books |
| 2. Eating with family and friends | 6. Studying |
| 3. Going shopping | 7. Visiting museums |
| 4. Listening to music | 8. Watching TV |

2. What other aspects of culture are important in your country?



TASK FOCUS

3. Look at the first part of the sentences in activity 4. Which paragraphs of the text will give you the information you need to complete the sentences?

4. Read the text and answer the questions.

Complete each sentence with the correct ending, A–H, below.

- | | |
|----------------------------|--|
| 1. Cultural capital | A. may change the appearance of cities. |
| 2. Subcultures | B. may become part of the dominant culture. |
| 3. Counter-culture | C. can improve people's job prospects. |
| 4. Communities of migrants | D. may become less valued over time. |
| 5. Global culture | E. might bring benefits to local cultures. |
| 6. Cultural hybridization | F. may or may not grow rapidly. |
| | G. can influence government policies. |
| | H. has affected people's sporting interests. |



IELTS SKILLS

5. Read the questions in activity 6. Then follow the steps below.

1. Underline the key words in each sentence.
2. Think of synonyms for the key words.
3. Try to predict which paragraph you will find the information in.



IELTS PRACTICE

6. Answer the questions on the reading passage.

The reading passage has seven paragraphs, A–G.

Which paragraph contains the following information?

Write the correct letter, A–G next to each piece of information.

Note: You may use any letter more than once.

- | | |
|---|-----------------|
| 1. Something that was developed for a local culture | Paragraph _____ |
| 2. A comparison between wealth and culture | Paragraph _____ |
| 3. A change which is now happening at a faster pace than before | Paragraph _____ |
| 4. A major change that takes place at a slow rate | Paragraph _____ |
| 5. The importance of connections to organisations | Paragraph _____ |
| 6. The effects of being distant from our culture | Paragraph _____ |
| 7. Examples of things we do every day | Paragraph _____ |

7. Which of these statements reflects the author's attitude to cultural change?

1. It is harmful and should be slowed down or reversed.
2. It is beneficial and should be encouraged.
3. It may bring advantages and disadvantages.



USEFUL LANGUAGE FOR IELTS

8. Look at paragraph G in the text. What do the words in bold refer to?

1. This *cultural hybridization*
2. These _____
3. one _____
4. the other _____
5. do so _____

9. Answer these questions about the text.

1. Which word in the second sentence of paragraph A refers to *culture*? _____
2. Which word in second sentence of paragraph B refers to *cultural experience*? _____
3. Which word in the second sentence of paragraph D refers to *subcultures*? _____
4. Which word in the last sentence of paragraph D refers to *musical styles*? _____
5. Which word in the first sentence of paragraph F refers to *global culture*? _____
6. Which word in the last sentence of paragraph F refers to *cultural erosion*? _____

10. Discuss these questions.

1. Which subcultures do you belong to?
2. Do you think international culture is having a positive or negative impact on your local culture?
3. Can you think of examples of cultural hybridization in your country?



SELF-STUDY

Choose one of the videos about UK culture from here and do the online activities that go with it.

<http://tinyurl.com/hb96327>

Coping with cultural change

- A. While the word *culture* often reminds us of the arts, it is more commonly defined as the general customs and belief which govern our way of life. As such it is central to all our lives, encompassing ceremonies and rituals (like marriage), social exchanges, and the *technologies* of daily life, like the way we cook, dress, and speak to each other. Although we are all no doubt familiar with our own cultures, we seldom stop to appreciate their importance. Yet culture is a serious matter and the rapid changes that our modern cultures are being subjected to deserve careful consideration.
- B. Culture is essential to our well-being. According to psychologists, each time we share a cultural experience with someone, whether that is a meal with a family member, a joke with a colleague, an exchange of gifts with a friend, or a pleasantry with a neighbour, we gain a sense of worth, demonstrating to ourselves that we belong and that our values are endorsed by others. By comparison, being removed from our culture can be a profoundly lonely and isolating experience.
- C. But the importance of culture doesn't end with its impact on our feelings, for it is also a tool we can use to advance our interests, rather like money. When discussed in this way, culture is often referred to as *cultural capital*, of which there are thought to be three types. First there is useful knowledge, like how to dress well and speak effectively; then there is the possession of valued cultural assets, like paintings or desirable property; and finally the various qualifications, subscriptions and memberships we hold that link us to powerful institutions, such as universities, professional bodies, media, and government. The greater our cultural capital, the greater our ability to negotiate with others, either in our private relationships or careers.
- D. Yet all the cultural capital that we spend our lives building rests on insecure foundations, partly due to challenges from *subcultures*, smaller groupings united by shared interests. Examples of these might include football supporters, students, members of a running club, or communities of migrants, each with their own distinctive way of relating to one another. While some of these subcultures are quite stable in size, others are dynamic and expand over time. A good example is youth culture, which is often thought of as *counter-culture* due to its frequently rebellious nature. Eventually the young increase their cultural capital, and once they reach a certain level of influence they form a critical mass, and will affect the dominant culture, bringing profound cultural change. An example of this is that musical styles which young people are initially criticised for embracing may become those of the dominant culture over time.
- E. The problem is that the rise and development of subcultures is becoming increasingly rapid, threatening the cultural capital that many have inherited or acquired. Due to mass media and the increased mobility of populations, subcultures now attract new members very quickly. Migrant communities, for example, enter urban areas in large numbers, creating ethnoscapings of shops and restaurants that reflect their members' cultural heritage, while online media platforms mobilize large communities of internet users to campaign, or influence governments on various issues. Consequently, subcultures can be seen to erode or damage mainstream culture and this causes many people to see their culture as being under threat.
- F. A further perceived challenge to local cultures has come from a developing *global culture*, which can be seen in the rise of internationally popular cultural practices like watching football, eating Chinese food, or speaking English. Cultural spread on this scale has contributed to a sense that the cultural inheritance of communities in many countries is becoming less valued, a process known as *cultural erosion*. This is especially threatening when global culture seems to contrast with or challenge the existing values and social structures of local cultures.
- G. But the sense that cultures are in conflict may owe more to perception than reality, if we accept a model of cultural change known as *cultural hybridization*. **This** is essentially the idea that subcultures and global cultures are often used as a resource to enrich the dominant local culture, without causing a loss of values or challenging social structures too rapidly. Changes in the food that people eat are often used as examples of cultural hybridization. **These** are caused by increasing international travel, immigration and historical factors. One instance of a culinary cultural hybrid is a dish called *Ginger Beef* which was created by a Chinese chef in Canada in the 1970s. The recipe was developed to suit the tastes of Canadian diners, and soon became an important part of Canadian food culture. Even where this kind of blending doesn't happen, thriving subcultures may coexist with the dominant culture so long as **one** doesn't challenge the values or dominance of **the other**. After all, many of us move effortlessly between the main culture and different subcultures, adapting our attitudes and practices and accumulating cultural capital as we **do so**.
- H. In conclusion, as the rate of cultural change continues to increase, we cannot simply sit back and watch the process happen. We must recognise that it can materially damage both people's happiness and their interests if it fails to allow dominant local cultures to thrive. But so long as **it** is managed carefully and respectfully, we may all benefit from cultural change.

Healthy living: understanding paragraph topics

By the end of the lesson I will be able to:

- identify word forms to fill in gaps.
- respond to sentence completion tasks.
- use a number of common word endings.

INTRODUCTION

1. Complete the healthy living questionnaire.

Noun	Never	Rarely	Sometimes	Often	Always
1. I do exercise	1	2	3	4	5
2. I eat fruit and vegetables	1	2	3	4	5
3. I get enough sleep	1	2	3	4	5
4. I get stressed	1	2	3	4	5
5. I watch television	1	2	3	4	5
6. I spend time alone	1	2	3	4	5

2. Compare your answers with a partner and discuss how your life could be healthier.

IELTS SKILLS

3. Read the first sentence of each paragraph in the text. Write three or four words to summarise what the topic of each paragraph might be.

1. Paragraph B Diet, lifestyle – big business

1. Paragraph C _____

2. Paragraph D _____

3. Paragraph E _____

4. Paragraph F _____

5. Paragraph G _____

6. Paragraph H _____

4. Read the text and see if the guesses you made in activity 3 were correct.

5. Underline key words in these sentences. Then decide which paragraphs will contain the missing information.

1. In many different _____ consuming fewer calories resulted in living longer.
2. Research shows that _____ of hard physical activity each week might be enough exercise.

6. Fill in the gaps. Was the information in the paragraph you guessed it would be in?



TASK FOCUS

7. Read the sentences and decide what type of word is needed to complete them. Write N (noun/noun phrase), A (adjective/adjectival phrase) or AD (adverb/adverbial phrase).

1. A number of governments use _____ to assist less fortunate people.
2. Some people take advantage of these systems, which means that the regulations for applying are not as _____ as they could be.
3. This means that some people cannot obtain the _____ they want when they need it.
4. When people are in critical situations help needs to be put in place _____.

8. Read the text below and complete the sentences in activity 7. Choose NO MORE THAN THREE WORDS from the text for each answer.

Many countries have social support systems in place that attempt to help those in need. Sadly, the misuse of social support systems by some individuals often leads to complex rules which are not at all flexible. These dishonest people are perhaps not dealing with unforeseen circumstances, but are actually looking to exploit the system. The disruption this causes means that governments often choose to make rules tougher, and unfortunately this can mean the needy don't always get the support they require immediately. However, when dealing with vulnerable members of society, speed is important and so the social support system needs to quickly respond to requests for support.

9. Which of these strategies helped you do activity 8?

1. Identifying the types of words needed to fill the gaps.
2. Finding synonyms in the text for words in the sentences.



IELTS PRACTICE

10. Complete the sentences below.

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

1. About _____ was spent in America on exercise products and services in 2012.
2. The National Institute of Health says there is _____ that supplementary products are important for improving health.
3. The first research into the effects of eating fewer calories was carried out on _____.
4. Most studies say that eating less could extend the time in people's life that they are _____ for.
5. The pressures of modern life mean that many people pay for lessons that they _____.
6. According to research, doing _____ intense exercise every week might be all you need to stay fit.

11. Complete the notes below.

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

Staying healthy

Television is bad

- Viewing a lot of television can 1. _____ the time you are alive for.
- People have an increased risk of a 2. _____ when they view too much television.

Groups are positive

- Individuals without good 3. _____ can die sooner.
- Feeling alone can result in 4. _____

Sleep is important

- 5. _____ levels are higher when we don't get enough sleep and this makes us consume more food.
- 6. _____ helps us consume less food but we don't have as much of this chemical if we don't get enough sleep.



USEFUL LANGUAGE FOR IELTS

12. Look at the reading passage again.

1. Find and circle words with the suffixes in the box.
2. Decide if the words you found are nouns, verbs, adjectives or adverbs and complete the table.

-al -ence -ive -ment -ship -ed -ist -ly -ness -tion

Word type	Common ending
Noun	
Verb	
Adjective	-al
Adverb	

13. Complete each question with the correct form of the word in brackets.

1. Do you have a gym _____ or do you think this is a waste of money? (member)
2. How concerned are you about your health and _____? (fit)
3. Have you ever _____ taking food supplements? (consider)
4. Do you eat fast food often or _____? (rare)
5. Do you think there is a _____ between a person's lifestyle and duration of life? (connect)
6. A common expression in English is 'Everything in _____.'. What do you understand by this? (moderate)

14. In groups, ask and answer the questions in activity 13.



SELF-STUDY

Read the article about acupuncture. Make a comment about the article on the website.

<https://learnenglish.britishcouncil.org/en/magazine/acupuncture>

Healthy living

- A. It seems health and fitness are issues many of us are willing to spend vast sums of money on. However, there is a worrying trend that many people are relying on medical and pharmaceutical shortcuts when simple lifestyle changes could make a big difference.
- B. Exercise, diet and lifestyle are big business. Americans spend about \$35 billion a year on weight-loss products. Combined spending on gym memberships, fitness classes, DVDs, workout equipment and personal trainers was approximately \$45 billion in 2012. In the UK the number of people having a gastric band operation, an operation that makes the stomach smaller, rose from 1,054 in 2000–01 to 11,574 in 2010–11. Despite the National Institute of Health in America saying that it can identify no evidence that food supplements are necessary, Americans still spend \$23 billion a year on dietary supplements. Arguably, spending large sums on health and fitness is not required if some simple changes to diet and exercise are made.
- C. The idea that a low-calorie diet would extend life originated in the 1930s with a study of laboratory rats. However, it was not until the 1980s that the theory took off. Scientists reported that studies of species as diverse as yeast, flies, worms and mice showed that eating less meant living longer. Evidence though is now looking less conclusive as two similar studies with monkeys have found differing results. While it may not make people live longer, there is evidence in virtually all studies that a low-calorie diet could extend the time in people's life when they would be considered healthy.
- D. Diet alone is rarely considered enough to maintain a healthy lifestyle, let alone extend people's lifespan; in addition to diet, the level of physical activity is key. Unfortunately, modern life has placed pressure on people's time to such an extent that many struggle to fit in exercise, with British citizens wasting £37 million a year on gym memberships that they never actually use, or on exercise and slimming classes they never attend. So while intentions may be good, the reality is very different. Fortunately, recent research suggests that as little as three minutes of intense exercise a week may be enough to keep you healthy. High Intensity Training (HIT) activates 80 per cent of the body's muscle cells compared to 20–40 per cent from moderate jogging or cycling, and according to new research, a few short bursts of intense exercise can deliver many of the health and fitness benefits of hours of conventional exercise.
- E. One other change people can make is to simply become more active and do fewer sedentary tasks. Take watching television as an example. According to a new study, watching too much television can significantly shorten your life. Clearly, it's not actually the television that is the problem but that the most common way to watch television is sitting still. The longer you watch TV the greater your risk of dying at a younger age, especially from heart disease. People who watched TV for more than four hours a day were 80 per cent more likely to die from a heart attack than those who watched it for fewer than two hours a day. Every extra hour each day spent watching TV increases the chance of dying from a heart attack by 18 per cent. This pattern was true no matter what the age of the person was, and whether they had high blood pressure or not.
- F. While you can watch TV with others, for many people it is quite an isolated activity and it seems that being alone can also be bad for our health. People who do not have a strong group of friends have a much higher risk of dying from a heart attack. Even just feeling alone can have a negative effect. Researchers at the University of Chicago have found that feeling lonely and that no one understands you can lead to stress. If this feeling is long-lasting then the stress can place increased pressure on blood vessels and the heart.
- G. The final factor that could help us have a healthier lifestyle is one that will appeal to many people; more sleep. It starts out innocently enough. When you are sleep-deprived, you automatically eat more high energy food. The immediate result? You may be able to fight off sleepiness. The ultimate result? Unwanted weight gain. On average, we need about 7.5 hours sleep per night, but when we don't get enough sleep two hormones change: ghrelin and leptin. 'Ghrelin is the 'go' hormone that tells you when to eat, and when you are sleep-deprived, you have more ghrelin,' says Dr Breus, a clinical psychologist and specialist in sleep. 'Leptin is the hormone that tells you to stop eating, and when you are sleep-deprived, you have less leptin.' More ghrelin plus less leptin equals weight gain.
- H. An all-round healthier lifestyle could come simply from eating less, doing a small amount of intense exercise and sleeping enough. As well as being healthier, many people could save hundreds of pounds a year that they currently spend on looking for short-cuts to a healthy life.

Reading practice test

By the end of the lesson I will be able to:

- do a full IELTS Reading test.
- plan how to deal with areas of weakness.



IELTS SKILLS

1. Discuss these questions with a partner.

1. How many reading passages does the IELTS Reading test have?
2. How many questions are there in the test?
3. How much time should you spend on each reading passage?

2. Look at these possible reading strategies. Discuss which ones you plan to use.

1. Look at titles and any subheadings or pictures.
2. Identify and read the topic sentence in each paragraph.
3. Underline names, numbers and dates in the reading passage.
4. Underline key words in questions.
5. Think of synonyms for key words in questions.
6. Predict which word forms are needed to fill gaps.
7. Predict possible words to fill gaps.
8. Match possible sentence endings before reading carefully and deciding on the right one.



IELTS PRACTICE

3. Complete the practice IELTS Reading test.

4. Check your answers.

5. Think about any problems you had and discuss how you plan to improve in these areas.

1. My speed was too slow.
2. I did not read the instructions correctly.
3. I spelled some words incorrectly.
4. There were too many words that I didn't know in the reading passages.
5. I was not very good at _____ questions.
6. I _____.

READING PASSAGE 1

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

The city that fought the tide

- A. Venice is one of the most unusually located cities in the world. The first people to set up home in the area did so around 1,700 years ago. As the Roman Empire began to collapse, when invaders from northern Europe started to attack it, people looked for safe areas to live in. The channels and lagoons around modern-day Venice were hard for invaders to access, so hundreds of people fled to the area for safety. The invaders lacked ships and a knowledge of the sea and so could not attack the people living there. At first the residents needed limited protection from the water, and simple barriers built from plants and parts of animals were enough. However, the city quickly became rich and grew rapidly in size, meaning more elaborate building and protection methods were needed.
- B. Initially, the city thrived due to its maritime location. Its wealth came from the fish and salt of the lagoons. Selling these gave the inhabitants the ability to buy the things they did not have. The locals started to trade with the wealthy empire of Constantinople and the Levantine, and so began the growth of Venice as a wealthy merchant city. The city of Venice was built across 118 small islands that were connected by numerous canals and bridges. However, the buildings were not built directly on the islands. They were built on wooden platforms that were supported by wooden stakes driven into the ground. The engineering challenge involved was significant. One famous building in the city was constructed on top of over 1.1 million wooden stakes that were each four metres in length. These were all transported from Croatia and Slovenia by boat. These wooden stakes changed over time, as they interacted with the sea water, and turned into a material similar to stone.
- C. Unfortunately, the sea, rivers and lagoons which were once the city's source of protection and wealth became the biggest threat to its existence. In the early twentieth century a number of wells were sunk into the ground to enable local industry to draw water from them. Soon after this Venice began to sink. People quickly realised the connection between the construction of the wells and the damage caused to the city and their construction was banned in the 1960s. Houses are still sinking by around one to two millimetres per year, however, and in many old houses the stairs used to unload goods are now flooded, and the ground floor of many properties is largely uninhabitable. Today the largest risk is less from sinking buildings and more from tidal flooding, however.
- D. Modern Venetians have become used to the floods. Around a dozen times a year high water levels, caused by high tides, storms and heavy inland rain, flood the city. In recent years, due to rising sea levels caused by global warming, these events have started to happen at an alarming rate. A number of solutions have been proposed over the years to help reduce the flooding. While some doubted whether any would work successfully this did not stop the construction of what will become the largest dam anywhere in the world. In 2003, the MOSE – Modulo Sperimentale Elettromeccanico (Electromechanical Experimental Module) scheme was approved with the aim of protecting the city from any future floods.
- E. The scale of the new barrier is truly impressive. The city of Venice has three main water inlets: Malamocco, Chioggia, and Lido. The aim of the dam is to temporarily close all three water inlets. When high tides are forecast the control system fills large inflatables until they emerge out of the water, thus protecting the city from the high tides. In total there will be 78 gates across four main barriers. By breaking the dam into so many smaller parts it allows for flexibility in the levels of protection needed. When the risk is severe, all three inlets can be closed. When there is a lower threat just one or two inlets can be closed or all three inlets can be partially closed.
- F. The barriers' mechanism is very simple. Each hollow gate is a metal box-type structure which is connected to a concrete housing at the bottom of the lagoon. This housing keeps the gates in place and allows them to move. When the tide is normal the gates are full of water and remain inside the housing structure. When a high tide is forecast the gates are inflated with air, which pushes them out of the water. The gates are attached to a hinge and as they are inflated they rise up out of the water, keeping back the tidal surge. Once the tide lowers the gates are filled with water again and return to their housing.

- G. On average the gates will close the inlet for between four and five hours. To allow ships to continue to access the lagoon and the port of Venice there will be a large lock at the Malamocco inlet. At the other two inlets there will be smaller locks to allow emergency boats and other smaller craft through. Once completed, the dam structure will measure about 200,000 square metres in area. It is hoped that this will enable Venice to stop the constant flooding and save it from becoming a sinking city.

Questions 1–5

Complete each sentence with the correct ending, A–H, below.

Write the correct letter, A–H, in boxes 1–5 on your answer sheet.

1. Northern Europeans
 2. Early residents of the lagoon
 3. Citizens of the Levantine
 4. Local industries
 5. Modern Venetians
-
- A. have had to deal with high levels of flooding.
 - B. provided building materials.
 - C. were not financially successful.
 - D. didn't have problems with high water.
 - E. sold goods to Venetians.
 - F. couldn't get to Venice easily.
 - G. removed water from the ground.
 - H. argued about solutions.

Questions 6–10

Reading Passage 1 has seven paragraphs, A–G.

Which paragraph contains the following information?

Write the correct letter, A–G, in boxes 6–10 on your answer sheet.

6. A way of solving the problem is chosen
7. A change in the law
8. A method of construction
9. A method of crossing a barrier by boat
10. A successful escape

Questions 11–14

Label the diagram below.

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

Write your answers in boxes 11–14 on your answer sheet.

Flood Barrier Mechanism



READING PASSAGE 2

You should spend about 20 minutes on **Questions 15–27**, which are based on Reading Passage 2 on the following pages.

Questions 15–20

Reading Passage 2 has seven paragraphs, A–G.

Choose the correct heading for paragraphs B–G from the list of headings below.

Write the correct number, i–x, in boxes 15–20 on your answer sheet.

List of Headings

- | | |
|--|--|
| i Academic performance of wealthy children | vi Less capacity to think of others |
| ii Thinking about money can become a habit | vii The source of happiness? |
| iii Public suspicion of wealthy companies | viii The pressure of having rich parents |
| iv The appearance of the rich | ix The possibility of positive change |
| v Attitudes towards the rich | x Wealth and poor behaviour |

Example	Answer
Paragraph A	vii

- | | |
|-----------------|-----------------|
| 15. Paragraph B | 18. Paragraph E |
| 16. Paragraph C | 19. Paragraph F |
| 17. Paragraph D | 20. Paragraph G |

Questions 21–23

Choose **THREE** letters, A–F.

Write the correct letters in boxes 21–23 on your answer sheet.

Which **THREE** of the following effects linked to possessing wealth are mentioned by the writer?

- A. Breaking rules during games or tests
- B. Increasing generosity with time
- C. Being messy and disorganised
- D. Being judged unfairly by others
- E. Desire for particular products
- F. Feeling uncomfortable during play

Questions 24–27

Complete the summary below.

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

Write your answers in boxes 24–27 on your answer sheet.

Process addiction

Process addiction is normally accompanied by **24.** _____, which may involve doing household chores or leisure activities like **25.** _____. If a process addict is unable to carry out their behaviour they may become stressed and take actions in order to **26.** _____ their own brain. There are several process addictions involving wealth such as shopaholism, or gaining cash rewards and **27.** _____.

The impact of money

- A. Whether we feel rich or poor, money has a significant impact on how we behave. Our feelings about money are developed during childhood, and affect how we both use and react to money throughout our lives. But the effects can be surprising. Although the poor undoubtedly suffer from lack of money, those born into money can also experience a range of negative psychological problems. Furthermore, gains in wealth throughout our lives do not always bring positive effects. Money isn't always the route to happiness that some people feel it is.
- B. We can be negatively affected by money simply by being born into a rich family. From the outside, children from wealthy families can seem to have a very privileged existence and many are certainly happy. However, 'having it all' can come at a cost for some. Wealthier children are often more stressed than lower-income children, have a higher risk of anxiety and depression, and may become involved with cheating and stealing. According to psychologist Suniya Luthar, this has two main causes. Firstly, the children are often under pressure to excel academically and in other areas in order to become successful later in life, which can create a pressured environment from a young age. Secondly, due to a lack of family time because of their parents' successful careers, many can feel isolated from the family.
- C. Pressure can also come from people outside the family since the perception of the wealthy by wider society is often negative, whether that is fair or not. According to research published in *Scientific America* by the University of Pennsylvania, lower-income individuals often hold negative stereotypes of wealthy people, who are judged as cold. Additionally, they are envied and distrusted by many, so much so that people can actually be seen to take pleasure in the struggles of rich individuals. This stereotype is also applied to wealthy companies. In the study, participants connected companies, real and imagined, with particular behaviours depending on their profits. The more profitable companies were generally seen as 'evil' or more likely to behave in an inappropriate manner. These companies were not actually behaving in a negative way but people's perception was that they were likely to.
- D. While such perceptions are undoubtedly exaggerated, there may be a link between wealth and levels of empathy, or seeing things from someone else's perspective. According to research published in the journal *Psychological Science*, people with lower economic status tend to be better at reading others' facial expressions than wealthier people, which is essential for empathy. Without being able to read someone's facial expressions it is very hard to understand how that person is feeling and to adapt our behaviour or language accordingly. In a similar study by Paul Piff at the University of Berkeley, even fake money could make people behave with less consideration to others. When playing *Monopoly*, players with more of the money used in the game at first felt discomfort, but then went on to become aggressive. They took up more physical space, moved pieces more loudly, and even made negative comments to players with less money.
- E. Some people with more money may also feel a greater sense of entitlement than others. A further study by Paul Piff found that drivers of luxury cars were four times less likely to stop and allow people to cross at a pedestrian crossing than those in cheaper cars. The local law required them to stop but these drivers decided to continue, and ultimately break the law. This finding was further supported by researchers from Harvard and Utah universities. Interestingly, their study seemed to suggest that concern for money may actually cause bad behaviour. They found that people were more likely to lie and behave immorally after exposure to money-related words.
- F. Not only may thoughts of money change our behaviour for the worse, they can also become addictive, leading to compulsive behaviour. This type of behaviour is known as 'process addiction' as it is an addiction to a process rather than to a substance. Process addictions are commonly recognised and affect many parts of people's lives, from playing computer games to eating and cleaning. It can cause the chemistry of the brain to change in a way that affects mood. For example, people who like things to be very organised and tidy can become stressed in a messy environment. In the same way a compulsive relationship can develop with money. A person who is addicted to a certain behaviour has essentially learned to manipulate the chemistry in their own brain. In this case there can be an addiction to receiving money or possessions. Equally, there can be an addiction to spending money – sometimes called shopaholism.
- G. That is not to say that these behaviours are automatic and cannot be controlled. Indeed, they can be reversed. According to Paul Piff, even small interventions can have an impact on people's values and behaviours. In one study, participants watched a short video about childhood poverty in order to remind them of the needs of others around them. Within an hour of watching the video, rich people were as generous with their time, and willing to help out strangers as poorer people were. Simply reminding rich people of the benefits of cooperation can make them as empathetic as anyone else.

READING PASSAGE 3

You should spend about 20 minutes on **Questions 28–40**, which are based on Reading Passage 3 below.

How super are these foods?

- A. There is no official definition of a 'superfood', but it is generally considered to be a food that has significant health benefits. Many companies started to promote their products as so-called superfoods in order to sell more of them. The food industry wants to persuade us that their products can reduce the risk of heart disease, make us more intelligent and increase our physical performance. Such was the proliferation of these claims that the European Union banned companies from making such claims unless they were backed with strong scientific evidence. However, because the health food industry is worth so much money, companies often fund research by academics so that they are able to make claims on the packaging of products and boost sales. So what does the evidence say about some common superfoods?
- B. One of the general problems with research on superfoods is that it does not test the food directly but only a chemical or extract found in the food in such small concentrations that it would be hard to eat such amounts naturally. For example, garlic may help reduce blood pressure, but to eat it in the levels tested you would have to eat two whole bulbs (28 cloves) per day. There are also promising signs from studies into the health benefits of cocoa. Unfortunately, cocoa is usually combined with high levels of sugar and fat to make chocolate. Any possible health benefit is therefore quickly outweighed by the negative effects of high sugar and fat consumption. So, even if these foods are super in theory, they are unlikely to be so in practice. But are there any foods that do show benefits, that we can easily fit into our diet?
- C. One of the first foods to claim the superfood label was the blueberry. Blueberries are an excellent source of vitamin K, and contain high levels of vitamin C, fibre and manganese. However, the thing that particularly interested scientists is that blueberries are high in antioxidants. Before explaining what antioxidants are, it is important to understand what a 'free radical' is. When you breathe, oxygen enters your blood and creates some molecules known as free radicals. Our body needs a certain amount of these, but too many may lead to problems such as cancer, cardiovascular disease and liver disease. Antioxidants can be found in many foods and may help to eliminate these free radicals, though evidence to support this is inconclusive.
- D. Even if the antioxidants in blueberries do bring the benefits that are often claimed, it is very difficult to separate the effects of the blueberries from other factors like age, weight, diet and DNA. This highlights an important issue in food research, namely that it shows a correlation, rather than a cause and effect relationship. For example, in 2012 a study of 93,000 women found that those who consumed three or more portions of soft fruit per week (fruit such as blueberries and strawberries) reduced their risk of a heart attack by a third. However, the study could not prove that it was definitely these fruits that caused this reduced rate of heart disease. All that can usually be claimed is that a food may reduce risk. So, much of the evidence for the effect of blueberries is inconclusive. They have also been studied for many other possible benefits, such as reducing the risk of cancer and improving memory, however there is very little evidence to suggest that eating blueberries results in this.
- E. Another possible superfood, garlic, has a long history of wide ranging uses. The ancient Egyptians used it as a currency and the ancient Greeks used it to give strength and courage to athletes. Now some people are claiming garlic is a modern day superfood. Garlic contains vitamins C and B6, manganese, selenium and antioxidants. A number of studies have claimed that garlic may be effective against high blood pressure, cardiovascular disease, cholesterol, colds and some cancers. Reviews of all of the best available studies into the health benefits of garlic find either no evidence or mixed evidence to support these claims. There is little support for the claims that garlic reduces blood pressure and prevents the common cold. For those looking to reduce cholesterol (high levels can contribute to heart disease) the evidence is slightly more promising as studies have shown modest reductions in cholesterol when garlic is consumed. Finally, when it comes to cancer, the evidence is mixed. Studies show garlic probably protects against bowel and stomach cancers but that it has little impact on lung and breast cancer.
- F. Oily fish such as salmon and tuna is another kind of food that is thought to have many health benefits. Oily fish is a good source of vitamin D, protein, some B vitamins and selenium. It also contains high levels of a substance that is good for us known as omega-3 fatty acid. Researchers started to pay attention to oily fish when they noticed that Inuit people, who eat large amounts of it, have fewer strokes and heart attacks than the average population in Western countries. There have also been claims that eating oily fish helps reduce age-related sight loss and prevents dementia (loss of memory in old age). So how well do these claims stand up to the evidence found in studies?

Questions 28–31

Look at the following statements (Questions 28–31) and the list of foods below.

Match each statement with the correct food, A–F.

Write the correct letter, A–F, in boxes 28–31 on your answer sheet.

- 28. It is eaten by a particular group of people more than others.
- 29. It is thought to relieve minor illnesses.
- 30. It has a lot of antioxidants.
- 31. It is often added to unhealthy products.

- A. garlic
- B. meat
- C. cocoa
- D. blueberry
- E. oily fish
- F. sugar

Questions 32–37

Do the following statements agree with the claims of the writer in Reading Passage 3?

In boxes 32–37 on your answer sheet, write

YES if the statement agrees with the claims of the writer

NO if the statement contradicts the claims of the writer

NOT GIVEN if it is impossible to say what the writer thinks about this

- 32. Claims that superfoods improve physical performance were incorrect.
- 33. Research into superfoods has not been influenced by companies.
- 34. It is not possible to eat superfoods in sufficient quantities.
- 35. Antioxidants may not help to eliminate free radicals.
- 36. Blueberries have very high nutritional value.
- 37. Blueberries are widely thought to improve memory.

Questions 38–40

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

Write the correct letter in boxes 38–40 on your answer sheet.

- 38. How did one culture make use of garlic?
 - A. as a substitute for sugar
 - B. as a means of protection
 - C. as a means of improving performance in sports
 - D. as a way of reducing blood pressure
- 39. Which claim about oily fish is likely to be true?
 - A. It helps prevent heart disease.
 - B. It reduces age-related sight loss.
 - C. It has no real benefits.
 - D. It reduces memory loss in old age.

- G. When it comes to the health benefits of oily fish and their connection with reducing the risk of heart disease, the evidence is strong. Eating oily fish reduces both blood pressure and fat build-up in the arteries. There is enough well-researched evidence for many governments to make recommendations about including at least two portions of fish, one of which should be oily, in our weekly diet. Unfortunately, when it comes to all of the other claims about possible health benefits from eating oily fish the evidence is inconclusive. There is no strong evidence to support any of these other claims.
- H. The concept of a superfood is ultimately just a fantasy. The key to good health is a balanced diet and regular exercise. In fact, some health professionals worry that an obsession with particular foods may actually lead to unhealthy eating. While there may not be individual superfoods, there is some evidence to suggest that there is a super diet. Diets rich in fruit, vegetables and wholegrains are particularly beneficial. Take the Mediterranean diet, which can reduce the risk of some major diseases and arguably increases life expectancy. The Mediterranean diet is not only high in foods that are good for us but it also typically contains less meat and dairy products than many other diets.

40. What does the writer conclude about superfoods?
- A. They are not as important as exercise and a healthy diet.
 - B. They help us maintain a balanced diet.
 - C. The search for real superfoods should continue.
 - D. The correct combination of superfoods makes a 'super diet'.

Reading answer sheet

Name: _____

Date: _____

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