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In response to the growing popularity of IELTS the Taipei Times, in conjunction with the British Council, brings our readers an IELTS preparation page which will run every Saturday on p14 of the Taipei Times. Each week will focus on a different area of the test. IELTS, the International English Language Testing System, is an upper-intermediate test of English communication. It can be used for university entry and emigration around the English-speaking world and beyond. It measures your ability to communicate across the four language skills — reading, writing, listening and speaking — through authentic challenging tasks. With over 700,000 people taking IELTS annually, it is one of the fastest growing English tests in the world, trusted and accepted by over 4,000 organisations and faculties worldwide, and is a great alternative to TOEFL.

The Reading Test

- ▶ 60 minutes
- ▶ 40 questions
- ▶ Three texts
- ▶ Total length between 2,000 and 2,750 words

The texts used in the test come from magazines, books and journals, and are written for the non-specialist reader. They become progressively more difficult.



The British Council, Taipei.

PHOTO: CATHERINE THOMAS, TAIPEI TIMES

Exam task: Summary completion

For this task, you have to complete a summary of a section of the main article you have read. There are two variations of this type of question:

In one, you will be given a list of words, and you have to choose the most suitable one to fill the space. This tests your understanding of main ideas in the article.

In the other, you have to scan the main article, and find the most suitable words to fill the spaces. This tests your ability to locate key information.

Exam strategy:

1. Skim the article for one or two minutes only, to understand the main topic and how the text is organised.
2. Read the summary (without filling in the spaces) to get a general idea of its content.
3. Locate the section of the main article that the summary is taken from.
4. Think about the general meaning of each sentence in the summary.
5. Think about what kind of word would fit in each space grammatically, eg, a noun, an adjective or a verb.
6. Scan the relevant section of the text, or look at the list of options for the most suitable word(s).

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The British Council is the United Kingdom's international organisation for educational opportunities and cultural relations. We currently operate in 109 countries and territories and have over 70 years of experience. In Taiwan our aim is to build lasting relationships between the UK and Taiwan by connecting people with learning opportunities and creative ideas from the UK.

- We offer free, professional and impartial support for studying in the UK.
- We organise collaborative events and exchanges in education, arts, science, and English language teaching.
- We support learners and teachers of English in Taiwan.
- We provide English language courses.
- We offer access to UK examinations — including IELTS.

READING TEST

'No animal should die' for eating purposes, say some vegetarians

The thought of a juicy steak, tender pork loin or a spicy roulade makes some people's mouths water, but not everyone feels the same. For a variety of reasons, many people choose to live as vegetarians and reject the consumption of meat, fish and other animal products entirely.

'Vegetarians eat nothing for which an animal has had to die,' said Thomas Schoenberger of Germany's association for vegetarians based in Hanover. A vegetarian lifestyle is more than simply not eating steak and fish, but also jelly candies that contain gelatine and soups made from beef or other animal broth.

'In the long run there must be a complete change of diet,' said nutrition professor Helmut Rottka of Berlin. In terms of volume, vegetarians must eat more than omnivores to consume the necessary nutrients. That means plenty of fruit and vegetables. 'That is the decisive, healthy advantage of vegetarianism,' Rottka said.

Hardly any vegetarians are overweight and no gout is found among that group. In many vegetarian households milk, cheese and eggs can be found in the refrigerators. These vegetarians are described as ovo-lacto, said Schoenberger. Although milk products are not plant-based, no animals had to die to produce them. Lacto-vegetarians reject eggs as well as meat and fish and vegans eat foods made exclusively from plants.

One of the preconceptions that vegetarians constantly have to deal with is that they struggle with deficiencies. It's commonly thought that without meat and fish the body does not get enough iron, calcium and protein. But this

concern is not well grounded, according to Rottka. Vegetables, fruits, dairy products and the proteins in soya milk and tofu provide more than enough nutrients. Supplementing the diet with pills and powders is not necessary, he said. 'The only exception would be if I were purely vegan,' Rottka said. 'Then I would have to keep an eye on my B12. It cannot be ingested from plants, but it is important for the nervous system. Healthy adults can get by with a low level of B12, but for nursing babies and children, a B12 deficiency can endanger their lives.'

'There's no typical vegetarian,' said Kristin Mitte, a psychologist at the University of Jena who has done research on why people reject meat. 'The largest group is made up of moral vegetarians,' Mitte said.

Moral vegetarians care greatly about animal rights and ecology. People who choose vegetarianism for health reasons comprise the second group. They do not touch foods like pork cutlets because they have too much fat and cholesterol. The third group are known as emotional vegetarians. They are people who simply don't like the taste of meat.

The adjustment to vegetarianism does not have to take place overnight, Schoenberger said. Schoenberger advises people who want to try vegetarianism to stop eating meat step by step. The amount can be reduced gradually. There are plenty of unusual foods that come into the diet of a new vegetarian, and things like tofu and soya take some getting used to. 'Have some patience and forgive yourself for the first burnt vegetable burger.'

(DPA)

Questions 1 - 6 :

- ▶ Complete the summary with the most suitable word from the box below.

Many people choose to live as vegetarians. This means that they (1) _____ meat and fish, and (2) _____ nothing that involves the death of an animal. This means that they cannot eat a variety of foods, such as sweets, which can (3) _____ products derived from animals.

Meat contains a lot of nutrients, so vegetarians have to eat (4) _____ than people who eat animal products, but this diet has many health (5) _____, and very few people who eat like this are (6) _____.

- | | | | | |
|----------|-----------|------------|----------|------------|
| benefits | lifestyle | deficiency | advocate | change |
| contain | consume | more | reject | overweight |

Questions 7 - 10 :

- ▶ Complete the following sentences WITH NO MORE THAN THREE WORDS from the passage.

Many people believe a vegetarian diet lacks various nutrients, but this fear is not (7) _____ according to experts.

A (8) _____ of a specific vitamin, however, can be dangerous to young people who eat no animal products at all.

The second most popular reason for avoiding meat is that it contains high levels of (9) _____.

Becoming a vegetarian is a gradual process as many new kinds of food take time to get used to, so people should not try to drastically alter their diet (10) _____.

Key Vocab :

Mouth-watering: Just thinking about my mum's Sunday lunches is making my mouth water.

Preconception: One of the preconceptions that many people have about the UK is that everyone eats potatoes with every meal.

Protein: If you stop eating meat and become a vegetarian, you have to make sure you eat plenty of other foods that are high in protein.

Animal rights: Many people think we need to protect animal rights and disagree with testing new drugs on animals.

Cholesterol: If you continue to eat 10 eggs a day, your cholesterol level will go through the roof and you will almost certainly end up with heart disease.

Answers:

- | | | |
|------------------|---------------|------------------------|
| 1. reject | 2. consume | 3. contain |
| 4. more | 5. benefits | 6. overweight |
| 7. well grounded | 8. deficiency | 9. fat and cholesterol |
| 10. overnight | | |



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