

Listening Segment

Form completion lesson

Audio:

<https://drive.google.com/file/d/1iRy26SRnQxzqoMh3COdBGt1oXuisu8c3/view?usp=sharing>

Complete the information below. Write NO MORE THAN TWO WORDS OR A NUMBER for each answer.

Job Advertisement

Job information:

Position: part-time 1. _____

Days: Monday, 2. _____, Thursday

Time: 6 pm to 3. _____ pm

Advantage : Provides 4. _____; one item can be chosen from the 5. _____

Pay: 6. _____ £ per hour

Candidate information:

Name: Charles 7. _____

Previous job: 8. _____

Age: 9. _____

Phone: 10. _____

Answers

1. waiter
2. Tuesday
3. 10
4. dinner
5. menu
6. 5
7. Harlington
8. librarian
9. 17
10. 012486987

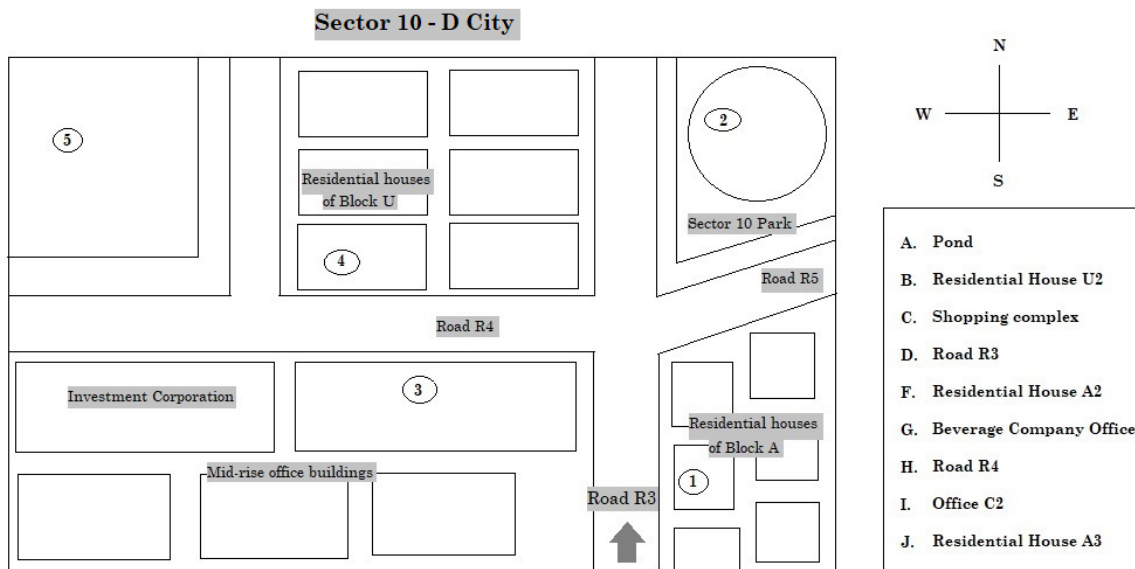
IELTS Map Labeling Practice Test 2

Audio :

<https://drive.google.com/file/d/1vxrdaP4S4rMd8JlZ9KAhhFemfPTDwJVk/view?usp=sharing>

Questions 1-5: Label the plan below

Choose five answers from the box and write the correct letters A-J next to questions 1-5.



Answer Key:

1. F
2. A
3. G
4. B
5. C

MCQ Lesson**Audio :**

https://drive.google.com/file/d/1L7jB_dcFtPLui3m6vEidZdzgg98mldXr/view?usp=sharing

Questions 25–30**Choose the correct letter, A, B or C.**

25. Adam suggests that restaurants could reduce obesity if their menus
- A) offered fewer options
 - B) had more low-calorie foods
 - C) were organised in a particular way
26. The students agree that food manufacturers deliberately
- A) make calorie counts hard to understand
 - B) fail to provide accurate calorie counts
 - C) use ineffective methods to reduce calories.
27. What does Rosie say about levels of exercise in England?
- A) The amount recommended is much too low
 - B) Most people overestimate how much they do

C) Women now exercise more than they used to

28. Adam refers to the location and width of stairs in a train station to illustrate

A) practical changes that can influence people's behaviour

B) methods of helping people who have mobility problems

C) ways of preventing accidents by controlling crowd movement

29. What do the students agree about including reference to exercise in their presentation?

A) They should probably leave it out

B) They need to do more research on it

C) They should discuss this with their tutor

30. What are the students going to do next for their presentation?

A) prepare some slides for it

B) find out how long they have for it

C) decide on its content and organisation.

Sentence Completion Lesson

Audio:

<https://drive.google.com/file/d/1ld76v3-DqBurPerK2r6v6N-MH7VYD-7Q/view?usp=sharing>

(no more than 2 words)

In this museum we have fossils of (1)_____ sharks. Megalodon is one of the largest (2) _____ to ever live. The scientific name of the shark, *Otodus megalodon* is based on its giant (3)_____ which is three times larger than the modern day great (4)_____ shark. Megalodon is estimated to grow upto 18 meters and is (5)_____. It ate large fishes, whales, dolphins, seals etc. Its teeth can be found all over the (6)_____ except

Antarctica. Even though megalodon probably looked similar to the modern day great white shark, they are not related. The (7) _____ of the great white and megalodon lived side by side. Megalodon went extinct around (8) _____ million years ago. After they went extinct, whales could grow larger in need of a natural (9) _____. Megalodon slowly went extinct because of the shortage of (10) _____.

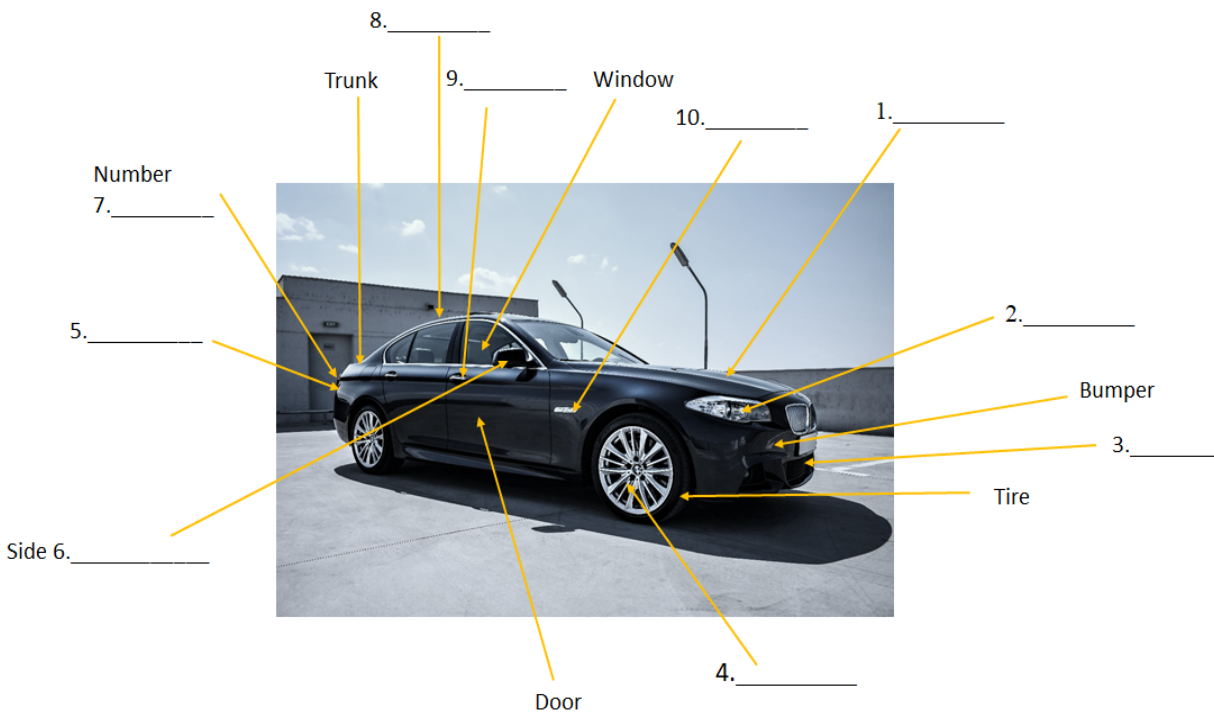
Answer Keys

1. (various) prehistoric
2. predators
3. teeth
4. white
5. carnivorous
6. world/ globe
7. ancestor(s)
8. 2.6
9. predator
10. food

Listening for Diagrams lesson**Audio:**

<https://drive.google.com/file/d/1HyeMvo1RJQEGcqyAwacIxbjJijvDDIpY/view?usp=sharing>

Complete the information below. Write NO MORE THAN TWO WORDS OR A NUMBER for each answer.



Answers:

1. Hood
2. Head light
3. Grille
4. Hub cap
5. Tail light
6. View mirror
7. plate
8. Roof
9. Door handle
10. Indicator

Gap fill lesson

Audio:

https://drive.google.com/file/d/190VuWEEcNUgIR4zAATvZbPQP2mO_Jsum/view?usp=sharing

Coronavirus causes infection in your nose, (1) _____ and (2) _____ throat.

The (3) _____ started in China from 2019.

The coronavirus quickly (4) _____ all over the world.

COVID-19 can cause an infection in the (5) _____ tract.

It can affect your upper respiratory tract like, sinuses, nose, and throat, or also lower respiratory tract like, (6) _____ and lungs.

This virus spreads while having a physical (7) _____ with one person to another.

(8) _____ is one of the seven types of coronavirus.

This virus can cause serious diseases for example, Middle (9) _____ Respiratory Syndrome or sudden acute respiratory syndrome.

Though other types of coronavirus can cause cold, it does not seriously affect (10) _____ healthy people.

Answer keys:

1. sinuses
2. upper
3. outbreak
4. spread
5. respiratory
6. windpipe
7. contact
8. SARS-CoV-2
9. East
10. otherwise

Reading Segment

Reading Passage 1

Adapted from 'The Serious Search for an Anti-Aging Pill'. Copyright © 2006 Scientific American, a division of Nature America, Inc. All rights reserved.

No treatment on the market today has been proved to slow human aging. But one intervention, consumption of a low-calorie yet nutritionally balanced diet, works incredibly well in a broad range of animals, increasing longevity and prolonging good health. Those findings suggest that caloric restriction could delay aging and increase longevity in humans, too. But what if someone could create a pill that mimicked the physiological effects of eating less without actually forcing people to eat less, a 'caloric-restriction mimetic'? The best-studied candidate for a caloric-restriction mimetic, 2DG (2-deoxy-D-glucose), works by interfering with the way cells process glucose. It has proved toxic at some doses in animals and so cannot be used in humans. But it has demonstrated that chemicals can replicate the effects of caloric restriction; the trick is finding the right one. Cells use the glucose from food to generate ATP (adenosine triphosphate), the molecule that powers many activities in the body. By limiting food intake, caloric restriction minimizes the amount of glucose entering cells and decreases ATP generation. When 2DG is administered to animals that eat normally, glucose reaches cells in abundance but the drug prevents most of it from being processed and thus reduces ATP synthesis. Researchers have proposed several explanations for why interruption of glucose processing and ATP production might retard aging. One possibility relates to the ATPmaking

machinery's emission of free radicals, which are thought to contribute to aging and to such age-related diseases as cancer by damaging cells. Reduced operation of the machinery should limit their production and thereby constrain the damage. Another hypothesis suggests that decreased processing of glucose could indicate to cells that food is scarce (even if it isn't) and induce them to shift into an anti-aging mode that emphasizes preservation of the organism over such 'luxuries' as growth and reproduction.

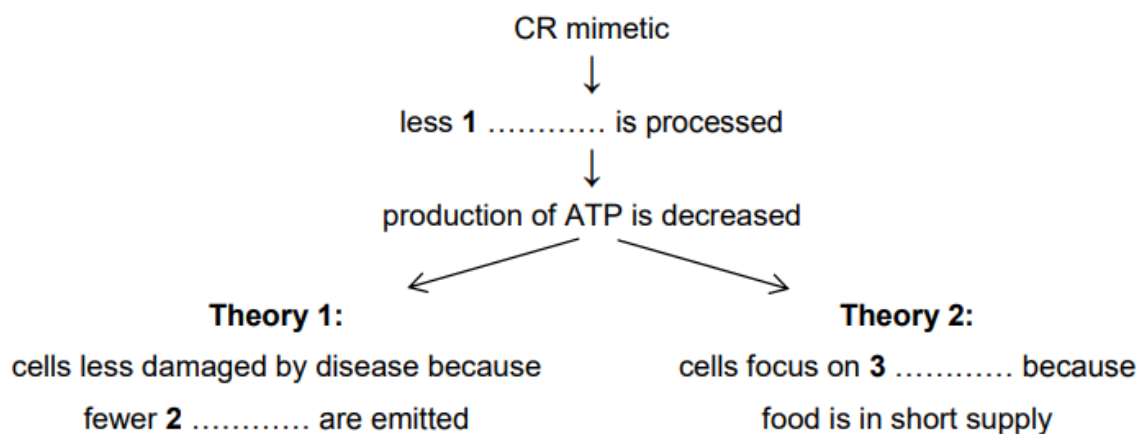
Questions 1 – 3

Complete the flow-chart below.

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

Write your answers in boxes 1–3 on your answer sheet

How a caloric-restriction mimetic works



Do the following statements agree with the information given in Reading Passage 1?

In boxes 4–8 on your answer sheet,

write **TRUE** if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

4 Maintaining a nutritionally balanced diet has been found to increase the lifespan of a variety of animals.

5 The experiment conducted on animals proves that controlling calorie intake also increases the lifespan of humans.

6 2-deoxy-D-glucose has been found to be harmful to animals

7 One side effect of taking 2-deoxy-D-glucose could be cancer.

8 Scientists have proven that decreased processing of glucose signals to the cells that food is in short supply.

Questions 9 – 13

Complete the sentences below. Choose ONE WORD ONLY from the passage for each answer. Write your answers in boxes 9–13 on your answer sheet.

9 _____ made by scientists work by preventing the way cells process glucose, thus reducing the number of calories.

10 The correct _____ can help in caloric restriction.

11 Animals administered with 2-deoxy-D-glucose _____ less glucose.

12 It is believed that free radicals promote _____.

13 Cells focus more on protecting the creature when _____ is less.

Answers

1. glucose
2. free radicals
3. Preservation
4. True
5. False
6. True
7. Not Given
8. False
9. Pills
10. Chemical
11. Process
12. Aging
13. Glucose

Reading Passage 2

This is the second section of your IELTS Reading test. You should spend about twenty minutes on it

The magic of Kefir

A

The shepherds of the North Caucasus region of Europe were only trying to transport milk the best way they knew how – in leather pouches strapped to the side of donkeys – when they made a significant discovery. A fermentation process would sometimes inadvertently occur en route, and when the pouches were opened up on arrival they would no longer contain milk but rather a pungent, effervescent, low-alcoholic substance instead. This unexpected development was a blessing in disguise. The new drink – which acquired the name kefir – turned out to be a health tonic, a naturally-preserved dairy product and a tasty addition to our culinary repertoire.

B

Although their exact origin remains a mystery, we do know that yeast-based kefir grains have always been at the root of the kefir phenomenon. These grains are capable of a remarkable feat: in contradistinction to most other items you might find in a grocery store, they actually expand and propagate with use. This is because the grains, which are granular to the touch and bear a slight resemblance to cauliflower rosettes, house active cultures that feed on lactose when added to milk. Consequently, a bigger problem for most kefir drinkers is not where to source new kefir grains, but what to do with the ones they already have!

C

The great thing about kefir is that it does not require a manufacturing line in order to be produced. Grains can be simply thrown in with a batch of milk for ripening to begin. The mixture then requires a cool, dark place to live and grow, with periodic unsettling to prevent clumping (Caucasus inhabitants began storing the concoction in animal-skin satchels on the back of doors – every time someone entered the room the mixture would get lightly shaken). After about 24 hours the yeast cultures in the grains have multiplied and devoured most of the milk sugars, and the final product is then ready for human consumption.

D

Nothing compares to a person's first encounter with kefir. The smooth, uniform consistency rolls over the tongue in a manner akin to liquefied yogurt. The sharp, tart pungency of unsweetened yogurt is there too, but there is also a slight hint of effervescence, something most users will have previously associated only with mineral waters, soda or beer. Kefir also comes with a subtle aroma of yeast, and depending on the type of milk and ripening conditions, ethanol content can reach up to two or three percent – about on par with a decent lager – although you can expect around 0.8 to one per cent for a typical day-old preparation. This can bring out a tiny edge of alcohol in the kefir's flavour.

E

Although it has prevailed largely as a fermented milk drink, over the years kefir has acquired a number of other uses. Many bakers use it instead of starter yeast in the preparation of sourdough, and the tangy flavour also makes kefir an ideal buttermilk substitute in pancakes. Kefir also accompanies sour cream as one of the main ingredients in cold beetroot soup and can be used in lieu of regular cow's milk on granola or cereal. As a

way to keep their digestive systems fine-tuned, athletes sometimes combine kefir with yoghurt in protein shakes.

F

Associated for centuries with pictures of Slavic babushkas clutching a shawl in one hand and a cup of kefir in the other, the unassuming beverage has become a minor celebrity of the nascent health food movement in the contemporary West. Every day, more studies pour out supporting the benefits of a diet high in probiotics . This trend toward consuming probiotics has engulfed the leisure classes in these countries to the point that it is poised to become, according to some commentators, “the next multivitamin”. These days the word kefir is consequently more likely to bring to mind glamorous, yoga mat-toting women from Los Angeles than austere visions of blustery Eastern Europe.

G

Kefir’s rise in popularity has encouraged producers to take short cuts or alter the production process. Some home users have omitted the ripening and culturation process while commercial dealers often add thickeners, stabilisers and sweeteners. But the beauty of kefir is that, at its healthiest and tastiest, it is a remarkably affordable, uncluttered process, as any accidental invention is bound to be. All that is necessary are some grains, milk and a little bit of patience. A return to the unadulterated kefir-making of old is in everyone’s interest.

1 Probiotic = substance containing beneficial and intestine-friendly microorganisms

Questions 14–20

Reading Passage 2 has seven paragraphs, A–G.

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

Write the correct number, i–x, in boxes 14–20 on your answer sheet.

List of Headings

- i. A unique sensory experience
- ii. Getting back to basics
- iii. The gift that keeps on giving
- iv. Variations in alcohol content
- v. Old methods of transportation
- vi. Culinary applications
- vii. Making kefir
- viii. A fortunate accident
- ix. Kefir gets an image makeover
- x. Ways to improve taste

Questions 21–24

Answer the questions below using no more than two words from the passage for each answer.

Write your answers in boxes 21–24 on your answer sheet.

- 21.** What do kefir grains look like?
- 22.** What needs to happen to kefir while it is ripening?
- 23.** What will the yeast cultures have consumed before kefir is ready to drink?
- 24.** The texture of kefir in the mouth is similar to what?

Questions 25 and 26

Choose two letters, A–E.

Write the correct letters in boxes 25 and 26 on your answer sheet.

Which two products are not mentioned as things which kefir can replace?

- A. Ordinary cow's milk
- B. Buttermilk
- C. Sour cream
- D. Starter yeast
- E. Yoghurt

Answers

- 14. Vii
- 15. iii
- 16. Vii
- 17. i
- 18. Vi
- 19. ix
- 20.ii
- 21. Cauliflower rosettes
- 22. Periodic unsettling
- 23. Milk sugars
- 24. Liquefied yogurt
- 25. C
- 26. E

Reading Passage 3

Love stories

“Love stories” are often associated – at least in the popular imagination – with fairy tales, adolescent day dreams, Disney movies and other frivolous pastimes. For psychologists developing taxonomies² of affection and attachment, however, this is an area of rigorous academic pursuit. Beginning in the early 1970s with the groundbreaking contributions of John Alan Lee, researchers have developed classifications that they believe better characterise our romantic predispositions. This involves examining not a single, universal, emotional expression (“love”), but rather a series of divergent behaviours and narratives that each has an individualised purpose, desired outcome and state of mind. Lee’s gritty methodology painstakingly involved participants matching 170 typical romantic encounters (e.g., “The night after I met X...”) with nearly 1500 possible reactions (“I could hardly get to sleep” or “I wrote X a letter”). The patterns unknowingly expressed by respondents culminated in a taxonomy of six distinct love “styles” that continue to inform research in the area forty years later.

The first of these styles – *eros* – is closely tied in with images of romantic love that are promulgated in Western popular culture. Characteristic of this style is a passionate emotional intensity, a strong physical magnetism – as if the two partners were literally being “pulled” together – and a sense of inevitability about the relationship. A related but more frantic style of love called *mania* involves an obsessive, compulsive attitude toward one’s partner. Vast swings in mood from ecstasy to agony – dependent on the level of attention a person is receiving from his or her partner – are typical of manic love.

Two styles were much more subdued, however. *Storge* is a quiet, companionate type of loving – “love by evolution” rather than “love by revolution”, according to some theorists. Relationships built on a foundation of platonic affection and caring are archetypal of *storge*. When care is extended to a sacrificial level of doting, however, it becomes another style – *agape*. In an *agape* relationship one partner becomes a “caretaker”, exalting the welfare of the other above his or her own needs.

The final two styles of love seem to lack aspects of emotion and reciprocity altogether. The *ludus* style envisions relationships primarily as a game in which it is best to “play the field” or experience a diverse set of partners over time. Mutually-gratifying outcomes in relationships are not considered necessary, and deception of a partner and lack of disclosure about one’s activities are also typical. While Lee found that college students in his study overwhelmingly disagreed with the tenets of this style, substantial numbers of them acted in a typically ludic style while dating, a finding that proves correct the deceit inherent in *ludus*. *Pragma* lovers also downplayed emotive aspects of relationships but favoured practical, sensible connections. Successful arranged marriages are a great example of *pragma*, in that the couple decides to make the relationship work; but anyone who seeks an ideal partner with a shopping list of necessary attributes (high salary, same religion, etc.) fits the classification.

Robert J. Sternberg’s contemporary research on love stories has elaborated on how these narratives determine the shape of our relationships and our lives. Sternberg and others have proposed and tested the theory of love as a story, “whereby the interaction of our personal attributes with the environment – which we in part create – leads to the development of stories about love that we then seek to fulfil, to the extent possible, in our lives.” Sternberg’s taxonomy of love stories numbers far more, at twenty-six, than Lee’s taxonomy of love styles, but as Sternberg himself admits there is plenty of

overlap. The seventh story, *Game*, coincides with *ludus*, for example, while the nineteenth story, *Sacrifice*, fits neatly on top of *agape*.

Sternberg's research demonstrates that we may have predilections toward multiple love stories, each represented in a mental hierarchy and varying in weight in terms of their personal significance. This explains the frustration many of us experience when comparing potential partners. One person often fulfils some expected narratives – such as a need for mystery and fantasy – while lacking the ability to meet the demands of others (which may lie in direct contradiction). It is also the case that stories have varying abilities to adapt to a given cultural milieu and its respective demands. Love stories are, therefore, interactive and adaptive phenomena in our lives rather than rigid prescriptions.

Steinberg also explores how our love stories interact with the love stories of our partners. What happens when someone who sees love as art collides with someone who sees love as a business? Can a *Sewing* story (love is what you make it) co-exist with a *Theatre* story (love is a script with predictable acts, scenes and lines)? Certainly, it is clear that we look for partners with love stories that complement and are compatible with our own narratives. But they do not have to be an identical match. Someone who sees love as mystery and art, for example, might locate that mystery better in a partner who views love through a lens of business and humour. Not all love stories, however, are equally well predisposed to relationship longevity; stories that view love as a game, as a kind of surveillance or as addiction are all unlikely to prove durable.

Research on love stories continues apace. Defying the myth that rigorous science and the romantic persuasions of ordinary people are incompatible, this research demonstrates that good psychology can clarify

and comment on the way we give affection and form attachments.

-----² Taxonomy = the science of classifying and categorizing data.

Questions 27–34

Look at the following statements (Questions 27–34) and the list of styles in the box below.

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

Write the correct letter, A–F, in boxes 27–34 on your answer sheet.

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

- 27** My most important concern is that my partner is happy.
- 28** I enjoy having many romantic partners.
- 29** I feel that my partner and I were always going to end up together.
- 30** I want to be friends first and then let romance develop later.
- 31** I always feel either very excited or absolutely miserable about my relationship.
- 32** I prefer to keep many aspects of my love life to myself.
- 33** When I am in love, that is all I can think about.
- 34** I know before I meet someone what qualities I need in a partner.

List of Love Styles

- A Eros
- B Mania
- C Storge
- D Agape
- E Ludus
- F Pragma

Questions 35–40

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

In boxes 35–40 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**

35 People's notions of love affect their relationships, rather than vice versa.

36 Some of our love stories are more important to us than others.

- 37** Our love stories can change to meet the needs of particular social environments.
- 38** We look for romantic partners with a love story just like our own.
- 39** The most successful partners have matching love stories.
- 40** No love story is more suited to a long relationship than any other.

Answers

27. D
28. E
29. A
30. C
31. B
32. E
33. B
34. F
35. TRUE
36. TRUE
37. TRUE
38. FALSE
39. NOT GIVEN
40. FALSE

Writing Segment

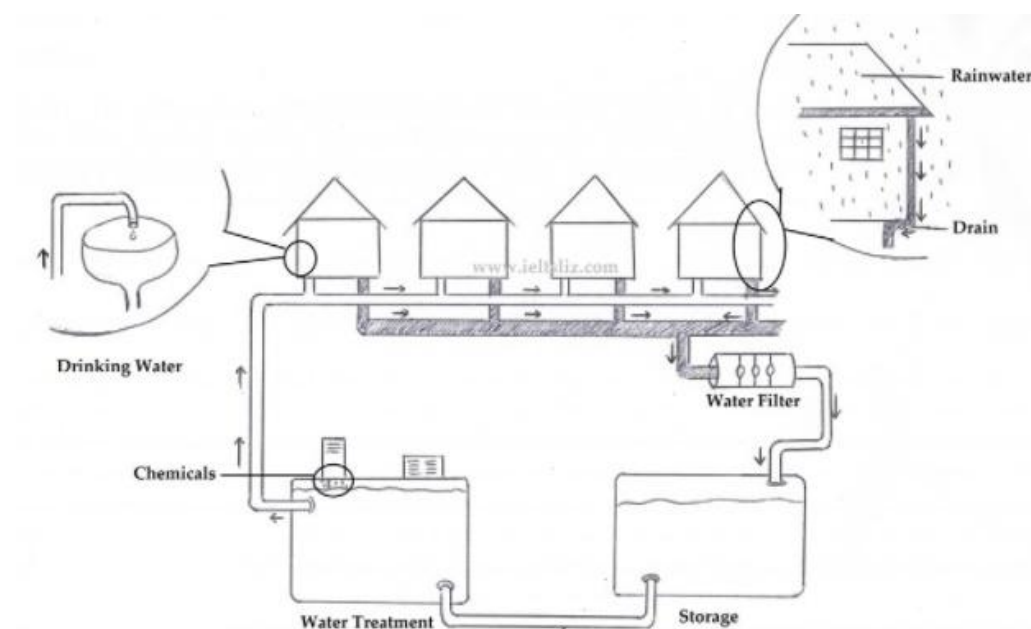
WRITING TASK 1

You should spend about 20 minutes on this task.

The diagram below shows how rainwater is collected for the use of drinking water in an Australian Town.

Summarize the information by selecting and reporting the main features and make comparisons where relevant.

Write at least 150 words.



WRITING TASK 1 Answer

The diagram illustrates how an Australian town collects rainwater to process in order to use as drinking water. Overall, rainwater collected from houses can be used for drinking after it has been processed by being filtered and then being treated with chemicals.

Initially, the rain which falls on the rooftop is collected by the gutter and then runs down the pipe at the side of the house into the drain at the bottom. Each house collects rainwater in this way and the rainwater is then passed along underground drains to the water filter.

The rainwater passes through the water filter to remove any impurities. Once it has been filtered, it continues along the pipes to a storage tank. From this point, the water goes from storage to the water treatment. At this stage of the process, the water is treated with chemicals in order to make it fit for consumption. When the water is ready for drinking, it travels along pipes that lead back into the houses in the town where people can use the water for daily consumption

WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

Parents often give children everything they ask for and do what they like. Is it good for children? What are the consequences when they grow up?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

WRITING TASK 2 Answer

Indulging children has become a common parenting problem in many modern families. From my perspective, this practice may create some immediate adverse impacts on children and also results in long-term consequences for them.

In the short term, over-indulgence may cause some delay in the process of children learning important life skills. We can see this in a variety of age groups, ranging from toddlers to teenagers. For example, many over-caring parents spoon-feed their children until they are five or six, the developmental stage in which they should have already been able to eat independently. Also, there is a common practice in our country that parents assist their preadolescent children in taking a bath or a shower. As a result, children may fail to acquire basic personal hygiene skills at the right time.

In the long run, the consequences are even drier as overindulged children grow up. If parents unconditionally satisfy all their children's needs, they may inadvertently make their children over-reliant on other people. When these children enter adulthood, the inability to live independently can cause some difficulties for them to maintain their overall well-being; for instance, they

may be unaware of what to do when they catch a fever. Furthermore, it is a norm that over-indulgent parents are lenient and do not require children to face the consequences of their misbehavior. In general, this deprives children of the opportunities to learn from mistakes, which may cause their problem-solving skills to be severely lacking in the future.

From the issues outlined above, one can conclude that overindulgence may produce a number of unfavourable effects on children, including the delay in gaining crucial life skills such as self-feeding and the long-term consequence of lacking the ability to cope with problems as adults in the future.

Speaking Segment

IELTS Speaking Test

Describe a person you look up to

You should say –

- Who is this person?
- How are you related to this person?
- What are your favorite memories of this person?
- How frequently do you see this person?

and explain why you admire this individual so much.

Answer–

Normally, people may consider a celebrity, such as a musician or an actor, as a person of admiration; but for me, it is a bit different. I look up to people I highly think of and someone I can share my concerns with beyond any hesitation. This is my younger brother who is more than fitting for a person I admire. I really appreciate you giving me this delightful topic to express someone I genuinely value. Certainly, there are a lot of familiar faces I admire but it was my brother who made the cut luckily since we get along with each other very well. Even now, I vividly remember all our childhood memories of how we used to sneak into the TV room to watch cartoons in the middle of the night. In fact, watching late night shows while devouring snacks literally

became our guilty pleasure when we were in our adolescence. Above all, I think the most treasured memory to me is how he used to just be there whenever I needed his company, in my ups and downs. As my nuclear family is still persisting, naturally, I see and spend time with him day-to-day. Lastly, I should also express why I look up to my brother so much. Well, he has a really charismatic personality with a deep understanding of communication and cooperation; the attributes I truly adore in a person. Also, he is really protective of me even though he is two years younger than I am. He inspires me to improve my abilities and never beats about the bush when it comes to criticism so that I can overcome my drawbacks. I believe, when it comes to my brother, I am beyond words to express his importance in my life and he definitely deserves to be admired and loved.