

Academic Reading Practice Test 7

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Instructions for Taking the Test

Read the rules and regulations carefully before the test:

1. Switch off your mobile phone and electronic devices.
2. Manage your time strictly to **20 minutes** per passage, reading questions first to guide your skimming and scanning for answers, always paying close attention to word limits and matching synonyms.
3. Read the instructions thoroughly before answering the questions.
4. Read the questions carefully to avoid silly mistakes.

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Making Time for Science

Chronobiology is something out-of-the-box thinking inspired by a science fiction novel; moreover - it's a scope of study regarding one of the ancient processes of life on this planet: short-term time scale and their impact on the existing plants and animals.

It includes many aspects. Sea life, for instance, is based on tidal wave patterns. Animals, on the other hand, seem to be active or inactive mainly due to the placement of the Sun or Moon. Millions of species, including humans, are mostly diurnal - that is, they do most of the activities in the morning. Whereas, nocturnal animals like bats and possums do their activities in the night time. Apart from these two, a third group known as crepuscular, that are active in the lowlight of dawn and always not active during other hours.

For human beings, chronobiologists have more interest in what is called the circadian rhythm. It is a whole cycle of our bodies made to experience within the passage of a full twenty-four hour day. Besides going to sleep at night and wake up in the morning, each cycle includes so many aspects like differences in blood pressure and overall temperature of the body. It is a fact that not all people have the same circadian rhythm. 'Night people' for instance, mostly illustrate how they feel it is very difficult to perform in the morning, however, the same people will be alert and active by evening. There is a new type within circadian rhythms called a chronotype.

Well, scientists use minimal skills to make measurable modifications of chronobiological requirements. The newly-formed therapeutic advancements for human beings like the artificial light, machines and robots, melatonin administration, and so on can reinvent our circadian rhythms, for instance, our human body can communicate the difference in various ways, and the actual health feels less active when we deviate such natural rhythms for over a period of time. In this context, plants do not become more malleable, research reveals that vegetables grown in different climatic conditions and ripened on the tree have more necessary nutrients and vitamins than those that emerged in greenhouses and ripened by laser.



Insights of chronobiological variations may have practical consequences in our everyday life. Here, the modern form of living might seem to subjugate biology - perhaps, who will require circadian rhythms when we have caffeine tablets, energy waters, work shifts and places that never stop working? So being in tandem with our body clock is imperative.

On average, residents in the urban area wake up at 6.04 a.m., which studies show that it is way too early. Likewise, another research found that when residents wake up at 7.00 a.m., they will tend to have a negative impact on health unless they do any workout for at least 30 minutes later. After considering all these, the best time to wake up is at 7.22 a.m., when residents will have fewer muscle aches, headaches, and mood swings. It is proved based on a study, where respondents reported the same.

Once you are up before the alarm rings what's there to stop then? If you want to lose weight, some dieticians won't compromise easily, as they mandate breakfast every day. It leads to misorientation of your circadian rhythm and makes your body starve. The suggested step to do is to perform an intense routine workout along with a carbohydrate-filled breakfast; while the other way and weight reduction ended up as not expected.

Every morning workout is equally important for breaking out the vitamins stored. In addition to that, adding more supplements to the body is not temporal-dependent, however, the famous naturopath Pam Stone highlights that more amount during breakfast could assist in getting energy to do tasks on that day. To absorb more to the body, Stone recommends additional supplements with a portion of food (mixed and soluble). It must not be with caffeinated beverages. Beyond this, Stones alerts us about taking storage; when you reach the high potency, it's good for absorption, whereas, warmth and humidity will lead to destroying the potency of a supplement.

Post-dinner espressos became like a form of tradition. We must thank the Italian people for bringing it to us. To have a good night's sleep, we need to stop consuming caffeine as early as 3 p.m. After crossing a seven-hour half-life, a cup of coffee having 90 mg of caffeine consumed during this time might still have 45 mg of caffeine in your body's nervous system at ten o'clock on the same day evening. It is necessary to remove all traces when you go to bed.



Evening times are essential to process the winding down before going to bed. On the contrary, dietician Geraldine Georgeou alerts us that post-five carbohydrate fasting is merely a myth instead of a chronobiological requirement. This will cause deprivation of critical energy from your body. Similarly, when you consume more than enough, it will lead to indigestion. It is important to note that our digestive system does not stop working throughout the night, but it works slowly as our bodies prepare to sleep. Despite all, you can take a moderate snack, which would be highly sufficient.

Making Time for Science Reading Questions

Questions 1 - 7

Complete the summary below.

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

To absorb more to the body, 1. _____ recommends additional supplements with a portion of food (mixed and soluble). It must not be with 2. _____. Beyond this, Stones alerts us about taking storage; when you reach the high potency, it's good for 3. _____, whereas, warmth and humidity will lead to destroying the potency of a supplement. Post-dinner 4. _____ became like a form of tradition. We must thank the 5. _____ for bringing it to us. To have a good night's sleep, we need to stop consuming caffeine as early as 3 p.m. After crossing a seven-hour half-life, a cup of coffee having 90 mg of caffeine consumed during this time might still have 45 mg of caffeine in your body's 6. _____ at ten o'clock on the same day evening. It is necessary to remove all 7. _____ when you go to bed.

Questions 8 - 10

Match the correct statement with the letter

8. Every day morning exercise is vital for
9. Geraldine Georgeou warns us that
10. Diurnal means
- A. Carbohydrate-fasting is a myth
B. Do most of the activities in the morning
C. Indigestion happens when you consume more
D. breaking out the vitamins



Questions 11 - 13

Do the following statements agree with the information given in the reading passage?

Write

TRUE, if the statement agrees with the information

FALSE, if the statement disagrees with the information

NOT GIVEN, if there is no information on this passage

11. Chronobiologists have more interest in what is called the circadian rhythm

12. Plants will become more malleable

13. The best time to sleep at night is around 7.20 p.m

[Click Here to Check Answers](#)



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Answers for IELTS Academic Reading Practice Test 7

1. Stone	2. Caffeinated beverages	3. Absorption	4. Espressos
5. Italian people	6. Nervous system	7. True	8. D
9. A	10. B	11. True	12. False
13. Not Given			

How many questions did you get right?

Correct Answers (Out of 13)	Your Next Step
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