

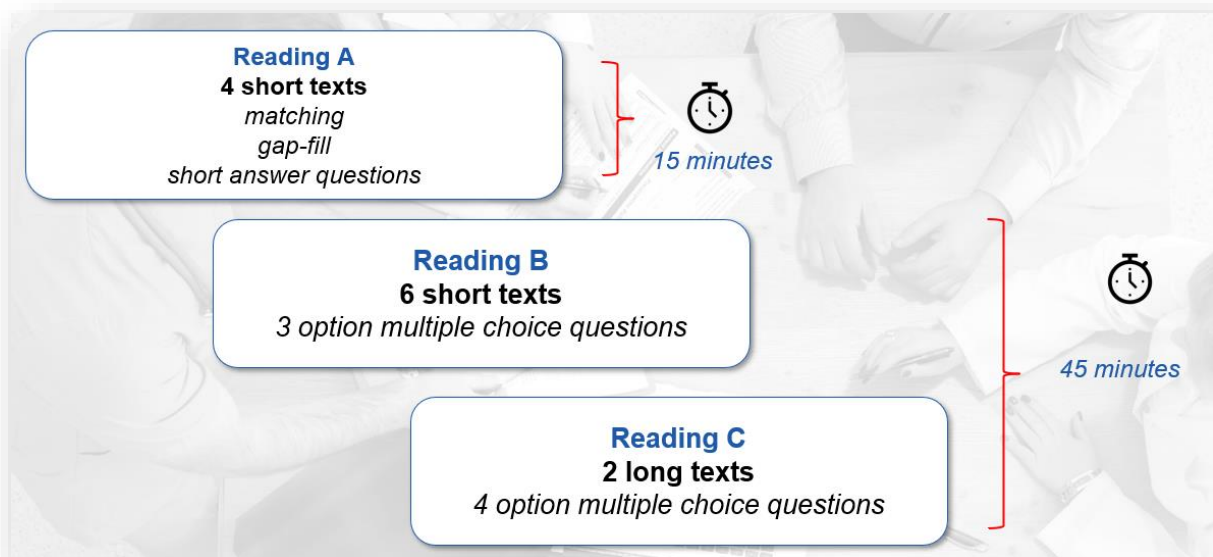


OET Reading C: Format & Question Types



- ✓ Read the questions carefully and notice the differences between the options
- ✓ Read the paragraph more carefully before you choose an answer
- ✓ Move on if you get stuck
- ✓ Read extensively as part of your self study

Exam format:



Texts

- ✓ 2 texts (approximately 750 - 850 words each)
- ✓ 16 questions - 2 lexical reference for each text
- ✓ The questions are 4 option multiple choice questions.



- Texts come from journals and websites on general medical topics
- They might be reporting on academic research but texts won't be too academic in nature
- Reporting and explaining a variety of views or issues on a topic rather than concrete facts

Each question will have a question or sentence stem and 4 possible answers to choose from

Mark the answer by colouring in the circle with a pencil

7. The 'breastfeeding debate'...

- highlights the benefits of breast milk over formula milk.
- (B) compares the benefits of breast milk with those of formula milk.
- (C) discusses reasons why women chose not to breastfeed.
- (D) concludes that breast milk is better for babies.

In the second paragraph, what does the word This refer to?

Number the paragraphs

Text 1: The Breastfeeding Debate

1 Despite numerous websites such as the NHS 'Start 4 life' outlining the benefits of breastfeeding, the breastfeeding debate continues. The 'Start 4 life' website points to the protective benefits of breastfeeding. Breast milk contains natural antibodies which help babies to fight infections, particularly gastrointestinal infections. Breast milk contains all the nutrients required by a baby and is easier to digest than formula milk. Breastfed babies are less likely to develop diabetes or become obese. In contrast, manufacturers of formula milk claim that commercially prepared infant formulas contain some vitamins and nutrients which breastfed babies need to get from supplements.

2 The unique composition of a mother's breastmilk may help to reduce food sensitisation in babies, according to a report from researchers at the University of California San Diego School of Medicine and their Canadian colleagues. The 2018 study highlighted the role of human milk oligosaccharides (HMOs), which are not found in infant formula, and underscored their potential for therapeutic interventions. The research team led by Lars Bode and Meghan Azad analysed milk samples and data from 421 infants and mothers from pregnancy to school age. Dr Bode explained that the research had identified that HMO was associated with a lower rate of food sensitisation in children at the age of one year and further commented that to his knowledge, 'this is the largest study to examine the association of HMOs and allergy development in infants, and the first to evaluate overall HMO profiles.'

3 Another recently published study undertaken by Erica P. Gunderson, senior research scientist with the Kaiser Permanente Division of Research in Northern California, investigated whether breastfeeding for six months or longer provided mothers with protection against Type 2 diabetes. According to Gunderson, the 30-year national study demonstrated 'a very strong association between breastfeeding duration and lower risk of developing diabetes, even after accounting for all possible confounding risk factors.' Women who breastfed for six months or more across all births had a 47 percent reduction in their risk of developing type 2 diabetes compared to those who did not breastfeed at all. Women who breastfed for six months or less had a 25 percent reduction in diabetes risk. Gunderson noted that 'the incidence of diabetes decreased in a graded manner as breastfeeding duration increased, regardless of race, gestational diabetes, lifestyle behaviors, body size, and other metabolic risk factors measured before pregnancy, implying the possibility that the underlying mechanism may be biological'

source: Reach OET B online course

Before formula milk came into being, almost every woman breastfed. Those who couldn't, engaged a wet nurse or feed their babies diluted cow's milk with a teaspoon of sugar. The first non-milk formula was based on soy flour and became available in the US in 1929. The first soy-based formulas lacked vital nutrients, which was eventually resolved with vitamin fortification. Shortly after the release of the new infant formulas, direct advertising to physicians began. By the 1940s and 1950s, physicians and consumers regarded the use of formula as a popular and safe substitute for breastmilk. **This** led to aggressive marketing of formulas in developing countries contributed to a global decline in breastfeeding and generated negative publicity for formula manufacturers. By the 1970s, a movement began to promote breastfeeding and started to affect formula sales. The formula industry fought back and began advertising directly to the public in 1988.

11. In the fifth paragraph, **This** refers to...

- (A) the addition of important nutrients to soy-based formula.
- (B) the position of physicians regarding formula milk.
- (C) advertising campaigns to encourage the use of formula.
- (D) the attitude towards formula milk after the 1940s.

Despite numerous websites such as the NHS 'Start 4 life' outlining the benefits of breastfeeding, the breastfeeding debate continues. The 'Start 4 life' website points to the protective benefits of breastfeeding. Breast milk contains natural antibodies which help babies to fight infections, particularly gastrointestinal infections. Breast milk contains all the nutrients required by a baby and is easier to digest than formula milk. Breastfed babies are less likely to develop diabetes or become from obesity. In contrast, manufacturers of formula milk claim that commercially prepared infant formulas contain some vitamins and nutrients which breastfed babies need to get from supplements.

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You need to understand longer sections of the text

✓ **views**

✓ **opinions**

Read articles containing:

- ✓ opinions to develop your ability to identify attitude and opinion.
- ✓ unfamiliar topics to improve your ability to focus on long texts on unknown topics and deal with unknown vocab.

The Guardian Health
<https://www.theguardian.com/society/health>

BMJ
<http://www.bmj.com/>

The Conversation
<http://theconversation.com/uk/health>

