

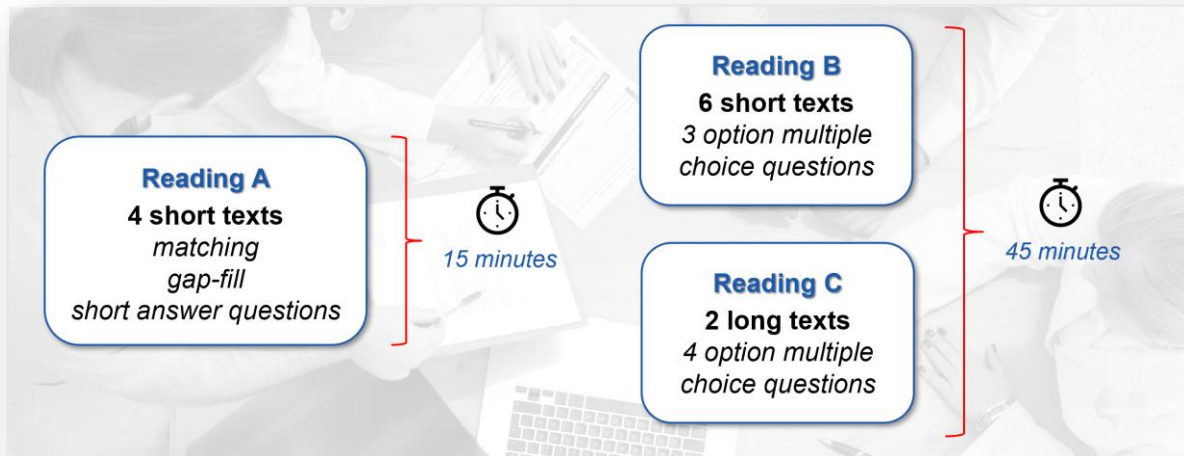


OET Reading C: Strategies



- ✓ Number the paragraphs
- ✓ Practice the strategies
- ✓ Understand longer parts of the text
- ✓ Practice reading longer texts

Exam format:



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

How to approach Reading C:

Look over the text or skim read

Number the paragraphs

Approach each question individually

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

Read the question or sentence stem carefully

Read the options and notice the differences

Read the paragraph carefully

Eliminate any answers which are definitely incorrect

Be careful of distractors

7. The 'breastfeeding debate'...

- A 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.

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 suffer 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.

source: Reach OET B online course

Or, read the paragraph BEFORE looking at the options

Read the question or sentence stem carefully

Read the options and notice the differences

Read the paragraph carefully

7. The 'breastfeeding debate'...

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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



Example 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 suffer 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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Example 2 – lexical question

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.



Useful websites

Study Tip!



<https://theconversation.com/uk/health>

<https://www.bmj.com/>

<https://www.theguardian.com/society/health>

<https://www.who.int>

*Write down verbs to
express opinions/views*

Evaluative adjectives

*Summarise the main idea
of each paragraph in 2-3
sentences*

