

Writing Sample Task 1 – Sample answers

1. Write a summary of the text below in the box. Your summary should be between 80 and 100 words.

A new study shows that small changes in evening habits may help improve heart health and blood sugar control. Scientists found that turning the lights lower and not eating for three hours before sleep can help adults who may develop heart problems.

The research studied whether eating at times that match the body's natural sleep-wake cycle could help the body work better. This natural cycle helps control many important parts about how the body works. People with poor health can get illnesses such as heart disease.

In the study, 39 adults took part for about seven and a half weeks. One group stopped eating at least three hours before going to bed and did not eat overnight for 13 to 16 hours. Another group continued their normal eating habits. Both groups also used softer lighting before sleep.

The results showed that people who ate earlier had healthier heart activity at night. Their bodies also managed sugar levels in an easier and better way. Scientists believe that eating earlier and not eating overnight may be a simple and realistic way to support better heart health and a healthier body.

B1 Sample answer:

The text is about a study with 39 adults. It was for seven and a half weeks. The scientists wanted to know about the body natural cycle. One group stop eating 3 hours before bed and they not eat in the night for 13 to 16 hours. The other group did normal things. They also use softer lights before sleeping. The results was better for the first group. They had healthier heart activity at night and better sugar levels. Scientists think eating earlier is good for adults. It can help the body and maybe stop heart disease in the future.

B2 Sample answer:

The text reports on a study about evening habits and health. Researchers wanted to know if eating in line with the body's natural sleep-wake cycle could help people have a more healthier body. In the research, 39 adults participated. One group avoided eating for three hours before sleep and also overnight, but another group kepted their usual habits. Both groups used lower lighting before bed. The findings showed that the first group had better heart activity at night and their bodies managed sugar levels easier. Scientists beleive this may be a practical method for support better health and reducing health risks.

C1 Sample answer:



Research has shown that aligning eating patterns with the body's natural sleep-wake rhythm may improve cardiovascular health and the way the body manages sugar. In the study, participants who avoided eating for a number of hours before sleeping and throughout the night demonstrated healthier heart activity compared with those who followed their usual habits. The findings suggest that reducing food intake late in the evening could be a simple and practical strategy for improving overall wellbeing. While the results are encouraging, more evidence from larger studies would probably be required to fully confirm these benefits.

2. Write a summary of the text below in the box. Your summary should be between 80 and 100 words

A very old Greenland shark may have been born hundreds of years ago, around the time of early European explorers. Scientists believe the shark lived for several centuries before it was caught by accident in a fishing net in the Arctic Ocean.

The exact age is not known, but experts think the female shark may have been about 400 years old. It could possibly have lived between 272 and 512 years. This means the shark may have been alive during many important periods of history, including the time of Shakespeare and the birth of America.

The Greenland shark is now considered the oldest known animal with a backbone ever discovered. Only one animal, a type of clam, may live longer. Scientists studied parts of the shark's eyes, which helped them decide on her age.

The study also showed that these sharks grow very slowly and may not become adults until they are about 150 years old. Because many sharks are caught by fishing boats by accident, scientists say they need to be protected in a better way. The shark has been put on a list of animals who are in danger of disappearing. Its population size is still unknown.

B1 Sample answer:

The text is about a very old Greenland shark. Scientist thinks it was maybe 400 years old, but they are not sure. It could be between 272 and 512 years old. The shark was caught by accident in a fishing net in Ocean. Scientists studied the shark eyes to find the age. It was alive in the time of Shakespeare and when America was born. The study also showed the sharks grows very slowly and do not become adults untill about 150 years old. Many sharks are catched by boats and this animal is now in danger to disappear.

B2 Sample answer:

A recent study suggests that the Greenland shark may be the oldest animal with a backbone ever discovered. Scientists believe one female shark was about 400 years old, but the exact age is not completely certain. They studied parts from



the shark's eyes to estimate how old it was. The research also found that these sharks grow very slowly and may not become adults until they are around 150 years old. Because many are accidentally caught by fishing boats, scientists say they need more better protection. However, the population size is still unknown, which makes more difficult to protect them in a effective way.

C1 Sample answer:

Research indicates that the Greenland shark may be the oldest known vertebrate ever identified, with one specimen estimated to be approximately 400 years old. Scientists reached this conclusion by examining tissue from the shark's eyes, although its precise age remains uncertain. The study also revealed that these animals develop extremely slowly and may not reach adulthood until around 150 years of age, which means they are particularly vulnerable to threats. Because many are accidentally caught by fishing vessels, stronger conservation measures are needed. However, population numbers remain largely unknown, making it difficult to know exactly how serious the situation is.

1. Write a summary of the text below in the box. Your summary should be between 80 and 100 words.

Cities are affecting many types of animals. Before, people used to believe that cities were not good places for animals to live. However, research now shows that many animals are adapting to life in cities. Cities create different issues for animals. For example, noise and pollution. These problems can lead to quick changes in animals as the animals develop characteristics that make it easier for them to survive in these places. For example, some birds change how they sing to communicate better when there is noisy traffic. Other animals develop changes in how they behave. These changes help them stay away from humans or find new food. Physical changes have also been seen, for example some animals change how big they are or their colour. Because cities across the world are often quite similar, similar changes in animals have been seen around the world. Studying these changes helps us understand how changes in animals can happen quickly. The results that have been found so far are very interesting.

A2 Sample answer:

The text is about animals in cities. Before, people think cities was bad for animals. Now many animals live there. Some birds change there songs because of noise. Other animals change how they find food. Scientists study this and the results are very interesting.

B2+ Sample answer:

Research now shows that many animals are adapting to life in cities, despite there are problems such as noise and pollution. These conditions can make



animals change quite quickly in order to survive better. For example, some birds change the way they sing because of traffic noise, while other animals change their behaviour to find food or avoid humans. Some physical changes have also been seen, such as changes in size or colour. Similar changes have been found in cities around the world. Scientists believe these findings can help us understand how animals adapt to new environments.

C2 Sample answer:

Recent research has shown that many animals are able to adapt successfully to life in cities. Challenges such as noise and pollution can lead to changes in behaviour, communication, and even physical appearance, helping animals survive in urban areas. Similar patterns have been observed in cities across the world, suggesting that animals often respond in comparable ways to similar environments. By studying these changes, scientists can gain a better understanding of how species are able to adapt over relatively short periods of time.

1. Write a summary of the text below in the box. Your summary should be between 80 and 100 words.

A NASA spaceship will soon fall back to Earth after many years in space. The spaceship took off in 2012 to study space near Earth. It was part of a mission that helped scientists learn more about space weather and how changes in weather out there can affect our planet. The mission ended in 2019 when the spaceship ran out of fuel and stopped working.

Scientists first thought the spaceship would stay in space until around 2034. However, strong activity from the sun made the spaceship slow down over time. This change caused it to move closer to Earth sooner than people thought. Fortunately, when the spaceship enters the Earth's atmosphere, most of it will get destroyed because of the very high heat. However, some small pieces may survive and fall to Earth. Scientists say this should not be dangerous to people on Earth as the Earth is mostly covered with water. This means that any pieces that fall down to Earth will probably land safely in the water rather than hitting cities or other places where humans live.

A2 Sample answer:

The text is about a NASA spaceship. It went to space in 2012 and stop working in 2019. Now it will come back to Earth. Most of it will burn because it is very hot. Some pieces maybe fall down, but scientists think it is not dangerous.

B2 Sample answer:

A NASA spaceship which was launched in 2012 will soon return to Earth after spending many years in space. The mission helped scientists learn about space weather and ended in 2019 when the spaceship run out of fuel. At first, experts thought it would stay in space until 2034. However, because of strong activity from the sun, it slowed down and moved closer to Earth more quickly than expected. Most of the spaceship will be destroyed when it enters the atmosphere, although some pieces may survive. Scientists beleive this is not likely to be dangerous because much of Earth is covered by water.

C1 Sample answer:

The text explains that a NASA spacecraft, which completed its mission several years ago, is expected to re-enter the Earth's atmosphere sooner than originally predicted. Although scientists believed it would remain in space until around 2034, increased activity from the sun gradually slowed it down and brought it closer to Earth. Most of the spacecraft will be destroyed by the intense heat during re-entry, but a small amount of debris could survive. However, experts consider the risk to people very low, mainly because any remaining pieces are much more likely to land in water than in busy areas.

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