

Writing Sample Task 1

- 1. Write a summary of the text below in the box. Your summary should be LESS than 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.

- 2. Write a summary of the text below in the box. Your summary should be LESS than 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.

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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.

1. Write a summary of the text below in the box. Your summary should be LESS than 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

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