



## Heart Disease

### Reading Test

EXAMPLE

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# Student

Time: *Approximately 1 hour*

## Two types of lesson

**Lesson#1:** [Easy] \*\*\*\*\* [B2/C1]

1. Predict the content of the text by reading the title. Write down the key terms & ideas.
2. Read the text. Check the unknown words with a dictionary.
3. Answer the comprehension questions.
4. Check your answers with the provided key (pass mark is 70%).

**Lesson #2:** [Hard] \*\*\*\*\* [C1]

1. Read the text without looking up any words.
2. Answer the comprehension questions.
3. Check your answers with the provided key (pass mark is 70%).

# Teacher

## Two types of lesson

**Lesson#1:** [easy] \*\*\*\*\* [B2/C1]

1. Distribute **text 1 (without reference words underlined)** a week before the test. Students read, check vocabulary & meanings.
2. Test day. Distribute **text 2 (with reference words underlined)** & the **questions** (no dictionary or notes).
3. Set 1 hour to read the text & answer the questions.
4. Take in & correct or go through answers in class (pass mark is 70%).
5. Extra activity. Students write the \*summary (add 30 minutes to the test).

**Lesson #2:** [hard] \*\*\*\*\* [C1]

1. Test day. Distribute **text 2 (with reference words underlined)** & the **questions**.
2. Set 1 hour to read the text & answer the questions.
3. Take in & correct or go through answers in class (pass mark is 70%).
4. Extra activity. Students write the \*summary (add 30 minutes to the test).

\*Summary writing: [www.academic-englishuk.com/summary](http://www.academic-englishuk.com/summary)

## Heart Disease (Text 1)

By H. Kennedy (2023) EXAMPLE

Cardiovascular disease (CVD), a term used for any disease which affects the heart or blood vessels, is responsible [redacted] (Public Health England, 2019). Of this group, coronary heart disease (CHD), known simply as heart disease, is the most common cause of premature death (British Heart Foundation, 2022). [redacted] the 1.5m men and 800,000 women currently living with it, one in eight males and one in fifteen females will die, [redacted] in [redacted] (BHF, 2022).

Heart disease occurs when the flow of oxygen-rich blood reaching the heart is reduced due to a combination of [redacted]. As the arteries become narrower, this can lead to angina, or if the arteries are clogged, known as atherosclerosis, this can trigger a myocardial infarction, or heart attack, and [redacted] and Blood Institute, 2018). According to BHF (2022), those with heart failure are twice as likely to suffer [redacted]. Those who have been diagnosed with atrial fibrillation, a rapid and irregular heartbeat, the likelihood [redacted] five times more likely, due to the formation of blood clots (Public Health England, 2019). If the disruption [redacted] this is known as a transient ischaemic attack, or 'mini stroke', whereas if the symptoms last longer, this results [redacted] over a [redacted] (BHF, 2022; Stroke Association, 2021). In the extreme case of a cardiac arrest, cardiopulmonary resuscitation and [redacted] as for every [redacted] (BHF, 2022).

Two of the biggest causes of heart disease are [redacted]. National Institute of Diabetes and Digestive and Kidney Diseases (2021) argue that high blood pressure [redacted], and thus increase [redacted], while Public Health England (2019) claim that 50% of all strokes are caused by hypertension. With [redacted], a lipid produced by the [redacted] of low-density lipoprotein (LDL) cholesterol can cause a build-up of fatty deposits and in turn, clog blood [redacted]. Both hypertension and [redacted] by a poor diet. The NHS (2020) state that consuming too much salt will lead to hypertension, and saturated fats will [redacted], which further increases the risk of developing heart disease. BHF (2022) reveal that those with diabetes are twice as [redacted] a third of people who have diabetes die from heart disease. This is due to the elevation of blood sugar levels which damages the blood vessels and nerves that control the heart, [redacted] period of time (NIDDK, 2021).

As a poor diet is the founding cause for high blood pressure, high cholesterol and diabetes, both [redacted] and the NHS (2020) [redacted] of unsaturated fats to raise high-density lipoprotein (HDL) cholesterol, a limit of 6g of salt per day, and [redacted] regular physical [redacted] utes of moderately intensive exercise or 75 minutes of vigorous exercise each week, as this will maintain blood pressure at a healthy level, and [redacted] more efficient. Furthermore, the NIDDK (2021) suggests that reducing alcohol intake will lower blood [redacted] and improve blood circulation overall, whereas [redacted] atherosclerosis and coronary

thrombosis (NHS, 2020). Although lipid-lowering therapy such as statins are also effective, and other [redacted] angina or blood clots, [redacted] and lifestyle changes have the biggest impact (NIDDK, 2021).

As the heart disease mortality [redacted] has slowed, detection and management of atrial fibrillation, hypertension and high LDL must be improved, [redacted], where people [redacted] (Public Health England, 2019). If awareness of these serious conditions is heightened, and more [redacted] the 17m global deaths due to CVD will begin to decline again.

### Reference list

British Heart Foundation (BHF), (2022). *BHF Statistics Factsheet - UK* [pdf]. Available at: [redacted] [Viewed 15.12.2022].

National Health Service (NHS), (2020). *Prevention – Coronary heart disease* [online]. Available at: <https://www.nhs.uk/conditions/coronary-heart-disease/prevention/> [Viewed 15.12.2022].

National Heart, Lung and Blood Institute (NHLBI), (2018). [redacted] [ pdf]. Available at: [https://www.nhlbi.nih.gov/sites/default/files/media/docs/Fact\\_Sheet\\_Know\\_Diff\\_Design.508\\_pdf.pdf](https://www.nhlbi.nih.gov/sites/default/files/media/docs/Fact_Sheet_Know_Diff_Design.508_pdf.pdf) [Viewed 18.12.2022].

[redacted] (NIDDK), (2021). [redacted] [online]. Available at: <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke> [Viewed 15.12.2022].

Public Health England, (2019). [redacted] Available at: <https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease> [Viewed 15.12.2022].

Stroke Association, (2021). What is vascular dementia? [online]. Available at: [redacted] [Viewed 18.12.2022].

## Heart Disease (Text 2)

By H. Kennedy (2023) **EXAMPLE**

1. Cardiovascular disease (CVD), a term used for any disease which affects the heart or blood vessels, is responsible [redacted] (Public Health England, 2019). Of **this** group, coronary heart disease (CHD), known simply as heart disease, is the most common cause of premature death (British Heart Foundation, 2022). [redacted] the 1.5m men and 800,000 women currently living with it, one in eight males and one in fifteen females will die, [redacted] in [redacted] (BHF, 2022).

2. Heart disease occurs when the flow of oxygen-rich blood reaching the heart is reduced due to a combination of [redacted]. As the arteries become narrower, this can lead to angina, or if the arteries are clogged, known as atherosclerosis, this can trigger a myocardial infarction, or heart attack, and [redacted] and Blood Institute, 2018). According to BHF (2022), **those** with heart failure are twice as likely to suffer [redacted]. Those who have been diagnosed with atrial fibrillation, a rapid and irregular heartbeat, the likelihood [redacted] five times more likely, due to the formation of blood clots (Public Health England, 2019). If the disruption [redacted] this is known as a transient ischaemic attack, or 'mini stroke', whereas if the symptoms last longer, this results [redacted] over a [redacted] (BHF, 2022; Stroke Association, 2021). In the extreme case of a cardiac arrest, cardiopulmonary resuscitation and [redacted] as for every [redacted] (BHF, 2022).

3. Two of the biggest causes of heart disease are [redacted]. National Institute of Diabetes and Digestive and Kidney Diseases (2021) argue that high blood pressure [redacted], and thus increase [redacted], while Public Health England (2019) claim that 50% of all strokes are caused by hypertension. With [redacted], a lipid produced by the [redacted] of low-density lipoprotein (LDL) cholesterol can cause a build-up of fatty deposits and in turn, clog blood [redacted]. Both hypertension and [redacted] by a poor diet. The NHS (2020) state that consuming too much salt will lead to hypertension, and saturated fats will [redacted], which further increases the risk of developing heart disease. BHF (2022) reveal that those with diabetes are twice as [redacted] a third of people who have diabetes die from heart disease. This is due to the elevation of blood sugar levels **which** damages the blood vessels and nerves that control the heart, [redacted] period of time (NIDDK, 2021).

4. As a poor diet is the founding cause for high blood pressure, high cholesterol and diabetes, both [redacted] and the NHS (2020) [redacted] of unsaturated fats to raise high-density lipoprotein (HDL) cholesterol, a limit of 6g of salt per day, and [redacted] regular physical [redacted] utes of moderately intensive exercise or 75 minutes of vigorous exercise each week, as **this** will maintain blood pressure at a healthy level, and [redacted] more efficient. Furthermore, the NIDDK (2021) suggests that reducing alcohol intake will lower blood [redacted] and improve blood circulation overall, whereas [redacted] atherosclerosis and coronary

thrombosis (NHS, 2020). Although lipid-lowering therapy such as statins are also effective, and other [redacted] angina or blood clots, [redacted] and lifestyle changes have the biggest impact (NIDDK, 2021).

5. As the heart disease mortality [redacted] has slowed, detection and management of atrial fibrillation, hypertension and high LDL must be improved, [redacted], **where** people [redacted] (Public Health England, 2019). If awareness of these serious conditions is heightened, and more [redacted] the 17m global deaths due to CVD will begin to decline again.

### Reference list

British Heart Foundation (BHF), (2022). *BHF Statistics Factsheet - UK* [pdf]. Available at: [redacted] [Viewed 15.12.2022].

National Health Service (NHS), (2020). *Prevention – Coronary heart disease* [online]. Available at: <https://www.nhs.uk/conditions/coronary-heart-disease/prevention/> [Viewed 15.12.2022].

National Heart, Lung and Blood Institute (NHLBI), (2018). [redacted] [pdf]. Available at: [https://www.nhlbi.nih.gov/sites/default/files/media/docs/Fact\\_Sheet\\_Know\\_Diff\\_Design.508\\_pdf.pdf](https://www.nhlbi.nih.gov/sites/default/files/media/docs/Fact_Sheet_Know_Diff_Design.508_pdf.pdf) [Viewed 18.12.2022].

[redacted] (NIDDK), (2021). [redacted] [online]. Available at: <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke> [Viewed 15.12.2022].

Public Health England, (2019). [redacted] Available at: <https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease> [Viewed 15.12.2022].

Stroke Association, (2021). What is vascular dementia? [online]. Available at: [redacted] [Viewed 18.12.2022].

## Comprehension Questions

**1. Headings:** Choose a subheading for each paragraph. One title is not needed.

1		A	The causes of heart disease
2		B	
3		C	The symptoms of heart disease
4		D	
5		E	Facts and figures
		F	Preventative measures

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**2. True / False / Not Given:** One question per paragraph.

		T / F / NG
<b>Paragraph 1</b>		
i.	Deaths from heart disease in the UK has fallen significantly in the last 60 years.	
<b>Paragraph 2</b>		
ii.	Heart disease _____ too quickly.	
<b>Paragraph 3</b>		
iii.	Low blood _____ heart attack or stroke.	
<b>Paragraph 4</b>		
iv.	Health _____ to prevent the risk of heart disease.	
<b>Paragraph 5</b>		
v.	People are more likely _____	

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**3. Reference Words:** What do these words connect to? (underlined> in the text).

Paragraph	Word	Connection
1	This	
2	_____	
3	Which	
4	_____	
5	Where	

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**4. Open Answer Questions:** One question per paragraph.

<b>Paragraph 1</b>		
i.	What is the definition of cardiovascular disease?	
	1.	
<b>Paragraph 2</b>		
ii.	What <b>TWO</b> treatments _____ a heart attack?	
	1.	2.
<b>Paragraph 3</b>		
iii.	What is the connection between hypertension and _____ ?	
	1.	

<b>Paragraph 4</b>			
<b>iv.</b>	Name <b>FOUR</b> ways that are		level.
	1.	2.	3. 4.
<b>Paragraph 5</b>			
<b>v.</b>	Name <b>TWO</b> things the		CVD deaths.
	1.	2.	

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**5. Citations:** Match the source with the point they make about heart disease.

	Source		Point
i.	British Heart Foundation, (2022).	a.	Giving up smoking decreases the risk of _____ thrombosis considerably.
ii.	_____ (2019).	b.	The disruption of the blood supply to the brain can _____ prolonged period of time to vascular dementia.
iii.	National Institute of Diabetes, Digestive & Kidney Diseases (2021).	c.	CHD is the single largest cause of death.
iv.	NHS, (2020).	d.	CVD _____ fatalities worldwide.
v.	_____, (2021).	e.	Reducing alcohol decreases blood glucose and blood pressure.

i.		ii.		iii.		iv.		v.	
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**6. Key language:** Search for the word or phrase in the paragraph that means:

Paragraph	Explanation	Word
1	These circulate blood throughout the body.	
1	Death _____ in a particular population.	
2	Fatty material that builds up inside your arteries.	
2	_____ when platelets, proteins and cells stick together.	
3	A type of fat that is found in the blood.	
3	_____ acid chains all have single bonds.	
4	A serious condition where arteries become clogged with fatty substances.	
4	_____ by a blood clot.	
5	The number of people who die each year per 100,000.	
5	An _____ heartbeat.	

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**Overall Total:** \_\_\_ / 40



## Comprehension Questions **ANSWERS**

**1. Headings:** Choose a subheading for each paragraph. One title is not needed.

1	<i>E</i>	A	The causes of heart disease
2	<i>C</i>	B	<del>The diagnosis of heart disease</del>
3	<i>A</i>	C	The symptoms of heart disease

**ALL ANSWERS INCLUDED IN PAID VERSION...**