

## A) READING COMPREHENSION

*Please read the following text:*

The Patient Nutrition and Hydration research group focused their attention on standards relating to the food and meal service for patients. This included standards aimed at establishing good practice, improving nutritional content of meals and identifying (and solving) clinical nutritional problems.

The research group recognised the very wide range of health and nutritional needs that must be met. The standards they recommend reflect three main areas:

- creating the right overall environment for good nutrition and hydration
- delivering the right nutritional content within the menu
- making sure that patients' needs are properly identified and met

The group noted that the phrase 'healthy eating' can bring to mind a diet that is restricted in calories, and wanted to be clear that hospital food must support the health of all patients. Some dietitians and catering staff use the term 'eating for health' to draw out this distinction and the panel agreed that this might be helpful. 'Healthy eating' refers to the everyday diet that would benefit most people, whilst 'eating for health' describes a therapeutic diet that is tailored to the individual.

The recommended standards meet the requirements of patients who are at risk of malnutrition and need additional calories within a small portion size. This includes malnourished patients, those with eating disorders or patients undergoing chemotherapy. These patients can make up as much as one third of hospital admissions. The standards also serve those who are seeking to reduce calorie intake to manage obesity or related disorders. Patients are more likely to make changes to their diet after experiencing an acute admission, so the hospital should do all it can to help them.

*Now answer these questions about the text.*

### 1. What is the main purpose of the text?

- Inform patients about healthy eating
- Report on the activities and recommendations of the Patient Nutrition and Hydration research group.
- Explain the effects of poor diet in the treatment of diabetes.

### 2. According to the text:

- It is best to outsource catering in hospitals.
- The Patient Nutrition and Hydration research group thinks 'healthy eating' is the same as 'eating for health'.
- Food served in hospitals must help maintain all patients' health.
- The recommendations they make are geared towards obese patients.

### 3. Where would you expect to find the text?

- On an advertising billboard.
- In an NHS report.
- On a careers billboard.

## B) LANGUAGE CHOICES

### 4. A linking word has been left blank in the sentence below. What is the most logical word to use here?

The preoperative fasting of children in the hospital is ensured because of nursing supervision. For outpatient surgical operations, \_\_\_\_\_, preoperative fasting is the responsibility of the parents (Klemetti and Suominen, 2008).

Choose your answer:

- A. in addition
- B. moreover
- C. however
- D. thus

**5. Which set of phrases below could help you summarise the conclusions you have reached?**

Choose A, B, or C:

- A.
  - The section below describes ...
  - What follows is an account of ...
  - The following is a brief description of ...
- B.
  - This study has identified
  - This study has found that generally ...
  - The results of this investigation show that ...
- C.
  - In particular, the analysis of X was problematic.
  - In observational studies, there is a potential for bias from ...
  - The small size of the dataset meant that it was not possible to ...

**6. Which of these sentences is the least successful as part of an academic argument?**

- A. Several studies have addressed methods for preventing musculoskeletal injuries in nursing staff (Nelson et al., 2006; Owen et al., 2002; Rivilis et al., 2008; Tullar et al., 2010 ; Yassi et al., 2001).
- B. Several studies have addressed methods for preventing musculoskeletal injuries in nursing staff.
- C. Musculoskeletal injuries in nursing staff (Nelson et al., 2006; Owen et al., 2002; Rivilis et al., 2008; Tullar et al., 2010 ; Yassi et al., 2001).

**7. Which of these sentences is the most scientific?**

- A. The possibility of postoperative bleeding and exacerbation of the child's condition was also worrying for the mum and dad.
- B. The possibility of postoperative bleeding and exacerbation of the child's condition was also worrying for the parents.
- C. The possibility of postoperative bleeding and exacerbation of the child's condition was also a huge worry to the parents.

