



**MICHIGAN
LANGUAGE
ASSESSMENT**

MET

Teacher Seminar Series

Reading

 Cambridge Assessment
English

 UNIVERSITY OF MICHIGAN

A

Eagle Chocolate's Ultimate Decadence Bar

YOU ARE INVITED TO TRY A FREE SAMPLE OF THE ULTIMATE DECADENCE BAR. IT'S THE CHOCOLATE LOVER'S NEW BAR OF CHOICE.

TO CREATE THE WORLD'S MOST DELICIOUS CHOCOLATE BAR, WE USE ONLY THE FINEST CHOCOLATE AND OTHER INGREDIENTS. SOUTH AMERICAN COCOA AND CARIBBEAN SUGAR ARE BLENDED TO CREATE THE HIGHEST QUALITY DARK CHOCOLATE BAR AVAILABLE.

GO AHEAD, INDULGE IN THE ULTIMATE DECADENCE – YOU DESERVE IT!

STOP BY THE EAGLE CHOCOLATE STORE AND TRY ONE TODAY!

B

Good News for Chocolate Lovers!



Recent research shows that eating moderate amounts of chocolate may be good for you.

Several studies published in the last few months point to the health benefits in cocoa and other chocolates. These include keeping hearts healthy by lowering high blood pressure and maintaining healthy blood flow.

Cocoa contains a substance that seems to help the body regulate nitric oxide levels, which are crucial to controlling blood flow and blood pressure. Cocoa beans also contain large amounts of compounds called flavanols. These plant compounds offer strong antioxidant properties and can prevent fats in the bloodstream from oxidizing. This helps reduce the potential for clogged arteries—a major contributor to heart disease.

Dark chocolate contains more flavanols than milk chocolate or other kinds of processed chocolate, such as chocolate syrups or cocoa powder. This is because flavanols are destroyed or removed in processing. Dark chocolate is a less-refined product, therefore retaining more flavanols than other kinds of chocolates.

C

Can an Industry be Trusted to Research Itself?

Over the past few years, much research has been focused on the purported health benefits of eating chocolate. Many studies have indicated that cocoa, the principal component of all chocolate, has many health benefits, especially regarding cardiovascular health.

One major problem with the research is that most of it comes from the Cocoa Research Institute (CRI), a research institute funded almost entirely by cocoa producers and candy manufacturers. The obvious question is: Why should we trust the data about a product that has been funded by the industry that produces it?

“That’s an excellent question, and one we hear all the time,” said Dr. Lyle Stemple, director of research at the CRI. “But if the industry hadn’t backed the research, then it probably never would have been done. The fact that the industry paid for the research doesn’t automatically invalidate it. Almost every study we’ve put out has been later replicated by other independent research groups. Generally they’ve obtained similar results.”

Dr. Stemple compared the situation to that of the oat industry funding research showing how oats lower cholesterol. Another example is soy farmers who funded early studies that indicated proteins and antioxidants in soy products might help heart disease. Independent research done by labs around the world confirmed these conclusions, and led to further research that has greatly expanded upon the early work.



Questions 86–87 refer to section A on page 18.

86. What is the purpose of the advertisement?
- to explain how to buy a new product
 - to describe where a new product is made
 - to offer customers a discount on a new product
 - to encourage people to taste a new product
87. What features of the product are described in the advertisement?
- the excellent ingredients
 - the low cost
 - the health benefits
 - the beautiful packaging

Questions 88–91 refer to section B on page 18.

88. What is the main purpose of the article?
- to advertise a new chocolate-flavored product
 - to explain possible health benefits of chocolate
 - to compare dark chocolate to milk chocolate
 - to explain how much chocolate people should eat
89. In the first sentence of paragraph 3, which word can replace **regulate**?
- digest
 - produce
 - remove
 - adjust
90. According to the article, what is one health benefit of flavanols?
- They help the body absorb vitamins and minerals.
 - They reduce nitric oxide levels in the blood.
 - They help reduce the risk of heart disease.
 - They aid in eliminating harmful substances from the body.
91. What is implied about milk chocolate?
- It contains less nitric oxide than dark chocolate.
 - The milk helps boost its health benefits.
 - It is less refined than chocolate syrups or cocoa powder.
 - The process that creates it lowers its flavanol content.

Questions 92–96 refer to section C on page 18.

92. In the first sentence, why does the author refer to the health benefits of eating chocolate as **purported**?
- There is strong evidence to support them.
 - They are short term.
 - They are not commonly known.
 - There is doubt about them.
93. According to the article, what problem is associated with research on cocoa?
- Much of the research is not done independently.
 - The research is very expensive to conduct.
 - Food product research is not respected by scientists.
 - Much of the research has not yet been replicated.
94. In the last line of paragraph 2, what does **it** refer to?
- a question
 - the industry
 - a product
 - an institute
95. Why are soy farmers mentioned in the article?
- to illustrate how an industry funded its own research
 - to explain when research on the health benefits of food began
 - to contrast soy farmers with chocolate manufacturers
 - to describe how antioxidants in soy products have increased
96. In the last sentence, which phrase is closest in meaning to **confirmed**?
- showed up
 - backed out
 - supported by
 - agreed with

Question 97 refers to sections A, B, and C.

97. What can be inferred about the studies on flavanols in cocoa?
- They are based on studies of flavanols in soy and oats.
 - They were probably done by the CRI.
 - They did not include Eagle Chocolate products.
 - They have been challenged by independent research groups.