SAMPEL PERCUMA

IELTS Academic Reading Practice Test + Answer Key

Set penuh: IELTS 2026

Set penuh: Speaking + Writing + Reading

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PANDUAN PENGGUNAAN BUKU INI | HOW TO USE THIS BOOK

FORMAT IELTS ACADEMIC READING

- **Masa:** 60 minit untuk 3 bahagian
- **Jumlah soalan:** 40 soalan
- **Teks:** 3 petikan panjang daripada jurnal akademik, majalah saintifik, atau akhbar
- **Jenis soalan:** TRUE/FALSE/NOT GIVEN, padanan tajuk, pelengkap ayat, soalan pendek, dan lain-lain
- **Skor:** Setiap jawapan betul mendapat 1 markah (tiada tolakan markah)

PANDUAN BAND SCORE

Band	Skor (dari 40)	Tahap Kemahiran
9.0	39–40	Expert / Pakar
8.5	37–38	Very Good / Sangat Baik
8.0	35–36	Very Good
7.5	33–34	Good / Baik
7.0	30–32	Good
6.5	27–29	Competent / Kompeten
6.0	23–26	Competent
5.5	19–22	Modest / Sederhana
5.0	15–18	Modest
4.5	13–14	Limited / Terhad

TIPS TEKNIK MENJAWAB:
1. Baca soalan DAHULU sebelum membaca teks
2. Untuk TRUE/FALSE/NOT GIVEN — "NOT GIVEN" bermaksud maklumat tidak ada dalam teks, bukan tiada bukti yang jelas
3. Guna teknik *skimming* untuk gambaran umum, *scanning* untuk maklumat spesifik
4. Jawapan biasanya mengikut urutan dalam teks
5. Perhatikan *qualifying words* seperti "all", "never", "only", "mainly"

STRATEGI MENJAWAB IELTS READING | READING STRATEGIES

✅ TRUE / FALSE / NOT GIVEN — Teknik Khas

• **TRUE:** Maklumat dalam teks *mengesahkan* kenyataan soalan

• **FALSE:** Maklumat dalam teks *bercanggah* dengan kenyataan soalan

• **NOT GIVEN:** Maklumat tersebut *tidak dinyatakan* dalam teks

⚠️ Kesilapan lazim: ramai pelajar memilih FALSE apabila maklumat tidak ada — itu adalah NOT GIVEN!

✅ PADANAN TAJUK — Heading Matching

• Baca kalimat pertama dan terakhir setiap perenggan

• Cari *idea utama* keseluruhan perenggan, bukan satu fakta sahaja

• Elakkan tajuk yang mengandungi perkataan sama dengan teks (mungkin perangkap)

✅ PELENGKAP AYAT — Sentence/Summary Completion

• Perhatikan had perkataan: "NO MORE THAN TWO WORDS" bermaksud 1 atau 2 perkataan sahaja

• Jawapan mesti diambil terus daripada teks (kata-kata asal)

• Pastikan jawapan anda betul dari segi tatabahasa dalam ayat

✅ SOALAN PENDEK — Short Answer Questions

• Soalan-soalan ini mengikut urutan teks — cari secara berurutan

• Gunakan teknik *scanning*: cari kata kunci dalam soalan

• Tulis jawapan tepat daripada teks tanpa mengubah maksud

📅 JADUAL LATIHAN YANG DICADANGKAN:

• Minggu 1–2: Ujian 1 & 2 — Fokus pada teknik asas & pengurusan masa

• Minggu 3–4: Ujian 3 & 4 — Analisis kesilapan & bina perbendaharaan kata

• Minggu 5–6: Ujian 5 & 6 — Simulasi peperiksaan sebenar (60 minit, tanpa berhenti)

TEST 2 — Reading Passage | The History and Science of Fermentation

Read the passage and answer the questions that follow.

Long before the word "probiotic" entered popular vocabulary, humans around the world had developed sophisticated methods of fermenting food and drink as a means of preservation, nutrition, and cultural expression. Archaeological evidence suggests that fermentation has been practiced for at least 10,000 years, with some of the earliest evidence coming from pottery shards found in China that contained residues of a fermented beverage made from rice, honey, and fruit.

The science underlying fermentation was not understood until the nineteenth century, when Louis Pasteur demonstrated that microorganisms — specifically bacteria and yeast — were responsible for the process. Prior to Pasteur's work, fermentation was often attributed to spontaneous chemical reactions or even supernatural forces. His discovery transformed not only our understanding of biology, but also laid the groundwork for the modern food industry and, eventually, the development of antibiotics.

At its most basic level, fermentation is a metabolic process in which microorganisms break down organic compounds — most commonly sugars — in the absence of oxygen, producing acids, gases, or alcohol as byproducts. This anaerobic environment is key: it prevents the growth of harmful bacteria that require oxygen to thrive, while simultaneously creating conditions that allow beneficial microorganisms to flourish.

Different types of fermentation produce vastly different results. Lactic acid fermentation, carried out primarily by lactobacillus bacteria, is responsible for products such as yoghurt, kimchi, sauerkraut, and sourdough bread. Alcoholic fermentation, driven by yeasts, produces beer, wine, and spirits. Acetic acid fermentation transforms alcohol into vinegar. Each process has its own distinct microbial communities, flavour profiles, and cultural histories.

In recent decades, scientific interest in fermented foods has been reinvigorated by research into the human gut microbiome — the vast community of microorganisms that inhabits the digestive system. Studies have linked a diverse and healthy microbiome to improved immune function, reduced inflammation, and even better mental health outcomes. Fermented foods, rich in live beneficial bacteria known as probiotics, are thought to contribute positively to microbiome diversity.

However, researchers caution against overstating the evidence. While the correlations between microbiome health and overall wellbeing are compelling, the mechanisms remain incompletely understood, and not all fermented foods contain live cultures by the time they are consumed. Many commercially produced fermented products are pasteurised after fermentation, a process that kills the beneficial bacteria. Consumers interested in the probiotic benefits of fermented foods are therefore advised to seek out unpasteurised varieties or to make their own.

Questions 11–15: The passage has six paragraphs. Match each paragraph (A–F) with the correct heading. There are more headings than paragraphs.

List of Headings

i. i. The discovery that revolutionised biology
ii. ii. Ancient origins of food preservation
iii. iii. Health benefits that remain uncertain
iv. iv. How microorganisms transform food
v. v. A wide variety of fermented products
vi. vi. Modern consumer trends
vii. vii. The gut microbiome connection
viii. viii. Cultural significance in modern society

11. Paragraph A

12. Paragraph B

13. Paragraph C

14. Paragraph D

15. Paragraph E

Questions 16–20: Complete the sentences. Use NO MORE THAN TWO WORDS from the passage.

16. Before Pasteur, fermentation was sometimes attributed to _____ reactions.

17. The absence of oxygen in fermentation prevents the growth of _____ bacteria.

18. Yoghurt and kimchi are products of _____ fermentation.

19. The community of microorganisms in the digestive system is called the gut _____.

20. Products that undergo _____ after fermentation may not contain live bacteria.

TEST 4 — Reading Passage | The Evolution of Coral Reef Ecosystems

Read the passage and answer the questions that follow.

Coral reefs are among the most biologically diverse and economically valuable ecosystems on Earth. Covering less than 1% of the ocean floor, they are home to an estimated 25% of all marine species and provide essential services — including coastal protection, fisheries support, and tourism revenue — to hundreds of millions of people worldwide. Yet coral reefs are under unprecedented threat from a combination of climate change, ocean acidification, pollution, and overfishing.

The structure of coral reefs is built by tiny animals called polyps, which secrete calcium carbonate to form hard skeletal structures. Individual polyps are only a few millimetres in diameter, but colonies can grow over centuries into the massive reef formations visible from space, such as Australia's Great Barrier Reef. Crucially, reef-building corals have a symbiotic relationship with microscopic algae called zooxanthellae, which live within the coral tissue and provide up to 90% of the coral's nutritional needs through photosynthesis.

When sea temperatures rise above the corals' tolerance threshold — typically by just 1–2 degrees Celsius sustained over several weeks — the corals expel their zooxanthellae. This process, known as coral bleaching, leaves the coral white and, if the stress continues, leads to coral death. Mass bleaching events have become dramatically more frequent since the 1980s: the Great Barrier Reef experienced four mass bleaching events between 2016 and 2022 alone.

Ocean acidification represents a separate but related threat. As oceans absorb atmospheric carbon dioxide, carbonic acid forms, reducing the pH of seawater. This makes it harder for corals and other calcifying organisms to build and maintain their calcium carbonate structures. Scientists project that, under current emissions trajectories, ocean pH levels will drop sufficiently by the end of the century to significantly impair reef-building capacity globally.

Despite this dire outlook, researchers are exploring a range of interventions. Assisted evolution — selectively breeding or genetically engineering corals that are more resistant to heat and acidification — has shown promising results in laboratory settings. Coral gardening, which involves growing coral fragments in nurseries and transplanting them onto degraded reefs, has been trialled at hundreds of sites worldwide. Some researchers have also investigated the potential of shading reefs from direct sunlight to reduce heat stress, though scaling such interventions remains a major challenge.

Questions 31–35: Complete the summary. Use NO MORE THAN TWO WORDS from the passage.

Coral reefs occupy less than **31** _____ of the ocean floor but support roughly **32** _____ of all marine species. Reef-building polyps create structures from **33** _____, and depend on **34** _____ — algae called zooxanthellae — for most of their nutrition. When sea temperatures rise, corals expel these algae in a process called **35** _____, which can be fatal if the stress continues.

Questions 36–40: Answer using NO MORE THAN THREE WORDS.

36. What chemical forms when oceans absorb carbon dioxide from the atmosphere? _____

37. What breeding technique aims to produce more heat-resistant corals? _____

38. What method involves growing coral pieces in nurseries before transplanting? _____

39. How many mass bleaching events did the Great Barrier Reef experience between 2016 and 2022? _____

40. What proportion of its nutrition does coral receive from zooxanthellae? _____

PERBENDAHARAAN KATA AKADEMIK | ACADEMIC VOCABULARY

Perkataan-perkataan berikut diambil dari petikan dalam buku ini. Fahami maknanya untuk meningkatkan skor anda.

Perkataan | Word	Makna | Definition
restorative	(adj) memulihkan; having the ability to restore health or strength
proximity	(n) kedekatan; nearness in space or relationship
disparity	(n) ketidaksamaan; a great difference between things
biodiversity	(n) kepelbagaian biologi; variety of life in an area
anaerobic	(adj) anaerobik; occurring without oxygen
microbiome	(n) mikrobiom; all microorganisms in a particular environment
symbiotic	(adj) simbiotik; having a mutually beneficial relationship
acidification	(n) pengasidan; process of becoming more acidic
autonomous	(adj) autonomi; self-governing; operating independently
congestion	(n) kesesakan; overcrowding, especially of traffic
displacement	(n) penggantian; the moving of something from its usual place
calcify	(v) mengapurkan; to harden by deposit of calcium carbonate

💡 **Cara belajar kosa kata IELTS yang berkesan:**

1. Baca perkataan dalam konteks ayat penuh
2. Buat kad imbasan (flashcard) dengan contoh ayat
3. Gunakan perkataan baru dalam penulisan essay anda
4. Sasarkan hafal 5–10 perkataan baru setiap hari

POLA SOALAN LAZIM | COMMON QUESTION PATTERNS

Pattern 1: Locating Specific Information

Soalan-soalan tentang maklumat spesifik (nama, nombor, definisi) lazimnya mengikut urutan petikan.

Strategi: Cari kata kunci dalam soalan → Imbas teks untuk kata tersebut → Baca konteks sekitar → Jawab.

Pattern 2: Understanding Main Ideas

Soalan padanan tajuk dan soalan subjek utama memerlukan pemahaman KESELURUHAN perenggan, bukan hanya satu ayat.

Strategi: Baca ayat pertama dan terakhir setiap perenggan → Kenal pasti idea utama → Padankan dengan pilihan.

Pattern 3: Writer's Opinion vs Factual Information

"YES/NO/NOT GIVEN" digunakan apabila soalan menanyakan pendapat penulis. "TRUE/FALSE/NOT GIVEN" digunakan untuk fakta.

Perhatikan perbezaan ini dalam arahan soalan!

Pattern 4: Words That Trap (Kata Perangkap)

Soalan sering menggunakan sinonim untuk kata-kata dalam teks. Contoh: teks berkata "proximity" → soalan berkata "nearness".

Kosa kata akademik yang kaya membantu anda mengenal pasti padanan ini dengan lebih pantas.

Pattern 5: Cause and Effect Relationships

Banyak soalan minta anda mengenal pasti hubungan sebab-akibat dalam teks.

Cari kata penanda: "because", "therefore", "as a result", "consequently", "due to", "leads to".

1	**TRUE**	2	**TRUE**
3	**NOT GIVEN**	4	**NOT GIVEN**
5	**TRUE**	6	**nanoplastics**
7	**persistent organic pollutants**	8	**bioaccumulation**
9	**basking sharks and whale sharks**	10	**reduction in plastic production**

TEST 6 — Decision-Making (Questions 11–20)

Soalan / Q	Jawapan / Answer	Soalan / Q	Jawapan / Answer
11	**iv**	12	**ii**
13	**v**	14	**vi**
15	**iii**	16	**behavioural**
17	**rational**	18	**twice**
19	**status quo**	20	**nudges**

TAMAT SAMPEL

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