

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the **ANSWER SHEET**. (10 points)

Fluid intelligence is the type of intelligence that has to do with short-term memory and the ability to think quickly, logically, and abstractly in order to solve new problems. It 1 in young adulthood, levels out for a period of time, and then 2 starts to slowly decline as we age. But 3 aging is inevitable, scientists are finding out that certain changes in brain function may not be.

One study found that muscle loss and the 4 of body fat around the abdomen are associated with a decline in fluid intelligence. This suggests the 5 that lifestyle factors might help prevent or 6 this type of decline.

The researchers looked at data that 7 measurements of lean muscle and abdominal fat from more than 4,000 middle- to older-aged men and women and 8 that data to reported changes in fluid intelligence over a six-year period. They found that middle-aged people 9 higher measures of abdominal fat 10 worse on measures of fluid intelligence as the years 11.

For women, the association may be 12 to changes in immunity that resulted from excess abdominal fat; in men, the immune system did not appear to be 13. It is hoped that future studies could 14 these differences and perhaps lead to different 15 for men and women.

16 there are steps you can 17 to help reduce abdominal fat and maintain lean muscle mass as you age in order to protect both your physical and mental 18. The two highly recommended lifestyle approaches are maintaining or increasing your 19 of aerobic exercise and following a Mediterranean-style 20 that is high in fiber and eliminates highly processed foods.

1. [A] pauses
[B] returns
[C] peaks
[D] fades
2. [A] alternatively
[B] formally
[C] accidentally
[D] generally
3. [A] while
[B] since
[C] once
[D] until

4. [A] detection
[B] accumulation
[C] consumption
[D] separation
5. [A] possibility
[B] decision
[C] goal
[D] requirement
6. [A] delay
[B] ensure
[C] seek
[D] utilize
7. [A] modified
[B] supported
[C] included
[D] predicted
8. [A] devoted
[B] compared
[C] converted
[D] applied
9. [A] with
[B] above
[C] by
[D] against
10. [A] lived
[B] managed
[C] scored
[D] played
11. [A] ran out
[B] set off
[C] drew in
[D] went by
12. [A] superior
[B] attributable
[C] parallel
[D] resistant

13. [A] restored
[B] isolated
[C] involved
[D] controlled
14. [A] alter
[B] spread
[C] remove
[D] explain
15. [A] compensations
[B] symptoms
[C] demands
[D] treatments
16. [A] Likewise
[B] Meanwhile
[C] Therefore
[D] Instead
17. [A] change
[B] watch
[C] count
[D] take
18. [A] well-being
[B] process
[C] formation
[D] coordination
19. [A] level
[B] love
[C] knowledge
[D] space
20. [A] design
[B] routine
[C] diet
[D] prescription