



Verbal Reasoning

Calcium and Milk

Calcium is important. But milk isn't the only, or even best, source.

It's not a news flash that calcium is key for healthy bones. Getting enough calcium from childhood through adulthood helps build bones up and then helps slow the loss of bone as we age. It's not clear, though, that we need as much calcium as is generally recommended, and it's also not clear that dairy products are really the best source of calcium for most people.

While calcium and dairy can lower the risk of osteoporosis and colon cancer, high intake can increase the risk of prostate cancer and possibly ovarian cancer.

Plus, dairy products can be high in saturated fat as well as retinol (vitamin A), which at high levels can paradoxically weaken bones.

Good, non-dairy sources of calcium include collards, bok choy, fortified soy milk, baked beans, and supplements that contain both calcium and vitamin D (a better choice than taking calcium alone).

ANSWERS

1) Vitamin D is better than Calcium

- 1) True
- 2) False
- 3) Cannot Tell

There is no information within the passage that suggests this. More information is needed to confirm this statement for it to be True. In the passage it only states that Vitamin D and calcium is better than Calcium alone.



2) Products with Calcium are high in saturated fat and Vitamin A

- 1) True
- 2) False
- 3) Cannot Tell

Dairy products are high in saturated fat and Vitamin A, but there is no information that suggests that calcium products are high in it. Therefore more information is needed, hence the answer is Cannot Tell.

3) Retinol causes bones to weaken

- 1) True
- 2) False
- 3) Cannot Tell

It clearly states in the passage: 'retinol (vitamin A), which at high levels can paradoxically weaken bones.' Therefore the answer is True

4) Calcium helps build bones and raises risk of colon cancer

- 1) True
- 2) False
- 3) Cannot Tell

In the passage it confirms in the second passage that calcium builds bones however in the third paragraph it states that calcium lowers the risk of colon cancer. As both of the information is not correct, the answer is false.



What is Fluoride?

Fluoride is a natural mineral found throughout the earth's crust and widely distributed in nature. Some foods and water supplies contain fluoride.

How Does Fluoride Work?

Fluoride helps prevent cavities in two different ways:

Fluoride concentrates in the growing bones and developing teeth of children, helping to harden the enamel on baby and adult teeth before they emerge

Fluoride helps to harden the enamel on adult teeth that have already emerged

Fluoride is often added to drinking water to help reduce tooth decay. In the 1930s, researchers found that people who grew up drinking naturally fluoridated water had up to two-thirds fewer cavities than people living in areas without fluoridated water. Studies since then have repeatedly shown that when fluoride is added to a community's water supply, tooth decay decreases. The American Dental Association, the World Health Organization and the American Medical Association, among many other organizations, have endorsed the use of fluoride in water supplies because of its effect on tooth decay.

(Colgate.com, 2015)

ANSWERS

1) Water without any fluoride causes cavities

- 1) True
- 2) False
- 3) **Cannot Tell**

The paragraph states water with fluoride reduces cavities, however there is no information about the water used at all. External knowledge should not be used. Therefore the answer is Cannot Tell

2) All organisations support the use of fluoride in water supplies because of the way it effects tooth decay

- 1) True
- 2) **False**
- 3) Cannot Tell

ALL organisations do not support, in the last paragraph it says 'many others' which is not the same, hence the answer is false.





3) Fluoride affects teeth that have not even erupted yet

- 1) True
- 2) False
- 3) Cannot Tell

It clearly states in the passage: 'Fluoride concentrates in the growing bones and developing teeth of children, helping to harden the enamel on baby and adult teeth before they emerge.' Therefore the answer is true as emerge is a synonym to erupt.

Most food and water contains fluoride

- 1) True
- 2) False
- 3) Cannot Tell

The first paragraph states 'Some foods and water supplies contain fluoride.' It is not sure whether some is the same as most. More information is needed, therefore the answer is cannot tell.

