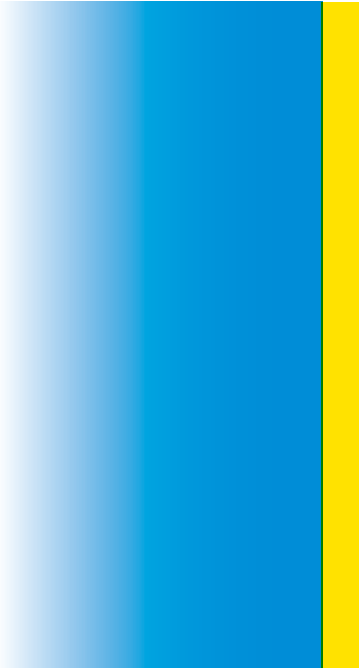


***Boost Your Reading Skills***

***CEFR A2***

**BOOK**

**1**



# **Success with Reading**

**Maiko Ikeda**

**Ayaka Shimizu**

**Michelle Witte**

**Zachary Fillingham**

**Gregory John Bahlmann**

photographs

iStockphoto

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<http://acteabo.jp>



ID	
パスワード	

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## Success with Reading Book 1 —Boost Your Reading Skills—

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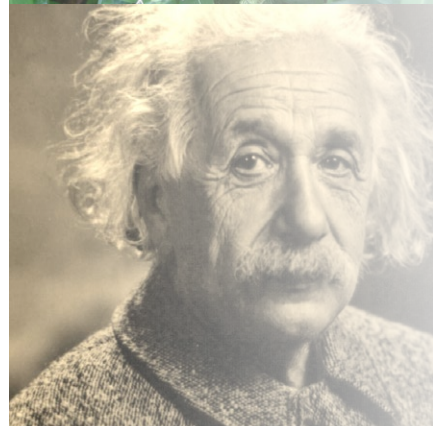
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# Preface

*Success with Reading Book 1 —Boost Your Reading Skills—* is the first book of a three-volume series designed mainly to develop reading skills with the aid of learning strategies. High proficiency in English will broaden your horizons and enable you to see a more interesting world.

Each unit of *Success with Reading Book 1* follows a set structure to encourage students to put what they have learned into practice in communication activities. The unit begins with a Tips for Reading section, which introduces a strategy for more effective reading. This is followed by a Vocabulary section in which students check words related to the topic in context. They will then check their comprehension of the passage, both details and main ideas. The unit ends with opportunities for students to express and exchange their ideas regarding the related topics.

As students progress through each level, they are constantly encouraged to put what they have learned to use. At the same time, they never stop taking new challenges that will push them to a new stage. *Success with Reading Book 1* will open up a path to a place where students can look out over a wonderful landscape after enjoying every moment of the journey.





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# Learning Overview

## UNIT 1

### KEY FOR LEARNING 1

#### Remembering new words with sounds

## Amazing Chocolates

### WARM-UP QUESTIONS

Discuss the questions below with your classmates.

1. How often do you eat chocolate in a week?
2. When do you think was chocolate first sold in Japan?

### VOCABULARY

From the choices below, choose the word which fits best in each sentence.

1. In the English alphabet, the letter M \_\_\_\_\_ the letter L.
2. Would you like to \_\_\_\_\_ sugar to your coffee?
3. There are many different \_\_\_\_\_ in the world, such as Buddhism and Islam.
4. My father could not \_\_\_\_\_ to buy such an expensive toy for me.
5. We regularly clean the playground to \_\_\_\_\_ our community.
6. Herbal tea has healing \_\_\_\_\_.
7. We need to put the same \_\_\_\_\_ of sugar and flour into the bowl.
8. They all laughed, with the \_\_\_\_\_ of Taro.
9. This webpage \_\_\_\_\_ a lot of useful information for tourists in Japan.
10. The heavy rain \_\_\_\_\_ my new shoes.

add	afford	amount	benefit	contains
exception	follows	properties	religions	ruined

10

## 1

### WARM-UP QUESTIONS

Introduces warm-up questions to activate the students' background knowledge about the topic.

## 2

### VOCABULARY

Teaches topic-related vocabulary words in a sentence where students can learn the usage of the words.

## 3

### TIPS FOR READING

Teaches a reading strategy together with examples and key points.

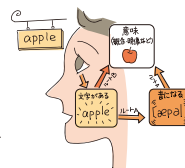
### EXERCISE

Provides an opportunity for using tips for reading introduced above.

### TIPS FOR READING

#### Remembering new words with sounds (1)

A first step to successful reading is increasing your vocabulary. Remembering a new word by using sounds works very well for your brain. When you see a word for the first time, you link it to its meaning through its sounds (seeing → sounds → meaning). After your brain takes this route many times, it skips sounds to reach the meaning. In order to build a shortcut, you can start learning vocabulary by checking its pronunciation.



It may be helpful to use an electronic or on-line dictionary. Below are some examples of useful online dictionaries. Which one is your favorite?

#### Example

##### Cambridge Dictionary

Has both English-Japanese and English-English dictionaries.  
<https://dictionary.cambridge.org/ja/>

##### Longman Dictionary of Contemporary English Online

Useful for beginners using a monolingual dictionary.  
<https://www.ldoceonline.com/>

##### Merriam-Webster Unabridged Dictionary

Useful for checking words with similar meanings (= thesaurus).  
<https://www.merriam-webster.com/>

#### EXERCISE

Check the pronunciation of the words in the Vocabulary Section. If you are not sure about the pronunciation, check it with a dictionary.

#### Words to Check

UNIT 1  
UNIT 2  
UNIT 3  
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UNIT 99  
UNIT 100

11



## 4 READING PASSAGE

Features an interesting article from a variety of topics. Also, it provides an other opportunity for using tips for reading introduced in the unit.

### READING PASSAGE

Read the passage below and focus on the sound of the words.

- 1 Do you like chocolate? Most people love it. Its sweet, creamy flavor is hard to resist. But where did chocolate come from?
- 2 About 2,600 years ago, the Olmec, who lived in Central and South America made use of chocolate. They used cocoa beans to make a special drink, but this drink was not sweet like the chocolate we are used to. It was very bitter. In the years that followed, they started adding other things to their cocoa drink to make it taste better.
- 3 Chocolate was very important for the Maya, another group in Central America. Mayans used cocoa beans as money, and it is said that 10 beans could buy a rabbit. Cocoa beans were also used in Mayan religion and wedding ceremonies. The Mayans also used cocoa beans to make a chocolate drink, but only rich people could afford to drink it.
- 4 When the Europeans arrived in South America, they started to bring this popular drink back to their home countries. Milk, cream, and sugar were added, and eventually the chocolate we know was born. In the year 1689, chocolate milk was developed in Jamaica.
- 5 Chocolate is now one of the most popular flavors in the world. In modern society, we can enjoy chocolate in bars, ice cream, cakes, milkshakes, pies, and many other foods. Some studies have found that dark chocolate is good for our health because it benefits the circulatory

Chocolate



Chocolate is created from cocoa beans.

system and has other anticancer properties. Thus, small but regular amounts of dark chocolate might be able to reduce the risk of a heart attack.

Nothing is perfect, and chocolate is no exception. Chocolate can contain a large amount of calories, so people who eat a lot of chocolate risk becoming obese. Perhaps the secret to enjoying chocolate's flavor and not ruining your health is very simple: do not eat too much of it!



Mayan writing referring to cocoa (left)



A Mayan chief forbids a person to touch a jar of chocolate. (left by Mayan Civilization)

### COMPREHENSION QUESTIONS

Decide if each statement is true [T] or false [F]. If it is false, correct it.

1. [ ] The Maya changed the chocolate drink to make its taste better.
2. [ ] In Mayan society, one rabbit cost 10 beans.
3. [ ] The familiar taste of chocolate existed before Europeans arrived in South America.
4. [ ] Eating chocolate regularly may cause a heart attack.
5. [ ] Eating a large amount of chocolate causes obesity.

## 6 GRAPHIC SUMMARY

Introduces a summary-writing exercise which is also useful as an output activity.

### GRAPHIC SUMMARY

Complete the outline notes below. You can look at the passage if you want.

#### AMAZING CHOCOLATES

##### 1 History of chocolate

- About 2,600 years ago in Central and South America
- The Olmec used cocoa beans to make a special drink.
  - At first, it was sweet but very 1.
  - The Maya used cocoa beans as 2.
  - They also used beans for 3, wedding ceremonies, and a drink.
- Only rich people could 4. it.

When Europeans arrived in South America

- They brought the chocolate drink 5. to Europe.
- They 6. milk, cream, and sugar.

In 1689 in Jamaica

- Chocolate milk was 7.

##### 2 For Health

- Dark chocolate 8. the circulatory system and has other anticancer 9.
- Eating too much chocolate could 10. your health.

## 5 COMPREHENSION QUESTIONS

Introduces comprehension exercises based on the content from Reading passage.

## 7 WRITING AND DISCUSSION

Introduces questions for output exercise based on the content of the reading passage.

### WRITING AND DISCUSSION

Read the questions below and write down your ideas or opinions. Exchange your ideas or opinions with your classmates. Use the hints if you want.

1. What do you eat or drink regularly to keep yourself healthy?

Hints well-balanced meals / protein drinks / green tea

Your ideas

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2. What is your favorite food? How is it eaten in other towns or countries?

Hints bananas / fried food / niku-jaga / pork instead of beef

Your ideas

---



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### FURTHER STUDY

For further study, access ActeaBo and review today's lesson.

<http://acteaabo.jp>



## 8 FURTHER STUDY

Introduces an opportunity for further independent study.

## Tips for Reading: Planning for your study

For successful English learning, one of the most important things is to **CONTINUE** learning it. You cannot master English by studying only for a couple of years. English learning is therefore very similar to climbing mountains, practicing cooking or practicing a music instrument. You need to continue.

However, you cannot continue to learn English without a **CLEAR GOAL** to achieve. For example, when it comes to climbing a mountain, how high is the mountain? What tools or clothes do you need for climbing? Which route are you going to take? How many days do you need? Without knowing all of this clearly, you cannot maintain your motivation and may soon give up.

Therefore, you need to set a clear goal before restarting your English learning this time. The clearer it is, the more easily you can achieve it. Also, setting **SMALLER STEPS** to achieve the goal helps you continue learning. Every time you take one step forward, you can feel success and the desire to move forward.





### Example

Goal	Reading one passage easily without using a dictionary
Smaller steps	<ol style="list-style-type: none"><li>1. Increasing vocabulary (300 more words)</li><li>2. Reading faster ← arriving here one year later!</li><li>3. Writing a short summary (with a few sentences)</li></ol>

### LET'S TRY

Set a clear goal for your English learning. Also, set smaller steps to achieve the goal. Do not forget to indicate where you want to be one year later through learning English with this textbook.

Goal	
Smaller steps	

# Amazing Chocolates

## WARM-UP QUESTIONS

*Discuss the questions below with your classmates.*

1. How often do you eat chocolate in a week?
2. When do you think was chocolate first sold in Japan?

## VOCABULARY



*From the choices below, choose the word which fits best in each sentence.*

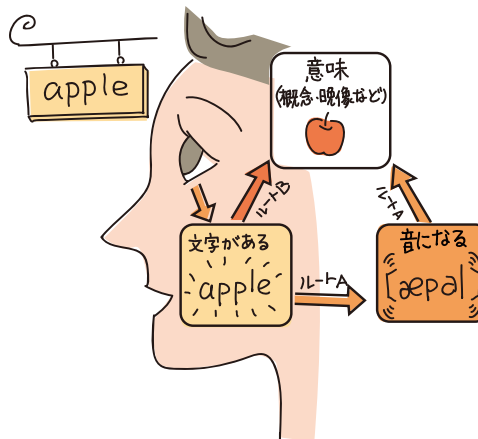
1. In the English alphabet, the letter M \_\_\_\_\_ the letter L.
2. Would you like to \_\_\_\_\_ sugar to your coffee?
3. There are many different \_\_\_\_\_ in the world, such as Buddhism and Islam.
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add	afford	amount	benefit	contains
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### EXERCISE

Check the pronunciation of the words in the Vocabulary Section.

If you are not sure about the pronunciation, check it with a dictionary.

### Words to Check

## READING PASSAGE



>> Chocolate

*Read the passage below and focus on the sound of the words.*

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5 America made use of chocolate. They used cocoa beans to make a special drink, but this drink was not sweet like the chocolate we are used to. It was very bitter. In the years that followed, they started adding other things to their cocoa drink to make it taste better.

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10 another group in Central America. Mayans used cocoa beans as money, and it is said that 10 beans could buy a rabbit. Cocoa beans were also used in Mayan religion and wedding ceremonies. The Mayans also used cocoa beans  
15 to make a chocolate drink, but only rich people could afford to drink it.

4 When the Europeans arrived in South America, they started to bring this popular drink back to their home countries. Milk, cream, and  
20 sugar were added, and eventually the chocolate we know was born. In the year 1689, chocolate milk was developed in Jamaica.

5 Chocolate is now one of the most popular flavors in the world. In modern society, we  
25 can enjoy chocolate in bars, ice cream, cakes, milkshakes, pies, and many other foods. Some studies have found that dark chocolate is good for our health because it benefits the circulatory



Chocolate is created from cocoa beans.

system and has other anticancer properties. Thus, small but regular amounts  
30 of dark chocolate might be able to reduce the risk of a heart attack.

6 Nothing is perfect, and chocolate is no exception. Chocolate can contain a large amount of calories, so people who eat a lot of chocolate risk becoming obese. Perhaps the secret to enjoying chocolate's flavor and not ruining your health is very simple: do not eat too much of it!



⚡ Mayan writing referring to cocoa (Wikipedia)



⚡ A Mayan chief forbids a person to touch a jar of chocolate. (cc by Mayan Civilisation)

## COMPREHENSION QUESTIONS

*Decide if each statement is true [T] or false [F]. If it is false, correct it.*

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2. [ ] In Mayan society, one rabbit cost 10 beans.
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4. [ ] Eating chocolate regularly may cause a heart attack.
5. [ ] Eating a large amount of chocolate causes obesity.



## GRAPHIC SUMMARY

*Complete the outline notes below. You can look at the passage if you want.*

### AMAZING CHOCOLATES

#### 1 History of chocolate

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- The Olmec used cocoa beans to make a special drink.
- At first, it was sweet but very 1. \_\_\_\_\_.
- The Maya used cocoa beans as 2. \_\_\_\_\_.
- They also used beans for 3. \_\_\_\_\_, wedding ceremonies, and a drink.

Only rich people could 4. \_\_\_\_\_ it.

When Europeans arrived in South America

- They brought the chocolate drink 5. \_\_\_\_\_ to Europe.
- They 6. \_\_\_\_\_ milk, cream, and sugar.

In 1689 in Jamaica

- Chocolate milk was 7. \_\_\_\_\_.

#### 2 For Health

- Dark chocolate 8. \_\_\_\_\_ the circulatory system and has other anticancer 9. \_\_\_\_\_.
- Eating too much chocolate could 10. \_\_\_\_\_ your health.

## WRITING AND DISCUSSION

*Read the questions below and write down your ideas or opinions. Exchange your ideas or opinions with your classmates. Use the hints if you want.*

1. What do you eat or drink regularly to keep yourself healthy?

**Hints** ➡ well-balanced meals / protein drinks / green tea

*Your Ideas*

---

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2. What is your favorite food? How is it eaten in other towns or countries?

**Hints** ➡ bananas / fried food / *niku-jaga* / pork instead of beef

*Your Ideas*

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## FURTHER STUDY



ActeaBo

*For further study, access ActeaBo and review today's lesson.*

<http://acteabo.jp>

