

HONG KONG
THIRD EDITION



Read to Achieve 1

READING
SUCCESS WITH **100** ARTICLES

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Australia • Brazil • Canada • Mexico • Singapore • United Kingdom • United States

Introduction

Read to Achieve is an article-based textbook that teaches English by introducing practical, interesting readings. The articles keep students' attention and interest without overwhelming them. Each level provides targeted, level-appropriate vocabulary and comprehensive review sections that test all of the book's material. Each article only introduces three vocabulary words, also with the intention of not overwhelming students. Sample sentences and review tests ensure that students become proficient in the use of each vocabulary word that is taught. After finishing this series, students will have a greater grasp not only of English, but also of many fun, interesting, and important world issues.

Book 1 contains 100 articles divided into four categories: culture, sports, science, and society. Each category has five subcategories. For example, the science category is divided into weather, astronomy, technology, nature, and health. Article titles include "Insects on the Menu," "Taking a Working Holiday," "Surfing on the Land," "A Glance at the Ancient Olympics," "Early Human Migration," and "A Mission to Mars."

In order to keep the material interesting, topics range from serious and controversial to fun and popular. For example, in the science category there are articles on global warming, pollution, and cloning. Needless to say, such topics are bound to create a lot of discussion and debate. It is hoped that students will learn how to better express their ideas on these topics. On the other hand, the culture category includes less serious subjects, such as glassblowing, rock 'n' roll, and running tours. Regardless, every topic contains a host of new information that students and teachers alike are sure to find engrossing.

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The Truth Behind Superfoods: Hype or Health?

You've probably heard about "superfoods", but what exactly are they? Superfoods are nutrient-rich foods that are thought to offer a wide range of health **benefits**. But before you jump on the superfood bandwagon, it's important to know the facts about them.

The term superfood was coined in the early 21st century as a marketing term used to promote certain foods as having special health benefits. Examples of superfoods include blueberries, salmon, kale, chia seeds, and quinoa, just to name a few. These foods are packed with **vitamins**, minerals, and other essential nutrients that can help improve your overall health and reduce the risk of diseases.


Superfoods have become a billion-dollar industry, with companies promoting various products containing superfood ingredients. From powders and supplements to juices and smoothies, there is seemingly no end to the number of products claiming to contain the power of superfoods. But not all superfood products are the same and some might not be quite as healthy as they claim to be.

While they can be a great addition to your diet, it's important not to focus solely on superfoods. Eating a balanced plate of food should take priority. A healthy meal should consist of a variety of **nutritious** foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. By focusing on a balanced diet, you can ensure that you're getting all the essential nutrients your body needs to function at its best.

Superfoods can boost health and prevent diseases, but they're not a magic solution. A healthy lifestyle involves more than just nutrition. Stay active, get enough sleep, and manage stress. A balanced diet and healthy habits are the most important things your body needs. So, next time you're tempted to buy an expensive superfood supplement, reflect on whether it's worth the hype.

Reading Comprehension

Choose the correct answer for each question.

- 
- _____ 1. In the first paragraph, what does “jump on the bandwagon” mean?
- (A) To discuss in a group
 - (B) To think carefully
 - (C) To eat in small amounts
 - (D) To follow a trend
- _____ 2. What is the purpose of the second paragraph?
- (A) To describe the superfood industry
 - (B) To give an opinion about the best superfoods
 - (C) To explain what superfoods are
 - (D) To summarize the problems with superfoods
- _____ 3. What is implied in the third paragraph of this article?
- (A) Most superfood products are healthy and beneficial.
 - (B) Superfood products will become more popular in the future.
 - (C) Superfood products may not be as healthy as they claim to be.
 - (D) Superfood products can give all the essential nutrients your body needs.
- _____ 4. Which of the following is NOT given as an example of a superfood?
- (A) Blueberries
 - (B) Quinoa
 - (C) Salmon
 - (D) Healthy fats
- _____ 5. According to the author, what is the most important thing your body needs for a healthy lifestyle?
- (A) A balanced diet and healthy habits
 - (B) As many superfoods as possible
 - (C) Supplements to your diet
 - (D) Expensive workout equipment
- _____ 6. Which of the following best summarizes the author’s opinion about superfoods?
- (A) They are too expensive for most people.
 - (B) They can harm your body if you eat them too much.
 - (C) They are not the only thing needed for a healthy lifestyle.
 - (D) They have no real health benefits.



Fashion Goes High-Tech

Fashion is no longer something that is just made of cloth or leather. These days it has become something that needs **batteries** and is often connected to the Internet. When it comes to high-tech fashion, it might be attached to your wrist or resting on the bridge of your nose, and it is doing a lot more than just making you look stylish.

- 5 Google was one of the first to burst on the scene with a fashionable item that was also very **functional**. Google Glass, which looks like glasses, allows wearers to do all sorts of things, from seeing information in a simple viewer to simply saying out loud, "Take a picture." What you are seeing is the picture that will be taken, because Google Glass heard you through its **microphone** and has a built-in camera. If you ask a question, you will be
- 10 shown the answer in the tiny screen displayed before one eye. Google Glass uses Bluetooth technology to communicate with a smartphone, so it is not a stand-alone item.

- Another high-tech **device** that may become a fashion statement is the smart watch. Similar to Google Glass in that it connects wirelessly to a smartphone, it is worn like a watch and has a touch screen on it. Instead of having to pull out your phone to check e-mail or read a text,
- 15 all of the information can simply be read with a glance at your wrist. Different companies have come out with competing versions of smart watches, and they're likely to have a more jewelry-like quality in the future.

Technology continues to advance at amazing speeds. What it will hold for us in the form of wearable high-tech fashion is whatever we can imagine.

Reading Comprehension

Choose the correct answer for each question.

- _____ 1. **How does Google Glass connect with a phone?**
- (A) It goes through a wire hook-up.
 - (B) It plugs directly into it.
 - (C) It uses Bluetooth technology.
 - (D) It has a built-in phone.
- _____ 2. **What does Google Glass not have?**
- (A) A touchpad
 - (B) A camera
 - (C) A tiny screen
 - (D) A microphone
- _____ 3. **Why would someone be unlikely to wear high-tech fashion?**
- (A) To make a fashion statement
 - (B) To be able to access the Internet
 - (C) To read e-mail
 - (D) To stay hidden from others
- _____ 4. **What may have more jewelry-like qualities in the future?**
- (A) Smartphones
 - (B) Smart watches
 - (C) Google Glass
 - (D) Bluetooth
- _____ 5. **Which statement is true?**
- (A) Google Glass is a stand-alone item.
 - (B) Smart watches all have cameras on them.
 - (C) The high-tech fashions mentioned both connect wirelessly.
 - (D) Smart watches are worn on the bridge of the nose.
- _____ 6. **What can you infer from this article?**
- (A) You can use a touch screen on Google Glass.
 - (B) Both items are sold at roughly the same price.
 - (C) The camera on Google Glass is one of the best ever made.
 - (D) There will be more high-tech fashions in the future.





Traditional Chinese Art

The history of Chinese art takes us on a journey over a 3,000-year period. From beautiful bronze designs during the Shang Dynasty to delicate blue-and-white porcelain in the Ming Dynasty, the art of China has evolved greatly over the years.

5 The origins of Chinese art can be traced back to the Shang Dynasty (1600–1046 BCE). During this period, Chinese artists used bronze to make weapons, chariots, and other items. Many of these were decorated with detailed designs including animals like dragons and birds. Dragons, in particular, were considered a symbol of power, strength, and good luck.

10 Over time Chinese art continued to develop. The Tang Dynasty (618–907 CE) and Song Dynasty (960–1279 CE) are collectively known as China’s “Golden Age” because of the long period of peace, prosperity, and artistic achievements. The poems, paintings, and sculptures of the Tang Dynasty inspired future generations of Chinese artists. Later, during the Song Dynasty, landscape painting became an important form of art. Artists focused on creating images of a calm and orderly world, painting huge mountains that stood like rulers over the trees and people below. Chinese artists also began carving words and pictures into woodblocks, which were then covered with ink and used to print books. This invention gave more people access to ideas and information, and it had a great impact on the spread of knowledge and education in China.

20 During the Ming Dynasty (1368–1644 CE), artists perfected the famous blue-and-white porcelain. With time, more and more people outside of China wanted these works, and the artists adapted to meet this demand. For example, artists used flowers like those on Arabic carpets to sell goods in that area. Similarly, the designs changed to meet the increasing demand from Japanese and European markets, where more detailed patterns were preferred.

25 Today, the art of China continues to evolve, blending traditional techniques with modern ideas. From calligraphy and paintings to sculpture and porcelain, Chinese art remains one of the world’s most popular and well-loved forms of expression.

Reading Comprehension

Choose the correct answer for each question.

- _____ 1. During which dynasty did Chinese artists start using bronze to create items?
- (A) Shang Dynasty
 - (B) Tang Dynasty
 - (C) Song Dynasty
 - (D) Ming Dynasty
- _____ 2. Which was NOT mentioned as being an important art form during the Tang Dynasty?
- (A) Poems
 - (B) Porcelain
 - (C) Paintings
 - (D) Sculptures
- _____ 3. What does the word “prosperity” mean in paragraph 3?
- (A) Being unhealthy or weak
 - (B) Being wealthy or successful
 - (C) Being healthy or physically strong
 - (D) Being smart or intelligent
- _____ 4. How did the invention of woodblock printing impact education in China?
- (A) It made education more expensive.
 - (B) It attracted foreigners to seek education in China.
 - (C) It gave more people access to ideas and information.
 - (D) It made education available only to people belonging to the royal family.
- _____ 5. According to the article, what did Chinese artists do when more people outside of China wanted their works?
- (A) They adapted their designs to meet the demand.
 - (B) They increased the price of their works due to the demand.
 - (C) They continued to create works with the same traditional designs.
 - (D) They refused to sell their traditional works to people outside of China.
- _____ 6. How does the author feel about the art of China today?
- (A) The author has no strong feelings towards the art of China today.
 - (B) The author feels that Chinese art is not well-loved outside of China.
 - (C) The author thinks that traditional techniques were better than modern techniques.
 - (D) The author feels the art of China today is changing but it retains traditional techniques.





The World of Competitive Eating

Professional eaters can hardly **qualify** as athletes, but they can certainly prove that they are serious competitors. While most other athletes might not look upon people who participate in eating competitions as real sportsmen, there is a subculture that sees all sorts of competitive eating competitions as serious events.

- 5 To anyone who has tried to finish a large meal and was unable to, having the ability to stuff huge amounts of food into one's stomach may seem like an impossible feat. If you are full, you have to stop eating, as that is the natural thing to do. For some people, though, they have the ability to go beyond what is considered normal and force an unbelievable amount of food into their stomachs. They take this ability so seriously that some of them can actually make a
- 10 living off of doing it.

- Probably the most popular eating contest is the hot-dog eating competition. There are plenty of others, though, and the foods that are offered at those range from pie to pizza to super-
- 15 **spicy** dishes that can actually harm a person. Regardless of what their food of choice is, many professional competitive eaters put themselves through serious training before an
- event. They make their stomachs more **elastic** by drinking a large amount of water and eating very large portions of low-calorie foods such as salads. In order to build jaw strength, some chew a very large amount of gum.

- There is some glory in winning eating contests. Some have cash prizes or other awards, while other contests can make the competitors famous. One such competition is Nathan's
- 20 Hot Dog Eating Contest on Coney Island. Every Independence Day in the United States, the contest is televised on ESPN.

Reading Comprehension

Choose the correct answer for each question.



- _____ 1. What are competitive eaters considered part of in this article?
- (A) An elite set of athletes
 - (B) A subculture
 - (C) A popular movement
 - (D) A group of outsiders
- _____ 2. How do some competitive eaters train for eating events?
- (A) By eating a lot of hot dogs
 - (B) By drinking a large amount of water
 - (C) By starving themselves before events
 - (D) By eating only super-spicy dishes
- _____ 3. Why might a person become famous from an eating contest?
- (A) Because the event was televised
 - (B) Because he or she has an elastic stomach
 - (C) Because his or her ability seems impossible
 - (D) Because he or she could eat the most spicy food
- _____ 4. What is a way that competitive eaters build jaw strength?
- (A) By having a lot of salads
 - (B) By eating a lot of hot dogs
 - (C) By biting a piece of wood
 - (D) By chewing a considerable amount of gum
- _____ 5. Which food is NOT mentioned in this article?
- (A) A hot dog
 - (B) Salad
 - (C) Pizza
 - (D) Beef
- _____ 6. What is the main idea of this article?
- (A) Hot dog eating contests are the most popular competitive eating events.
 - (B) People must not train very hard to be competitive eaters.
 - (C) Competitive eating events are popular and attract a lot of competitors.
 - (D) People who eat too much are usually the best competitive eaters.





Sports: Martial Arts

Track 044

Fencing

Two **opponents** step out into the arena with their weapons ready. Their swords meet with lightning speed! This isn't a scene from a movie. This is fencing, a centuries-old sport that thrills audiences with action, strategy and excitement.

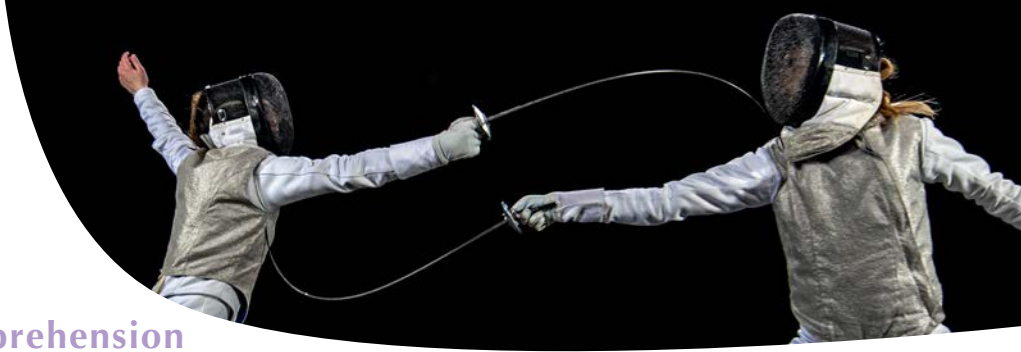
5 Fencing can be traced back to the early civilizations of Egypt, where it was used as a type of military training. It evolved into a sport in the 14th and 15th centuries in Italy and Germany. By 1880, fencing had become a competitive sport, and it was included in the Olympic Games in 1896 that was held in Athens, Greece.

10 The rules of the sport are quite simple. Competitors must try to touch specific areas of their opponent's body using their swords. Every time they touch the specific area, they're awarded a point. Usually, the first to reach 15 points will win.

Fencers wear protective masks, gloves, and jackets for **protection**. Special equipment is also used to register when the opponent's sword makes contact with them. The sport is divided into three categories: foil, epee, and sabre, each with a different type of sword. The techniques used in each category vary as different target areas and methods of scoring apply.

15 In addition to physical qualities, fencing also requires great mental effort. Fencers must maintain focus and control of their emotions during the competition. **Fairness** and respect for opponents are also important, making fencing a useful way to develop character traits for success in all areas of life. Many people view fencing as both fun and beneficial for personal growth and success beyond the sport.

20 Fencing isn't just a sport. It can positively impact the lives of its participants beyond the competition. In addition to this, the lightning-fast swordplay will make you feel like you are appearing in your own epic movie scene.



Reading Comprehension

Choose the correct answer for each question.

_____ 1. Which of the following best describes fencing?

- (A) A type of dance
- (B) A sport involving swords
- (C) A type of training used in the army
- (D) A sword fight scene in a movie

_____ 2. Where did fencing originate?

- (A) Italy
- (B) Germany
- (C) Egypt
- (D) Greece

_____ 3. Which of the following took place in 1896?

- (A) Fencing became a competitive sport.
- (B) Fencing was included in the Olympic Games.
- (C) A famous movie based on fencing was released.
- (D) Greece included fencing as part of their military training.

_____ 4. How do fencers score points?

- (A) By hitting their opponent's sword first
- (B) By avoiding their opponent's sword for the whole round
- (C) By knocking their opponent's sword out of their hand
- (D) By hitting specific areas of their opponent's body

_____ 5. What are the foil, epee, and sabre?

- (A) Different types of attack
- (B) Protective equipment used by fencers
- (C) Different awards given to fencers
- (D) Categories of fencing with different weapons

_____ 6. What is the purpose of paragraph 5?

- (A) To describe the mental side of fencing
- (B) To compare fencing to other sports
- (C) To describe the negative effects of fencing
- (D) To convince readers that fencing is the best sport





Human Organs Made to Order

We are now approaching a technological age where certain diseases and age-related problems may become things of the past. A major problem that people face, especially as they age, is that organs in their bodies begin to have problems or even go so far as to fail. When an organ fails, the only solution in the past was to find an organ donor and receive a **transplant**. This is never seen as a good solution, as finding a donor means that another person must lose their life in an accident and their organs be harvested. Many people waiting for organ transplants die every year because suitable donors could not be found in time.

Scientists in recent years have made **breakthroughs** in the laboratory and are now learning how to use a person's stem cells to grow organs outside their bodies. Cells are taken from a patient and placed on a lattice structure that contains no living parts to it. The cells grow and cover this structure and eventually become an organ that can be transplanted inside the patient's body.

Although a lot more research needs to be done, there has been some **initial** success in growing organs outside a body. One woman had a trachea grown in the laboratory, and it was used to replace the one she had that had been damaged by a rare disease. Also in the laboratory, stem cells were used to grow an animal's heart, and it was even observed to start beating.

Science has a long way to go before we can expect to have new organs grown for us in the laboratory. However, it is very promising and may just prove to be one of the medical breakthroughs of the century.



Reading Comprehension

Choose the correct answer for each question.

- ___ 1. What might become a thing of the past?
 - (A) Transplants
 - (B) Suitable donors
 - (C) Diseases and age-related problems
 - (D) Studies on information technology
- ___ 2. How do some people deal with organ failure?
 - (A) By buying stem cells
 - (B) By getting organ transplants
 - (C) By asking doctors for new medicine
 - (D) By causing new cells to grow
- ___ 3. What are grown outside bodies?
 - (A) Laboratories
 - (B) Diseases
 - (C) Breakthroughs
 - (D) Organs
- ___ 4. Which was grown and placed inside a human's body in this article?
 - (A) A heart
 - (B) A disease
 - (C) A trachea
 - (D) A donor
- ___ 5. What does a scientist use to grow cells on?
 - (A) A latticework
 - (B) A vein
 - (C) Organ donors
 - (D) A patient
- ___ 6. Why do many people waiting for organ transplants die?
 - (A) Suitable donors are not found.
 - (B) Cells don't grow inside their bodies.
 - (C) They grow tired of waiting.
 - (D) The labs are too busy.

