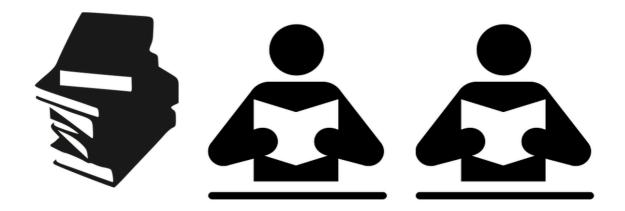




Instant Readings Book 1

EXAMPLE





- **1. Tourism and leisure:** *Cruise Ships: discovery the world in luxury.*
- 2. Finance, business, marketing: Charity: a brief overview
- 3. **Technology / engineering:** The Electric Car Revolution
- 4. Environment: The environmental price of single use plastics
- 5. **Science / biology:** The Biohacking Movement

Level ***** [B1/B2/C1]

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Reading content

1. Tourism and leisure: *Cruise Ships: discovery the world in luxury*

The 400-word text discusses how the cruise industry has reinvented itself over the last two decades and as a consequence has become incredibly successful. It provides key data on the biggest businesses in the industry and highlights that the Caribbean is the most popular cruise destination. It finishes with explaining why cruise holidays are so saleable. The reading test worksheet includes headings/ T,F,NG / vocabulary.

2. Finance, business, marketing: Charity: a brief overview

The 400-word text discusses the first charity and how many charities there are now. It provides information on the top three most popular charity types in the UK and their annual income revenue in 2020. It discusses how charities raise money and the importance of volunteers. The reading test worksheet includes headings/ T,F,NG/ vocabulary.

3. Technology / engineering: The Electric Car Revolution

The 400-word text discusses the dramatic growth of the electric car market in the last few years because of the UK government's future ban on petrol and diesel cars. It provides information on the different types of electric cars available and their green environmental credentials. It finishes with public perceived barriers and how these issues are being addressed. The reading test includes headings / T,F,NG / vocabulary.

4. Environment: The environmental price of single use plastics

The 400-word text defines single use plastics (SUPs) and highlights their devastating impact on the environment. It discusses how they break up in the natural environment into micro and nano plastics. It provides evidence on how they are harmful to human health and this is exacerbated through recent research discovering micro plastics in our drinking water systems. It finishes with a range of suggestions necessary to deal with the problem. The reading test includes headings / T,F,NG / vocabulary.

5. Science / biology: The Biohacking Movement

The 400-word text starts by defining what biohacking is and explains who biohackers are and what they are trying to achieve. It provides information about the first biohacking facility and the treatments on offer. It then illustrates the most extreme and controversial treatments available. It finishes with explaining the future of biohacking. The reading test includes headings / T,F,NG / vocabulary.







1. Cruises



Instant Reading Lesson

EXAMPLE

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Lesson Plan: Cruises

Lesson: Reading + comprehension questions.

Time: 30-minutes (+ 30 minutes post reading activities).

Level: *****[B1/B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction / Lead in [5 minutes]

- Introduce the topic 'cruising'.
- What is a cruise?
- Have you ever been on a cruise or know anyone who has?
- What do you think about this type of holiday?

Reading: Test-Type Questions [20-30 minutes]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project ANSWERS

Post reading extra ideas

- Write a 100-word summary of the reading.
- Apply critical thinking strategies to the reading. Use this critical thinking question document: https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf (writing, presentation or seminar).
- Research a cruise ship company (presentation or seminar).
- Research the positives and negatives of the cruise industry (presentation or seminar).





Cruise Reading Text Worksheet

Task 1: Lead in.

- 1. What is a cruise?
- 2. Have you who has?
- 3. What do you think about this type of holiday?
- 4. Look at the title of the reading text what do you think it is about?

Task 2: Reading text

Cruise Ships: discovery the world in luxury

by C. Wilson (2021)

,
[1] Cruises are among the fastest-growing sectors of the global travel industry. Over the past
revenue grew 2019
(Statistica, 2021), marking the most successful and perhaps most transformative period in the
industry's role in
Cruise ships have become bigger with the current largest cruise ship in the world 'The
Symphony of the Seas' being also reinvented
travel destinations by sailing to more exotic locations like the Bahamas, the Galápagos Islands
and have reinvented entertainment too by
creating mini-floating cities with theatres, fitness studios,
climbing walls, restaurants.
[2] According to Statistica (2021), the largest names in the business are Carnival Corporation
& plc with an annual and Norwegian
USD). Despite the global growth in the cruising industry, the Caribbean accounts
for the most popular of the industry's global ship
deployment capacity. Interestingly, out of the 30 million cruise passengers in 2019, the
highest number In fact,
million people traveling on ocean cruises came from this region. Europe followed on the
[3] Cruise holidays are convenient, safe.
With multiple activities, dining options, itineraries and amenities to suit any passenger, no
. In fact, cruises are such successful holidays that
according to Cruise Lines International Association for
References
Cruise Line Industry Association [online] Available at:
[Accessed 3 February 2021].
Statistica, 2021. <i>Topic: Cruise industry</i> . [online] Statista. Available at:
[Accessed 3 February 2021].





Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph – one title is not needed.

1	Α	
2	В	A holiday that includes everything.
3	С	300000000000000000000000000000000000000
4	D	How cruises have become successful.

___/3

Task 4: True false or not given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

		T/F/NG
1	In the past 10 years, the industry has grown exponentially.	
2	The cruise model.	
3	Many cruise	
4	Royal Caribbean Cruises is the most successful cruise business.	
5	The destinations.	
6	Over 50% percent of passengers come from the USA.	
7	Everything	
8	Cruises are great value for money.	

____/8

Task 5: Vocabulary

Key language – search for a word in the text that means:

Paragraph		word
1	The income that a business receives regularly.	
1	Causing a	
1	To produce something new that is based on something that already exists.	
2	A large controlled together as a single organization.	
2	The action.	
3	Existing and considered or people in a group.	
3	A detailed	
		/7

Total Score ____/18





Reading ANSWERS

Task 3: Headings

Choose a subheading for each paragraph – one title is not needed

endede a calonicalaning for calon paragraph.			
1	D	Α	Cruising in luxury.
2	С	В	A holiday that includes everything

ALL ANSWERS ARE INCLUDED IN PAID VERSION...







2.Charities



Instant Reading Lesson

EXAMPLE

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Lesson Plan: Charities

Lesson: Reading + comprehension questions.

Time: 30-minutes (+ 30 minutes post reading activities).

Level: *****[B1/B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction / Lead in [5 minutes]

- Introduce the topic 'charities'.
- What does charity mean?
- Have you ever donated to a charity?
- Have you ever volunteered for a charity?

Reading: Test-Type Questions [20-30 minutes]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project ANSWERS.

Post reading extra ideas

- Write a 100-word summary of the reading.
- Apply critical thinking strategies to the reading. Use this critical thinking question document:
 https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf (writing, presentation or seminar).
- Research a specific charity company (presentation or seminar).
- Research the positives and negatives of the charities (presentation or seminar).





Charity Reading Text Worksheet

Task 1: Lead in.

- 1. What does charity mean?
- 2. Have you charity?
- 3. Have you ever charity?
- 4. Look at the title of the reading text what do you think it is about?

Task 2: Reading text

Charity: a brief overview

by A.Watson (2021)

5) 7
[1] Britain has a long history of philanthropic work. Starting in 1136 of St Cross in (Historic England, 2021) to care for the elderly, it now has 169,779 registered charities (Clarke, 2020).
[2] Although there are causes, the three most popular types are: organisations who raise money for research into diseases, of over one billion pounds, the British Council, which
aims to build "connections, understanding and trust" and education,).
[3] Charities raise money through a number of avenues: public central or local government donations through funding bodies such as the Arts Council; grants from other donations (gov.uk, 2016). This combined annual income that charities raise is over £50 billion, and the contribution to the (NCVO, 2020).
[4] Apart from the funds raised, (ibid), who enlist for many different reasons. Some volunteers wish to learn new skills and improve their volunteering improves their physical and/or mental health. Some volunteer for just a day, while as a full-time job. diverse. Opportunities range from working in one of the 11,200 (Charity Retail, ND) charity shops in the UK in Africa.
References Charity Retail Association. ND. [online] Available [Accessed 4 February 2021].
Clark, D. 2020. online] Available at: https://www.statista.com/topics/3781/charities-in-the-uk/ [Accessed 4 February 2021].
. [online]. Available at https://www.gov.uk/ [Accessed 4 February 2021].
Historic England. 2021. [online] Available at https://historicengland.org.uk/listing/the-list/1095347 [Accessed 4 February 2021].
2020. [online] Available at https://data.ncvo.org.uk [Accessed 4 February 2021].
YouGov. 2018. [online] Available at https://yougov.co.uk/ratings/politics/popularity/all [Accessed 4 February 2021].





Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph – one title is not needed.

1		Α	000000000000000000000000000000000000000
2		В	How it all began.
3		С	000000000000000000000000000000000000000
4		D	Volunteering for the British Council.
		E	000000000000000000000000000000000000000
	•		/ 4

Task 4: True false or not given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

		T/F/NG
1	The first charity opened in the eleventh century.	
2	Henry he set up.	
3	Charities is one of the most favoured.	
4	The British council uses education to build relations internationally.	
5	Some will.	
6	The government	
7	for charities.	
8	employ the most volunteers.	

Task 5: Vocabulary

Key language – search for the word in the text that means:

Paragraph		word
1	The desire to promote the welfare of others.	
1	Recorded directory.	
2	Physical and mental health.	
2	The organisation.	
3	An something.	
3	Money that is given to help a person or organisation.	
4	Engage support.	
4	The careful to prevent it from disappearing.	

	1	o
	1	a

Total Score ____/20





Reading ANSWERS

Task 3: Headings

Choose a subheading for each paragraph – one title is not needed

00000	energe a calculating for each paragraph one trace to not necessaria			
1	В	Α	How it all began.	
2	С	В	The most favoured causes.	

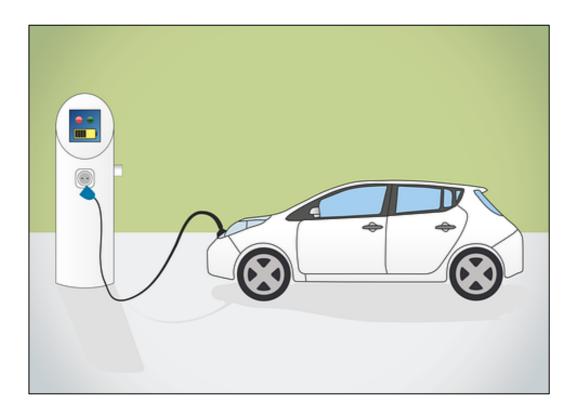
ALL ANSWERS ARE INCLUDED IN PAID VERSION...







3. Electric Cars



Instant Reading Lesson

EXAMPLE

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Lesson Plan: Electric Cars

Lesson: Reading + comprehension questions.

Time: 30-minutes (+ 30 minutes post reading activities).

Level: *****[B1/B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction / Lead in [5 minutes]

- Introduce the topic 'electric cars'.
- What is an electric car?
- Do you or anyone you know own an electric car?
- What are the advantages and disadvantages of electric cars?

Reading: Test-Type Questions [20-30 minutes]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project ANSWERS

Post reading extra ideas

- Write a 100-word summary of the reading.
- Apply critical thinking strategies to the reading. Use this critical thinking question document:
 https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf (writing, presentation or seminar).
- Research a specific type of electric car (presentation or seminar).
- Research the positives and negatives of the electric cars (presentation or seminar).





Reading Text Worksheet

Task 1: Lead in.

- 1. What is an electric car?
- 2. Do you or anyone you know own an electric car?
- 3. What are the advantages and disadvantages of electric cars?
- 4. Look at the title of the reading text what do you think it is about?

Task 2: Reading text: The Electric Car Revolution

by J. Peterson (2021)

The popularity of battery electric vehicles (BEVs) in the	e UK has seen dramatic growth over the
last few	(pure-EV & hybrid)
compared with just 3,500 in 2013 (Statistica, 2020).	
by the	cars by
2030. This is all part of the UK Government's 10-point	t plan for a 'green industrial revolution' to support the
zero' emissions target (Gov.UK, 2020).	to support the
An electric car is propelled by one or more electric mot to the	ors using energy stored in rechargeable have zero,
exhaust emissions, and produce up to 30% lower gre-	enhouse emissions overall (EEA, 2020).
There are	The electric
fully electric with high-capacity lithium rechargeable	
model, the average). The second
type is the plug-in hybrid (PHEV) powered by both p	etrol and electricity. Its battery can be
	. This
to 40 miles (64km) before its petrol engine provides a	ssistance.
There are a number of public perceived barriers conc	erning the purchase
the	times (Statistica, 2020).
However, as the technology is improving, so are the so popular	lutions. The cost of EV vehicles is falling
as incentives to buy an EV (Gov.UK, 2020). Charging ti	mes vary with different chargers: a 3kw
domestic	charger
In fact, the UK Government is investing £1.3 billion in E	
4 years (ibid). At the	and until
, EVs will be predominately for the	
,	C
References:	
EEA, 2020. European Environment Agency (EEA)	quality.
[online] Available at: https://www.eea.europa.eu/highlights/eea2021].	a-report-electric-cars [Accessed 15 February
Gov.UK., 2020.	and diesel cars by 2030. [online] GOV.UK.
Available at: https://www.gov.uk/government/news/government/	nt-takes-historic-step-towards-net-zero.pdf
[Accessed 15 February 2021].	
2020. Electric vehicle market in the United Kin	gdom - Statistics & Facts. [online] Statista.
Available at: https://www.statista.com/tonics/2298/the-uk-elec	=





Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph – one title is not needed.

1	A	The rise in electric cars
2	В	
3	С	The evolution of electric cars
	D	000000000000000000000000000000000000000
•	·	/3

Task 4: True false or not given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

		T/F/NG
1	People want to invest in clean energy.	
2	The UK	
3	Gasoline internal cars.	
4	EV's can one charge.	
5	EV's are more energy efficient than PHEVs.	
6	Electric car grants.	
7	Many people feel they will suffer 'range anxiety' if they buy an EV.	
8	Now is	

____/8

Task 5: Vocabulary

Key language – search for a word in the text that means:

Paragraph		word
1	Relating to the protection of the environment.	
1	The good that does not waste any.	
2	An amount of a substance that is produced and sent out into the air that is harmful to the environment.	
2	Relating especially by making it more active or successful.	
3	Something particular product.	
3	The basic structure of a system which is necessary for its operation, especially transport.	
3	To be the important.	

		_
	•	7
	•	•

Total Score ____/18





Reading ANSWERS

Task 3: Headings

Choose a subheading for each paragraph – one title is not needed.

1	Α	Α	The rise in electric cars
2	D	В	The challenges for electric cars

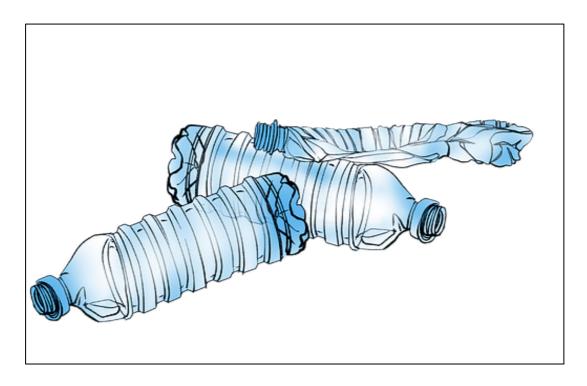
ALL ANSWERS ARE INCLUDED IN PAID VERSION...







4. Single use plastics



Instant Reading Lesson

EXAMPLE

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Lesson Plan: Single use plastics

Lesson: Reading + comprehension questions.

Time: 30-minutes (+ 30 minutes post reading activities).

Level: *****[B1/B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction / Lead in [5 minutes]

- Introduce the topic 'single use plastics'.
- What are single use plastics?
- Do you use single use plastics? Give examples.
- What are the problems with single use plastics?

Reading: Test-Type Questions [20-30 minutes]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project ANSWERS

Post reading extra ideas

- Write a 100-word summary of the reading.
- Apply critical thinking strategies to the reading. Use this critical thinking question document:
 https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf (writing, presentation or seminar).
- Research alternative plastic products (presentation or seminar).
- Research the solutions to the single use plastics problem (presentation or seminar).





Single use plastics Reading Text Worksheet

Task 1: Lead in.

- 1. What are single use plastics?
- 2. Do you use single use plastics? Give examples.
- plastics?
- 4. Look at the title of the reading text what do you think it is about?

Task 2: Reading text:	The environmental	price of single	use plastics
-----------------------	-------------------	-----------------	--------------

by N. Jenkins (2021)
Single-use plastics (SUPs), as the name suggests, are solely designed to be used once and then They are , most notably as
packaging or consumables (IEEP, 2020). Examples of common SUPs include drink bottles, plastic bags,
wet wipes and sanitary products. SUPs come with a steep environmental price that is having a (Lindwall, 2020).
SUP attention because
1500 million tonnes of SUP are produced every year and only 18% of this plastic is recycled, incineration
environment. Plastics do not ecologically break down; they break up into smaller pieces to
become micro plastics to decompose
completely in the natural environment takes hundreds to thousands uncertainty about and terrestrial ecosystems
(2020).
A major concern is that and being ingested
by marine life thus entering the human food chain posing a serious risk
Recent research health has discovered
that it causes hormonal imbalances and reproductive problems like
(OECD, 2018). with the recent discovery that microplastics are being found in our drinking water systems (Lindwall, 2020).
world are taking action
use of SUP products in all sectors. Producers need to be held more accountable, for example, Coca-Cola but takes
afterlife of the product (Lindwall, 2020). There needs to be better promotion and investment in biodegradable . Overall, it actually
comes down to us, the consumer, to be more consciously aware of the impact of the products we use and friendly , 2020).
References:
IEEP, 2020. Single use plastics: https://ieep.eu/EEPProduct-Plastics.pdf [Accessed 17 February 2021].
2020. Single-Use . [online] NRDC. Available at: https://www.nrdc.org/storieS/plastics-PDF [Accessed 17 February 2021].
OECD, 2018. Improving Plastics Management: policy report. [online] Oecd.org. Available at:
[Accessed 17 February 2021].





Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph.

1	Α	Appropriate measures	
2	В	The impact	
3	С	SUP classification	
4	D	decomposition	

____/4

Task 4: True false or not given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

		T/F/NG
1	SUPs are .	
2	SUP's are killing our wildlife.	
3		
4	SUPs do not decompose naturally.	
5	The future are unknown.	
6	Limited human health issues.	
7	There is legislation to hold companies accountable for their products.	
8	The banned.	

/ 8

Task 5: Vocabulary

Key language – search for a word in the text that means:

Paragraph		word
1	Goods that people buy regularly because they are quickly used and need to be replaced often.	
1	destruction.	
2	Living for a long time.	
2	The .	
3	Continuing for a long time.	
3	To worse.	
4	To be held completely responsible for what you do.	
4	A way exists or is present.	

	1	Q
	/	Ο

Total Score ____/20





Reading Text Questions ANSWERS

Task 3: Headings

Choose a subheading for each paragraph.

1	С	Α	Appropriate measures
2	D	В	The impact on health

ALL ANSWERS ARE INCLUDED IN PAID VERSION...







5.Biohacking



Instant Reading Lesson

EXAMPLE

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Lesson Plan: Biohacking

Lesson: Reading + comprehension questions.

Time: 30-minutes (+ 30 minutes post reading activities).

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction / Lead in [5 minutes]

- Introduce the topic 'Biohacking'.
- Have you ever heard of Biohacking?
- What are cybernetic organisms?

Reading: Test-Type Questions [20-30 minutes]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project ANSWERS

Post reading extra ideas

- Write a 100-word summary of the reading.
- Apply critical thinking strategies to the reading. Use this critical thinking question document:
 https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf (writing, presentation or seminar).
- Research other types of biohacking (presentation or seminar).
- Research the positives and negatives of biohacking (presentation or seminar).





Biohacking Reading Text Worksheet

Task 1: Lead in.

- 1. Have you ever heard of Biohacking?
- 2. What do you think it means?
- 3. Look at the title of the reading text what do you think it is about?

Task 2: Reading text:	The Biohacking	Movement
rack in reading text.		

In our drive to look younger and live longer, a Biohacking,	new lifestyle has emerged in the last few years. Samuel (2019)
G.	mize performance, outside the realm of traditional
was first coined I	
the biohacker" in 1988, it was not until 2014 that	it gained popularity. Mostly based in Silicon Valley,
biohackers	their bodies and
peak performance (ibid).	
One pioneer of this movement is	facility which uses
equipment to supercharg	ge a person's body. This is achieved through the use
of various methods, for example,	cold temperature;
	arm the body; ozone saunas where steam is used to
infuse oxygen into the skin and PEMF (pulsed ele-	ctromagnetic field) to
restore	treatments reduce inflammation, improve
cognition, remove toxins and enhance longevity.	
Taking biohacking to another level,	into their bodies
(Samuel, 2019) to become cybernetic organisms.	One example is a near-field communication (NFC)
chip that	Other extreme examples include
Nootropics (smart drugs) that are used to boost be	prain performance,
joint pain	aging. These may seem rather excessive
and in fact dangerous; however, the most controv	versial biohack
Although Crispr	to eradicate
are buying do-it-yourself kits to practise gene	editing in their homes (Pearlman. 2017). This is
completely legal as long as	is not clear how many
users are self-administering Crispr, but there is a co	oncern in the scientific community that people could
000000000000000000000000000000000000000	to understand why people would wish to explore
unconventional ideas in a bid to extend their life, b	ut www.
popularity around the world, and with its 7th a	nnual biohacking conference coming up, this is a
000000000000000000000000000000000000000	
References	
Johnson, C. 2019. <i>Travel on trial</i> .	[online]
	destinations/north-america/united-states/california/los-
angeles/ [Accessed 24 February 2021.	
000000000000000000000000000000000000000	are using CRISPR on their DNA and we can't stop it.
[online] Available at	





Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph.

1	Α	Extreme cases
2	В	
3	С	Futuristic amenities
4	D	

___/ 4

Task 4: True false or not given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

		T/F/NG
1	Biohackers use traditional medicine to improve their performance.	
2		
3	The world's first biohacking centre is in the US.	
4	warm temperatures.	
5	Some people want to become cyborgs.	
6		
7	Some people are practising gene editing on themselves.	
8	000000000000000000000000000000000000000	

/ 8

Task 5: Vocabulary

Key language – search for a word in the text that means:

Paragraph		word
1	To change something.	
1		
2	To return something to a good condition.	
2		
3	More than is necessary or normal.	
3		
4	To get rid of something bad.	
4	000000000000000000000000000000000000000	

/ ?	Ċ

Total Score ____/20





Reading ANSWERS

Task 3: Headings

Choose a subheading for each paragraph.

1	D	Α	A current trend
2	С	В	Futuristic amenities

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

