Instant Readings Book 1

EXAMPLE

Academic English UK **Instant Readings**

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.

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Academic English UK

1. Cruises

Instant Reading Lesson

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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).

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Cruise Reading Text Worksheet

Task 1: Lead in.

1. What is a cruise?
2. Have you [redacted] 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 [redacted] revenue grew [redacted] 2019 (Statistica, 2021), marking the most successful and perhaps most transformative period in the industry's [redacted] role in [redacted]. Cruise ships have become bigger with the current largest cruise ship in the world 'The Symphony of the Seas' being [redacted] also reinvented travel destinations by sailing to more exotic locations like the Bahamas, the Galápagos Islands and [redacted] have reinvented entertainment too by creating mini-floating cities with theatres, fitness studios, [redacted], climbing walls, [redacted] restaurants.

[2] According to Statistica (2021), the largest names in the business are Carnival Corporation & plc with an annual [redacted] and Norwegian [redacted] USD). Despite the global growth in the cruising industry, the Caribbean accounts for the most popular [redacted] of the industry's global ship deployment capacity. Interestingly, out of the 30 million cruise passengers in 2019, the highest number [redacted] In fact, [redacted] million people traveling on ocean cruises came from this region. Europe followed on the [redacted].

[3] Cruise holidays are convenient, [redacted] safe. With multiple activities, dining options, itineraries and amenities to suit any passenger, no [redacted]. In fact, cruises are such successful holidays that according to Cruise Lines International Association [redacted] for [redacted]

References

Cruise Line Industry Association. [redacted]. [online] Available at: [redacted] [Accessed 3 February 2021].

Statistica, 2021. *Topic: Cruise industry*. [online] Statista. Available at: [redacted] [Accessed 3 February 2021].

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Reading Text Questions

Task 3: Headings

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

1		**A**	
2		**B**	A holiday that includes everything.
3		**C**	
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 [redacted] model.	
3	Many cruise [redacted]	
4	Royal Caribbean Cruises is the most successful cruise business.	
5	The [redacted] destinations.	
6	Over 50% percent of passengers come from the USA.	
7	Everything [redacted]	
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 [redacted]	
1	To produce something new that is based on something that already exists.	
2	A large [redacted] controlled together as a single organization.	
2	The [redacted] action.	
3	Existing and considered [redacted] or people in a group.	
3	A detailed [redacted]	

____ / 7

Total Score ___ /18

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Reading ANSWERS

Task 3: Headings

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

1	**D**	**A**	Cruising in luxury.
2	**C**	**B**	A holiday that includes everything

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2.Charities

Instant Reading Lesson

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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).

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Charity Reading Text Worksheet

Task 1: Lead in.

1. What does charity mean?
2. Have you [redacted] charity?
3. Have you ever [redacted] 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)

[1] Britain has a long history of philanthropic work. Starting in 1136 [redacted] of St Cross in [redacted] (Historic England, 2021) to care for the elderly, it now has 169,779 registered charities (Clarke, 2020).

[2] Although there are [redacted] causes, the three most popular types are: organisations who raise money for research into diseases, [redacted] of over one billion pounds, the British Council, which aims to build "connections, understanding and trust" [redacted] and education, [redacted]).

[3] Charities raise money through a number of avenues: [redacted] or public [redacted] central or local government donations through funding bodies such as the Arts Council; grants from other [redacted] donations [redacted] (gov.uk, 2016). This combined annual income that charities raise is over £50 billion, and the contribution to the [redacted] (NCVO, 2020).

[4] Apart from the funds raised, [redacted] million volunteers (ibid), who enlist for many different reasons. Some volunteers wish to learn new skills and improve their [redacted] volunteering improves their physical and/or mental health. Some volunteer for just a day, while [redacted] as a full-time job. [redacted] diverse. Opportunities range from working in one of the 11,200 (Charity Retail, ND) charity shops in the UK [redacted] in Africa.

References

Charity Retail Association. ND. [redacted]. [online] Available [redacted] [Accessed 4 February 2021].

Clark, D. 2020. [redacted] online] Available at: https://www.statista.com/topics/3781/charities-in-the-uk/ [Accessed 4 February 2021].

[redacted]. [online]. Available at https://www.gov.uk/[redacted] [Accessed 4 February 2021].

Historic England. 2021. [redacted] [online] Available at https://historicengland.org.uk/listing/the-list /1095347 [Accessed 4 February 2021].

[redacted] 2020. [redacted]. [online] Available at https://data.ncvo.org.uk [Accessed 4 February 2021].

YouGov. 2018. [redacted] [online] Available at https://yougov.co.uk/ratings/politics/popularity/all [Accessed 4 February 2021].

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Reading Text Questions

Task 3: Headings

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

1		**A**	
2		**B**	How it all began.
3		**C**	
4		**D**	Volunteering for the British Council.
		E	

____ / 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.	

____ / 8

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.	

____ / 8

Total Score ___ /20

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Reading ANSWERS

Task 3: Headings

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

1	**B**	**A**	The most favoured causes
2	**C**	**B**	How it all began

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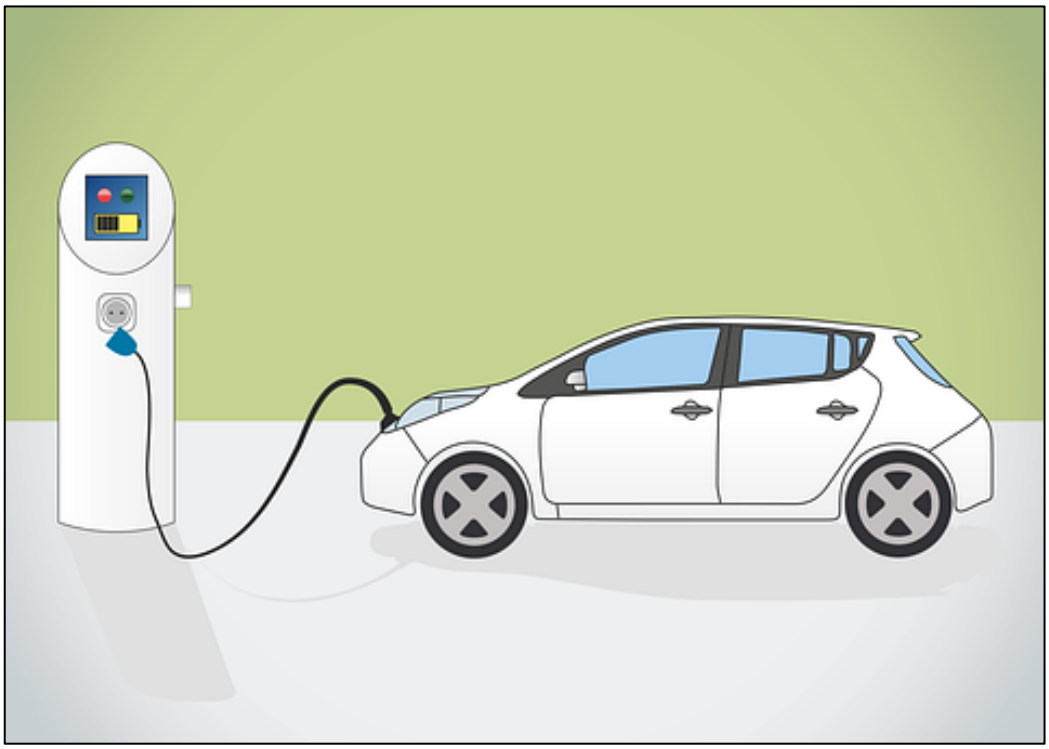
3.Electric Cars



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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).

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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 UK has seen dramatic growth over the last few [redacted] (pure-EV & hybrid) [redacted] compared with just 3,500 in 2013 (Statistica, 2020). One of the main reasons for this is the [redacted] by the [redacted] cars by 2030. This is all part of the UK Government's 10-point plan for a 'green industrial revolution' [redacted] to support the [redacted] zero' emissions target (Gov.UK, 2020).

An electric car is propelled by one or more electric motors using energy stored in rechargeable [redacted] to the [redacted], have zero exhaust emissions, and produce up to 30% lower greenhouse emissions overall (EEA, 2020). There are [redacted] The electric [redacted] fully electric with high-capacity lithium rechargeable batteries. Depending on the make and model, the average [redacted]). The second type is the plug-in hybrid (PHEV) powered by both petrol and electricity. Its battery can be [redacted]. This [redacted] to 40 miles (64km) before its petrol engine provides assistance.

There are a number of public perceived barriers concerning the purchase [redacted] the [redacted] times (Statistica, 2020). However, as the technology is improving, so are the solutions. The cost of EV vehicles is falling [redacted] popular [redacted] as incentives to buy an EV (Gov.UK, 2020). Charging times vary with different chargers: a 3kw domestic [redacted] charger [redacted]. In fact, the UK Government is investing £1.3 billion in EV charging infrastructure over the next 4 years (ibid). At the [redacted] and until [redacted], EVs will be predominately for those who can charge at home.

References:

EEA, 2020. *European Environment Agency (EEA)* [redacted] *quality*. [online] Available at: https://www.eea.europa.eu/highlights/eea-report-electric-cars [Accessed 15 February 2021].

Gov.UK., 2020. [redacted] *and diesel cars by 2030.* [online] GOV.UK. Available at: https://www.gov.uk/government/news/government-takes-historic-step-towards-net-zero.pdf [Accessed 15 February 2021].

[redacted] 2020. *Electric vehicle market in the United Kingdom - Statistics & Facts*. [online] Statista. Available at: https://www.statista.com/topics/2298/the-uk-electric/ [Accessed 15 February 2021].

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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		**B**	
3		**C**	The evolution of electric cars
		D	

____ / 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

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Reading ANSWERS

Task 3: Headings

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

1	**A**	**A**	The rise in electric cars
2	**D**	**B**	The challenges for electric cars

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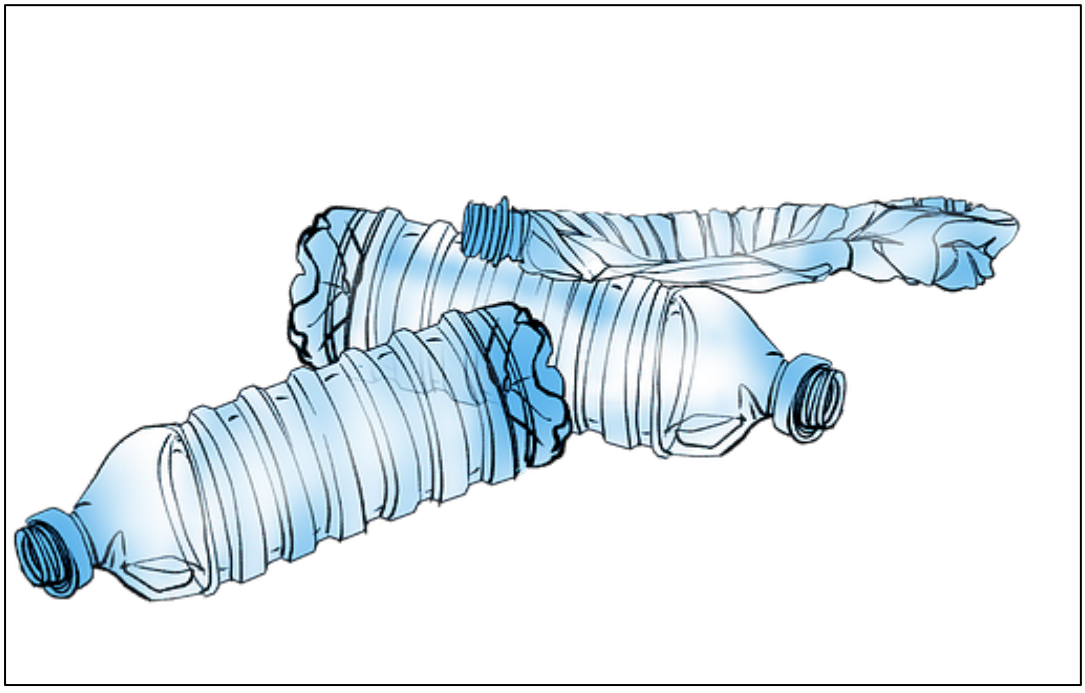
4.Single use plastics



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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).

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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.
3. What are [redacted] 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 [redacted]. They are [redacted], most notably as packaging or consumables (IEEP, 2020). Examples of common SUPs include drink bottles, plastic bags, [redacted] plastic [redacted] wet wipes and sanitary products. SUPs come with a steep environmental price that is having a [redacted] (Lindwall, 2020).

SUP [redacted] attention because [redacted]. 1500 million tonnes of SUP are produced every year and only 18% of this plastic is recycled [redacted], incineration [redacted] environment. Plastics do not ecologically break down; they break up into smaller pieces to become [redacted] micro plastics to decompose completely in the natural environment takes hundreds to thousands [redacted] uncertainty about [redacted] and terrestrial ecosystems ([redacted] 2020).

A major concern is that [redacted] and being ingested by marine life thus entering the human food chain posing a serious risk [redacted]. Recent research [redacted] health has discovered that it causes hormonal imbalances and reproductive problems like [redacted] (OECD, 2018). [redacted] with the recent discovery that microplastics are being found in our drinking water systems (Lindwall, 2020).

[redacted] world are taking action [redacted] use of SUP products in all sectors. Producers need to be held more accountable, for example, Coca-Cola [redacted] but takes [redacted] afterlife of the product (Lindwall, 2020). There needs to be better promotion and investment in biodegradable [redacted]. Overall, it actually comes down to us, the consumer, to be more consciously aware of the impact of the products we use and [redacted] friendly [redacted], 2020).

References:

IEEP, 2020. *Single use plastics:* [redacted] *(IEEP)*. [online] Ieep.eu. Available at: https://ieep.eu/EEPProduct-Plastics.pdf [Accessed 17 February 2021].

[redacted] 2020. *Single-Use* [redacted]. [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: [redacted] [Accessed 17 February 2021].

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Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph.

1		**A**	Appropriate measures
2		**B**	The impact
3		**C**	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	SUPs 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.	

____ / 8

Total Score ___ /20

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Reading Text Questions ANSWERS

Task 3: Headings

Choose a subheading for each paragraph.

1	**C**	**A**	Appropriate measures
2	**D**	**B**	The impact on health

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5.Biohacking

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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).

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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**

In our drive to look younger and live longer, a new lifestyle has emerged in the last few years. Biohacking, Samuel (2019) manipulate your brain and body in order to optimize performance, outside the realm of traditional was first coined by 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 supercharge a person's body. This is achieved through the use of various methods, for example, cold temperature; waves are used to warm the body; ozone saunas where steam is used to infuse oxygen into the skin and PEMF (pulsed electromagnetic 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 brain performance, joint pain aging. These may seem rather excessive and in fact dangerous; however, the most controversial 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 concern in the scientific community that people could to understand why people would wish to explore unconventional ideas in a bid to extend their life, but popularity around the world, and with its 7th annual biohacking conference coming up, this is a

References

Johnson, C. 2019. *Travel on trial.* [online] Available at https://www.telegraph.co.uk/travel/destinations/north-america/united-states/california/los-angeles/ [Accessed 24 February 2021.

are using CRISPR on their DNA and we can't stop it. [online] Available at https://www.newscientist.com/article/biohackers [Accessed 24 February 2021.

Samuel, S. 2019. *– and human nature.* [online] Available at https://www.vox.com/future-perfect/2019/6/25/18682583/biohacking/ [Accessed 24 February 2021.

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Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph.

1		**A**	Extreme cases
2		**B**	
3		**C**	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		

____ / 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		

____ / 8

Total Score ___ /20

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Reading ANSWERS

Task 3: Headings

Choose a subheading for each paragraph.

1	**D**	**A**	Extreme cases
2	**C**	**B**	Contentious risks

ALL ANSWERS ARE INCLUDED IN PAID VERSION…

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