

**NEW**

Reading and  
Vocabulary  
Development **3**

## *Cause and Effect*

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# Scope and Sequence

Unit	Lesson	Vocabulary Area	Grammar Activities	Reading Skill(s)	Reading Strategy	Speaking Hint
1 Explorers	1 <b>Not an Ordinary Movie Director: James Cameron</b> <i>Page 12</i>	Movies and Exploring	<ul style="list-style-type: none"> <li>Gerunds</li> <li>Word Forms</li> </ul>	Scanning for Dates	Summarizing Paragraphs	Present Perfect Tense
	2 <b>Robert Scott: A Race to the South Pole</b> <i>Page 22</i>	Survival and Polar Conditions	<ul style="list-style-type: none"> <li>Verb-Noun Collocations</li> <li>Two-Word Verbs</li> </ul>	Scanning for Names	Summarizing Paragraphs	Schwa [ə]
	3 <b>Into the Deep: Ocean Exploration</b> <i>Page 32</i>	Physics and Biology	<ul style="list-style-type: none"> <li><i>The</i> with Geographical Locations</li> <li>Prepositions</li> </ul>	Skimming for Specific Paragraphs	Mind Mapping	<i>S</i> and <i>Sh</i>
2 Business and Finance	1 <b>Tulip Mania and Bubble Economies</b> <i>Page 44</i>	Banking and Finance	<ul style="list-style-type: none"> <li>Describing Changes through Time</li> <li>Word Forms</li> </ul>	Skimming to Locate a Section and Reading for Details	Summarizing Paragraphs	Describing Prices
	2 <b>Intercontinental Trade: The Silk Road</b> <i>Page 54</i>	Societies and Trade	<ul style="list-style-type: none"> <li><i>Both, Either, and Neither</i></li> <li>Verb Forms</li> </ul>	Scanning for Key Information	Sequencing	<i>Ph /f/</i>
	3 <b>Fast Fashion</b> <i>Page 64</i>	Fashion and Business	<ul style="list-style-type: none"> <li><i>Most vs. Most of</i></li> <li>Prepositions</li> </ul>	Skimming for Specific Paragraphs	Mind Mapping	Disagreeing Politely
1-2	<b>Review</b> <i>Page 74</i>	Crossword; Discussion: Plane Crash; Review Quiz				

Unit	Lesson	Vocabulary Area	Grammar Activities	Reading Skill(s)	Reading Strategy	Speaking Hint
3 Society	1 <b>World Population Growth</b> <i>Page 78</i>	People and Resources	<ul style="list-style-type: none"> <li>Articles</li> <li>Word Forms</li> </ul>	Scanning for Numbers and Reading for Details	Summarizing Paragraphs	Stress on Different Word Forms
	2 <b>Changes in the Family</b> <i>Page 88</i>	Families and Society	<ul style="list-style-type: none"> <li>Past Simple vs. Present Perfect</li> <li>Word Forms</li> </ul>	Scanning for Names and Reading for Details	Summarizing Paragraphs	Contraction
	3 <b>How Do Social Media Affect the Way We Communicate?</b> <i>Page 98</i>	Social Media and Communication	<ul style="list-style-type: none"> <li>Infinitives</li> <li>Word Forms</li> </ul>	Skimming to Locate a Section and Read for Details	Taking Notes in a Chart	Expressing Opinions
4 The Environment	1 <b>Disappearing Polar Ice-Caps</b> <i>Page 110</i>	Climates and the Atmosphere	<ul style="list-style-type: none"> <li><i>Caused by</i></li> <li>Noun Substitutes</li> </ul>	Scanning for Names of Places and Reading for Details	Summarizing Paragraphs	Keyword: <i>Global</i>
	2 <b>Rainforests</b> <i>Page 120</i>	Forests and Conservation	<ul style="list-style-type: none"> <li>Word Forms</li> <li>Articles</li> </ul>	Skimming for Specific Paragraphs	Summarizing Paragraphs	Discussing Solutions
	3 <b>The Garbage Project</b> <i>Page 130</i>	Waste Disposal and Recycling	<ul style="list-style-type: none"> <li><i>For, During, and While</i></li> <li>Noun Substitutes</li> </ul>	Scanning for Names of Places	Taking Notes in a Chart	<i>Ch /k/</i>
3-4	<b>Review</b> <i>Page 140</i>	Crossword; Discussion: Study Tour; Review Quiz				





# Scope and Sequence

Unit	Lesson	Vocabulary Area	Grammar Activities	Reading Skill(s)	Reading Strategy	Speaking Hint
5 Human Beings	1 <b>Languages and Language Diversity</b> <i>Page 144</i>	Languages and Learning	<ul style="list-style-type: none"> <li>• Noun Substitutes</li> <li>• Word Forms</li> </ul>	Scanning for Names	Summarizing Paragraphs	Words from Other Languages
	2 <b>What Will Be the Language of the Future?</b> <i>Page 154</i>	Language	<ul style="list-style-type: none"> <li>• The Passive Voice</li> <li>• Conjunctive Adverbs</li> </ul>	Scanning for Numbers and Reading for Details	Taking Notes in a Chart	Explaining
	3 <b>Left-Handedness</b> <i>Page 164</i>	Learning and the Brain	<ul style="list-style-type: none"> <li>• Connecting Words</li> <li>• Word Forms</li> </ul>	Scanning for Key Information	Mind Mapping	Sentence Stress
6 Urban Planning	1 <b>Green Buildings for a Better Future</b> <i>Page 176</i>	Green Buildings	<ul style="list-style-type: none"> <li>• Relative Clauses</li> <li>• <i>Affect vs. Effect</i></li> </ul>	Scanning for Numbers and Reading for Details	Taking Notes in a Chart	Giving Advice
	2 <b>Cities in the Clouds</b> <i>Page 186</i>	Architecture and Design	<ul style="list-style-type: none"> <li>• Past Continuous Tense</li> <li>• Word Forms</li> </ul>	Scanning for Dates and Reading for Details	Summarizing Paragraphs	Dropped Sound t
	3 <b>Sustainable Cities</b> <i>Page 196</i>	Urban Planning and Energy Consumption	<ul style="list-style-type: none"> <li>• Different Future Forms</li> <li>• Word Forms</li> </ul>	Skimming for Specific Paragraphs	Mind Mapping	Reduced Forms
5-6	<b>Review</b> <i>Page 206</i>	Crossword; Discussion: City Hall; Review Quiz				

Unit	Lesson	Vocabulary Area	Grammar Activities	Reading Skill(s)	Reading Strategy	Speaking Hint
7 Science	1 <b>Surviving Earthquakes</b> <i>Page 210</i>	Geology and Disasters	<ul style="list-style-type: none"> <li>• Unreal Conditionals</li> <li>• Sequencing</li> </ul>	Scanning for Key Information	Taking Notes in a Chart	Contractions: <i>Would / Had</i>
	2 <b>Google Glass: More Than Meets the Eye</b> <i>Page 220</i>	Technology	<ul style="list-style-type: none"> <li>• Reported and Direct Speech</li> <li>• Compound Words</li> </ul>	Skimming to Locate a Section and Read for Details	Summarizing Paragraphs	Predictions and Certainties
	3 <b>Photovoltaic Cells: Energy Source of the Future</b> <i>Page 230</i>	Science and the Environment	<ul style="list-style-type: none"> <li>• Comparing Data</li> <li>• Word Forms</li> </ul>	Scanning for Key Information	Mind Mapping	Contractions: <i>Do You</i>
8 Medicine and Health	1 <b>Sleep and Dreams</b> <i>Page 242</i>	Sleeping and Health	<ul style="list-style-type: none"> <li>• Connecting Words</li> <li>• Word Forms</li> </ul>	Scanning for Key Information and Reading for Details	Summarizing Paragraphs	Confessing Personal Information
	2 <b>Epidemics</b> <i>Page 252</i>	Diseases and Medicine	<ul style="list-style-type: none"> <li>• Relative Pronouns</li> <li>• Word Forms</li> </ul>	Scanning for Keywords	Mind Mapping	The Schwa [ə] in Sentences
	3 <b>Is Milk Good for Us?</b> <i>Page 262</i>	Milk and Health	<ul style="list-style-type: none"> <li>• Present Perfect Continuous</li> <li>• Noun Substitutes</li> </ul>	Skimming for Specific Paragraphs	Summarizing Paragraphs	Expressing Change in Habit
7-8	<b>Review</b> <i>Page 272</i>	Crossword; Discussion: Tell Us about It; Review Quiz				
<b>Vocabulary List</b> <i>Page 274</i>						
<b>Irregular Verbs</b> <i>Page 278</i>						





# Is Milk Good for Us?

## Learning Objectives

- To use skimming to find specific paragraphs
- To understand and use new vocabulary related to milk and health
- To learn how to use the present perfect continuous tense

## ★ Warm-up

### A. Before Reading

*Work with your group and share your thoughts.*

- 1 What kinds of milk do people commonly drink in your country?
- 2 How often do you drink milk? Do you think it is a healthy drink?
- 3 What are some benefits and disadvantages of drinking milk?

### B. Context Clues

*For each sentence, circle the answer that means the same as the word(s) in bold. Do not use your dictionary. The bold words are new in this lesson.*

- 1 As we get older, we usually make the **transition** to animal milk, which we have been told is good for us.  
a. transport                      b. exposition                      c. attempt                      d. change
- 2 On the other, people against cow's milk say that it is unnatural, unhealthy, bad for the environment and **unethical**.  
a. wrong                      b. right                      c. uneasy                      d. unwanted
- 3 In addition, they often live in dirty and crowded conditions that lead to **stress**, disease, and early death.  
a. pain                      b. panic                      c. pleasure                      d. pressure



## ★ Reading

### A. Reading Skill: Skimming for Specific Paragraphs

**Skimming** is an important skill that allows us to read text quickly to get the basic overall idea. We can use skimming to get a quick overview, so that we can decide if we want to read a section in detail.

There are ten paragraphs. Skim each paragraph to find the one about each of these things.

- 1 The health benefits of milk \_\_\_\_\_
- 2 Negative environmental effects of milk \_\_\_\_\_
- 3 Some other things you can drink instead of milk \_\_\_\_\_

### B. Main Text



1 Milk has been used for human **consumption** for thousands of years. When we were babies, the majority of us drank our mothers' milk. As we get older, we usually make the **transition** to animal milk, which we have been told is good for us. Around the world, people drink the milk of many animals including cows, camels, goats, horses, reindeer and sheep. Of all the kinds of animal milk, the most popular is cow's milk.



10 According to a 2007 report, cow's milk accounts for 90 percent of the animal milk consumed worldwide. In the U.S., it is especially popular, ranking fourth after soda, bottled water and beer. Yet in recent years, there has been some **backlash** against cow's milk. On the one hand, cow's milk supporters say that it is a **one-stop shop** for nutrition. On the other, people against cow's milk say that it is unnatural, unhealthy, bad for the environment and **unethical**. So, which side is right? Is cow's milk really good for us?

15 Archaeological findings show that cows were **domesticated** by the Egyptians around 3000 BC. Supporters of cow's milk claim this as **evidence** that drinking cow's milk is a natural act, which humans have been doing for thousands of years. However, opponents of cow's milk point out the fact that besides humans, no other species on Earth drink milk beyond **infancy** or the milk of another species. Furthermore, they say that cow's milk is only suited to the nutritional needs of calves which have four stomachs, and must

*transition:*  
change

*backlash:*  
a strong adverse reaction by many people

*one-stop shop:*  
a place where all requirements can be met

*domesticated:*  
an animal kept as a pet or farmed

*infancy:*  
an early period of someone or something's life





25 gain weight quickly in order to survive. In addition, about three-quarters of the world's population are **lactose intolerant**, meaning that they lack the genes **required** to break down cow's milk and properly **digest** it. Surely, if drinking cow's milk were natural, then less people would be lactose intolerant.

*required:*  
needed

30 According to the U.S. National **Dairy** Council, cow's milk is filled with nine essential nutrients, including **calcium**, protein and vitamins. All of these nutrients contribute to our overall health and can even help with weight loss. In a recent study, drinking cow's milk after exercising caused young adults to lose more body fat and gain more muscle mass. Furthermore, drinking cow's milk has been linked to lower chances of heart disease and other illnesses.

*dairy:*  
made from or related to milk

*calcium:*  
a mineral found mainly in bones

40 However, much of the milk available in stores may be far from healthy. Milk cows are given growth **hormones** to increase their milk production and **antibiotics** to decrease infections. This **contaminates** the milk and can make it unhealthy for human consumption. **Pasteurization**, which is the process of heating milk to destroy bacteria, may also result in reducing the amount of nutrients in the cow's milk that we drink.

45 There are also some environmental costs to consider when talking about cow's milk. Cows require an **enormous** amount of energy to feed, produce lots of waste and also emit **methane**. In terms of global warming, methane is 23 times more powerful than CO<sub>2</sub>, and one of the most dangerous **greenhouse gases**. These gases are a major contributor to global warming, as they trap heat and raise the Earth's temperature. With around 250 million dairy cows worldwide, opponents to cow's milk point out that if we were to stop drinking cow's milk, we would be able to greatly improve the environment.

*enormous :*  
very big

55 Recently, however, some farms around the world have been using cow waste as a form of green energy by transforming it into natural gas. This gas can then be used to power farm equipment and even the trucks that deliver the milk. In this way, cow's milk may yet prove to be **carbon neutral**, which means that the energy used and produced balances each other out, and does not have negative effects on the environment.

60 Drinking cow's milk also has ethical **implications**. Like humans, cows produce milk to nourish their young, but calves on dairy farms are taken away from their mothers when they are just one day old. Normally a cow would only make enough milk to nourish its young, but dairy cows are fed unnatural, high-protein diets, and continually **impregnated** so that



65 they can produce massive amounts of milk. In addition, they often live in dirty and crowded conditions that lead to **stress**, disease, and early death. Nonetheless, **advocates** of cow's milk say that since most of us eat meat, it is **hypocritical** to complain about the well-being of animals.

70 If you have decided that cow's milk isn't for you, there are alternatives, such as soy, almond, and rice milk. Although they are **technically** not milk, these drinks all contain many of the healthy nutrients found in cow's milk. However, these drinks all come with their own advantages and disadvantages. As they come from plants, they are more eco-friendly as they absorb carbon and do not produce greenhouse gases. Nevertheless, they can also use up land, which can cause **deforestation**. Soy milk and rice milk are both packed with protein and fiber, but their sugar content can be high. Almond milk is loaded with vitamins, but almonds can be an expensive and difficult crop to grow.

80 In the end, both sides have strong arguments for and against the drinking of cow's milk. Regarding health, it seems that drinking a cup or two of cow's milk a day is fine, as long as you realize that you don't have to drink it to be healthy. If you are lactose intolerant or against cow's milk for ethical reasons, then you may consider drinking one of the alternatives, the choice is yours.



*technically:*  
according to the facts

### C. Reading Strategy: Summarizing Paragraphs

When we summarize, we shorten a longer piece of text to its most important elements. **Summarizing** is an important skill because it shows you understand the text and are able to identify the key words and information.

**Example:** *Research shows that in contrast to adults, children use the same part of their brains to learn both their first and second languages. (Paragraph 9)*

**Write a sentence to summarize each of these paragraphs.**

- 1 Paragraph 1 (lines 1–6) \_\_\_\_\_
- 2 Paragraph 3 (lines 17–28) \_\_\_\_\_
- 3 Paragraph 4 (lines 29–35) \_\_\_\_\_
- 4 Paragraph 5 (lines 36–41) \_\_\_\_\_



## ★ Comprehension

### A. Main Idea

What is the main idea of Paragraph 2 (lines 7–16)?

- Drinking cow's milk is very popular but some people are against it.
- Drinking cow's milk is unpopular around the world.
- Most people believe that cow's milk is unhealthy and unethical.



### B. Short Answer Questions

Answer the questions using information from the text.

- What other animals' milk do humans also consume?

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- What does "lactose intolerant" mean?

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- What does "pasteurization" mean?

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- Approximately how many dairy cows are there worldwide?

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- How can we use cows to make green energy?

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### C. True/False/No Information Questions

Write *T* if the sentence is true. Write *F* if the sentence is false. Write *NI* if there is no information about the sentence in the text.

- \_\_\_\_\_ ① No one in the world drinks camel milk.
- \_\_\_\_\_ ② You have to drink milk to be healthy.
- \_\_\_\_\_ ③ Soy milk is more nutritious than cow's milk.
- \_\_\_\_\_ ④ Dairy cows release methane into the atmosphere.
- \_\_\_\_\_ ⑤ The Ancient Egyptians drank cow's milk.
- \_\_\_\_\_ ⑥ Cow's milk contains nine essential nutrients.
- \_\_\_\_\_ ⑦ Cows have fourteen stomachs.



- \_\_\_\_\_ 8 Drinking cow's milk can make you smarter.
- \_\_\_\_\_ 9 Methane is a dangerous greenhouse gas.
- \_\_\_\_\_ 10 Cow's milk doesn't contain calcium.

## ★ Vocabulary

### A. Word Definitions

*Find each word below in the text. Read the whole sentence. Think about the word form and possible meaning, and match it to the correct definition. Do not use your dictionary.*

- |                        |                                                   |
|------------------------|---------------------------------------------------|
| _____ 1 one-stop shop  | a proof                                           |
| _____ 2 domesticated   | b a place where you can get all your needs        |
| _____ 3 evidence       | c officially compulsory or essential              |
| _____ 4 required       | d to make something dirty                         |
| _____ 5 digest         | e made pregnant                                   |
| _____ 6 hormones       | f the result of cutting down all trees            |
| _____ 7 antibiotics    | g chemicals that change our bodies                |
| _____ 8 contaminate    | h heating milk to clean it                        |
| _____ 9 pasteurization | i food or drink produced from the milk of mammals |
| _____ 10 methane       | j people who publicly support something           |
| _____ 11 dairy         | k to break down food in the stomach               |
| _____ 12 impregnated   | l a kind of gas                                   |
| _____ 13 advocates     | m a kind of medicine used to treat infection      |
| _____ 14 deforestation | n to tame an animal so that you may live with it  |



## B. New Context

Read and complete the sentences using words from the box.

consumption	calcium	implications	unethical
backlash	enormous	hypocritical	stress
infancy	greenhouse gases	technically	dairy
lactose intolerant	carbon neutral	transition	one-stop shop

- ① \_\_\_\_\_, spiders are not insects, they are arachnids.
- ② \_\_\_\_\_ is good for you teeth and bones.
- ③ Jack is against the death penalty as he believes it is \_\_\_\_\_.
- ④ Don't give Celine any milk, she is \_\_\_\_\_.
- ⑤ There was a lot of \_\_\_\_\_ against the politician after he was caught stealing.
- ⑥ The blue whale is the most \_\_\_\_\_ animal on the planet.
- ⑦ Simon is making a(n) \_\_\_\_\_ to a new job.
- ⑧ \_\_\_\_\_ are a major cause of global warming.
- ⑨ Is that safe for human \_\_\_\_\_?  
It may be toxic.
- ⑩ Milk, cheese and butter are all \_\_\_\_\_ products.
- ⑪ My father is so \_\_\_\_\_. He always says one thing and does another.
- ⑫ The university used renewable energy in an effort to become \_\_\_\_\_.





## C. Fun with Words

The prefix **un** means *not* or *the opposite of*. It is most commonly used in front of adjectives, occasionally in front of verbs and very rarely in front of nouns.

**Examples:** *This contaminates the milk and can make it **unhealthy** for human consumption.*

*(healthy – adjective)*

*It is difficult to **undo** the damage that cows have already done to the environment. (do – verb)*

*A drop in cow's milk sales could result in a lot of **unemployment** for farmers. (employment – noun)*

*Read and complete the sentences using the words from the box.*

unlock

untie

unethical

unexpected

uncomfortable

unforgettable

uncertain

unconscious

- 1 I will remember that movie forever. It was \_\_\_\_\_.
- 2 Do you think it is \_\_\_\_\_ to use animals for experiments?
- 3 If you feel \_\_\_\_\_, you should see a doctor.
- 4 Can you please \_\_\_\_\_ the door and let him in?
- 5 The sailor must \_\_\_\_\_ all the knots in that rope.

## ★ Grammar

### A. Present Perfect Continuous

We use the **present perfect continuous** tense to show an action that started in the past and has continued up until the present. Usually the action is unfinished. If the action has recently finished, there will be visible evidence of that action.

**Examples:** *Humans **have been drinking** cow's milk for thousands of years.*

*(unfinished, we still drink cow's milk)*

*You look tired. **Have you been working** too much?*

*(recently finished, visible evidence)*



Complete the following sentences in the present perfect continuous. Write *U* if the action is unfinished and *V* if there is visible evidence.

- 1 My clothes are dirty. I \_\_\_\_\_ (*work*) on the farm. (       )
- 2 The farmer \_\_\_\_\_ (*milk*) the cows all day. (       )
- 3 I \_\_\_\_\_ (*drink*) milk since I was a child. (       )
- 4 Some farms \_\_\_\_\_ (*transform*) cow waste into natural gas. (       )
- 5 You look healthy. \_\_\_\_\_ (*take*) vitamins? (       )

### B. Noun Substitutes

*A noun substitute is a word that takes the place of another noun in a sentence. It is important to know what they refer to in order to properly understand a text.*

*What do these noun substitutes refer to?*

- 1 Paragraph 3, line 22: *they* \_\_\_\_\_
- 2 Paragraph 3, line 25: *they* \_\_\_\_\_
- 3 Paragraph 5, line 39: *it* \_\_\_\_\_
- 4 Paragraph 6, line 45: *one* \_\_\_\_\_
- 5 Paragraph 8, line 58: *their* \_\_\_\_\_

### ★ Discussion

*Ask and answer the following questions.*

- 1 What comes to mind when you hear the word *milk*?
- 2 Is drinking milk or eating meat an ethical problem for you? Why?
- 3 Do you know anyone who is lactose intolerant? Who?
- 4 Do you think it is natural for humans to drink cow's milk? Why?
- 5 What is your favorite kind of milk? Which animal does it come from? What flavor is it?



## Speaking Hint:

**Expressing Change in Habit:** We can use **used to** to express an old habit that we have since changed. When spoken, the pronunciation of **to** in **used to** changes to /tə/, giving it an **uh** sound.

*I used to drink a lot of milk, but now I rarely drink it.*

*I used to eat meat, but then I decided it is unethical.*

*I used to think cow's milk was healthy, but now I'm not so sure.*

## ★ Cause and Effect

Use the chart below to make notes on the reasons or results of the statements. Understanding cause and effect improves our comprehension and helps us to understand a text.



	Cause	Effect
1	<i>We have been drinking milk for thousands of years.</i>	Some people say drinking milk is natural.
2		Some people say drinking milk is unnatural.
3	Cow's milk is filled with nine essential nutrients.	
4		Cow's milk may be far from healthy.
5	Pasteurization destroys bacteria.	

## ★ Guided Writing

Write one of these two short compositions.

- 1 Your friend loves milk. In your own words, try to convince him to stop drinking it using some of the ideas from the article.
- 2 You are a dairy cow. Describe a day in your life.

