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Article Type   Subject	Issue	Core Competency
<b>advertisement</b> arts & literature / culture	<b>multiculturalism</b>	cultural understanding / global understanding
<b>timeline</b> nature	<b>environment</b>	logical thinking / problem solving
<b>passage with numbers</b> famous or interesting people	<b>gender equality</b>	cultural understanding / global understanding
<b>bar chart</b> education	<b>international</b>	cultural understanding / global understanding
<b>passage</b> economy / finance	<b>technology</b>	planning and execution / innovation and adaptation
<b>flow chart</b> health & body	<b>reading literacy</b>	planning and execution / innovation and adaptation
<b>passage with numbers</b> environment & conservation	<b>outdoor</b>	moral praxis / citizenship
<b>bar chart</b> economy / finance	<b>technology</b>	information and technology literacy / media literacy
<b>website</b> health & body	<b>reading literacy</b>	logical thinking / problem solving
<b>table</b> science	<b>reading literacy</b>	physical and mental wellness / self-advancement
<b>passage (listicle)</b> teens	<b>reading literacy</b>	physical and mental wellness / self-advancement
<b>infographics</b> animals	<b>outdoor</b>	logical thinking / problem solving
<b>passage with numbers</b> society / social behavior	<b>reading literacy</b>	interpersonal relationship / teamwork
<b>bar chart</b> daily routines	<b>reading literacy</b>	physical and mental wellness / self-advancement
<b>passage</b> famous or interesting people	<b>international</b>	cultural understanding / global understanding
<b>timeline</b> food	<b>multiculturalism</b>	cultural understanding / global understanding
<b>passage with numbers</b> Internet / technology	<b>technology</b>	information and technology literacy / media literacy
<b>Venn diagram</b> arts & literature	<b>reading literacy</b>	artistic appreciation / aesthetic literacy
<b>passage</b> plants	<b>reading literacy</b>	logical thinking / problem solving
<b>bar chart</b> Internet / technology	<b>career planning</b>	information and technology literacy / media literacy

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Article Type   Subject	Issue	Core Competency
passage (listicle) gender equality	gender equality	moral praxis / citizenship
bar chart economy / finance	technology	information and technology literacy/ media literacy
document sports	security	logical thinking / problem solving
Venn diagram animals	life	logical thinking / problem solving
résumé career	career planning	semiotics / expression
table Internet / technology	technology	information and technology literacy/ media literacy
passage holidays & festivals	international	cultural understanding / global understanding
infographics arts & literature / culture	reading literacy	artistic appreciation / aesthetic literacy
passage with bullet points relationships	morality	interpersonal relationship / teamwork
scale culture	international	cultural understanding / global understanding
passage science	technology	information and technology literacy/ media literacy
line chart education	reading literacy	logical thinking / problem solving
passage (listicle) animals	life	logical thinking / problem solving
flow chart society / social behavior	information	information and technology literacy/ media literacy
infographics education	career planning	logical thinking / problem solving
bar chart gender equality	gender equality	moral praxis / citizenship
passage environment & conservation	energy	logical thinking / problem solving
table health & body	reading literacy	physical and mental wellness / self-advancement
infographics safety	security	logical thinking / problem solving
line chart health & body	reading literacy	logical thinking / problem solving

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Article Type   Subject	Issue	Core Competency
<b>passage</b> Internet / technology	<b>technology</b>	information and technology literacy/ media literacy
<b>pie chart</b> Internet / technology	<b>technology</b>	information and technology literacy/ media literacy
<b>passage with numbers</b> psychology / culture	<b>reading literacy</b>	physical and mental wellness / self-advancement
<b>pie chart</b> environment & conservation	<b>energy</b>	planning and execution / innovation and adaptation
<b>passage (listicle)</b> animals	<b>life</b>	logical thinking / problem solving
<b>flow chart</b> education	<b>reading literacy</b>	logical thinking / problem solving
<b>passage with numbers</b> arts & literature	<b>reading literacy</b>	artistic appreciation / aesthetic literacy
<b>scatter plot</b> society / social behavior	<b>international</b>	cultural understanding / global understanding
<b>passage</b> famous or interesting people	<b>human rights</b>	moral praxis / citizenship
<b>line chart</b> society / social behavior	<b>international</b>	logical thinking / problem solving
<b>infographics</b> health & body	<b>reading literacy</b>	physical and mental wellness / self-advancement
<b>table</b> animals	<b>reading literacy</b>	logical thinking / problem solving
<b>passage</b> health & body	<b>life</b>	physical and mental wellness / self-advancement
<b>map</b> culture	<b>indigenous</b>	cultural understanding / global understanding
<b>passage</b> arts & literature	<b>reading literacy</b>	artistic appreciation / aesthetic literacy
<b>timeline</b> language & communication	<b>international</b>	cultural understanding / global understanding
<b>passage with numbers</b> Internet / technology	<b>technology</b>	information and technology literacy/ media literacy
<b>Venn diagram</b> career	<b>career planning</b>	planning and execution / innovation and adaptation
<b>passage (listicle)</b> education	<b>multiculturalism</b>	physical and mental wellness / self-advancement
<b>line chart</b> sports	<b>reading literacy</b>	information and technology literacy/ media literacy

## 1

# The Dance That Tells a Story

Do you love dancing?  
Do you love telling stories?

Join our weekly  
*bharatanatyam* classes and  
learn to combine the two!

## What is *bharatanatyam*?

*Bharatanatyam* is a traditional style of dancing from India. It was used in ancient times as a way of sharing stories from Indian mythology. India is a big place and with many languages, so dancing was sometimes used to tell these stories without using words. To tell these stories, *bharatanatyam* dancers use special hand gestures called *mudras*.

Each of these gestures has many meanings. For example, an outwards facing palm, with the fingers pointing up, and a slightly bent thumb can mean “moonlight,” or “the sea,” or “silence.” Holding up the little finger and thumb while the rest of the fingers point down means “a deer’s head,” or “a woman’s cheek,” or “a dress.” By using just a few *mudras*, a dancer can tell many different stories. At our *bharatanatyam* classes, you will learn these and many more *mudras* and use them to tell a whole range of traditional tales.



↑ By learning a few *mudras* of *bharatanatyam*, a dancer can tell many stories without words.



→ Each of the *mudras* can have many meanings.



← Special hand gestures called *mudras* are used by *bharatanatyam* dancers as a means of storytelling.



### About our teacher

Shruti Devaiah has been teaching *bharatanatyam* for more than 10 years. She has performed *bharatanatyam* at many temples in her native India and at several international competitions. Shruti is not only an excellent dancer but also highly knowledgeable about the history of *bharatanatyam*. She is really looking forward to sharing her knowledge about this amazing part of Indian culture with you.

### Class details

All classes will be held at the Newtown Community Center.

Adult classes (ages 18 and up) will be held on Thursday

evenings, 8–9 pm. Young adult classes (ages 13

to 18) will be held on Friday evenings, 6–7 pm.

Spaces are limited to 10 students per class. Classes will begin in the first week of July and last until the last week of October.

Call the community center (555-456-435) to register.

**Call soon before classes fill up!**






## QUESTIONS

1. What is the main idea expressed in the passage?

People interested in both \_\_\_\_\_ and \_\_\_\_\_ should sign up for the \_\_\_\_\_ at the Newtown Community Center.

2. Using information from the passage, fill in the possible meanings of these *mudras*.

Gesture			
Possible meanings	<hr/> <hr/> <hr/>	a chicken, a camel, a pen	<hr/> <hr/> <hr/>

3. In which sentence from the paragraph titled **About our teacher** does the author express an opinion about Shruti Devaiah? Write down the whole sentence.

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4. Which of the following is NOT mentioned in the passage?

- (A) When the dance classes will start.  
 (B) How long the dance classes will be.  
 (C) Who can join the different dance classes.  
 (D) How much the dance classes will cost.

5. What is the author's tone in the final sentence of the passage? ("**Call soon before classes fill up!**")

- (A) Urgent.      (B) Informative.      (C) Humorous.      (D) Tragic.

## VOCABULARY PRACTICE

## A MATCHING

Match the words on the left with their definitions on the right.

- |                        |  |
|------------------------|--|
| _____ 1. competition   | (A) a group of people that live in the same place                            |
| _____ 2. perform       | (B) the short, thick finger sticking out from the side of the hand           |
| _____ 3. register      | (C) present to an audience   |
| _____ 4. palm          | (D) well informed about a topic  |
| _____ 5. community     | (E) the flat area of the hand between the bases of the fingers and the wrist |
| _____ 6. native        | (F) something or someone that comes from a specific place                    |
| _____ 7. thumb         | (G) sign up for something  |
| _____ 8. knowledgeable | (H) an activity in which people try to win                                   |

## B COMPLETION

Complete the sentences with the words below and change their forms when necessary.

detail  
ancient

bent  
tale

combine  
silence

gesture  
outwards

- The police officer asked Bob to give him the \_\_\_\_\_ of the accident.
- The young boy listened to the old man tell \_\_\_\_\_ of his childhood.
- She moved both of her arms \_\_\_\_\_ from her body.
- As the teacher entered the room, the students sat in \_\_\_\_\_.
- To create something new, many artists \_\_\_\_\_ different styles.
- Each continent has its own \_\_\_\_\_ cultures and history.
- Betty stood at the side of the pool with her knees \_\_\_\_\_, ready to jump.
- Hoping to get the waiter's attention, the man \_\_\_\_\_ with his hand.

## 9

# When Bread Is Your Enemy

<https://www.cuttingitout.com.tw>

Apple

Yahoo!

Google Maps

YouTube

Wikipedia

News (1002) ▾

Popular ▾

→ Customers can choose gluten-free products to prevent symptoms of coeliac disease.

## Cutting it Out!: Your Guide to Going Gluten-Free



### 1 In Brief . . .

- Gluten is found in wheat, barley, and rye.
- \_\_\_\_\_
- Gluten-free foods include meat, fish, fruit and vegetables, rice, and potatoes.
- Foods to avoid include bread, pasta, cakes, and cookies.
- Special gluten-free versions of these foods can easily be made at home.
- If symptoms don't improve or get worse after you go gluten-free, see your doctor.

### 2 What is Gluten?

Gluten is a general label for certain proteins found in certain grains, namely wheat, barley, and rye. When water is added to flour, it is gluten that gives the dough its elastic feel. In fact, the glue-like nature of fresh dough is what gives gluten its name.



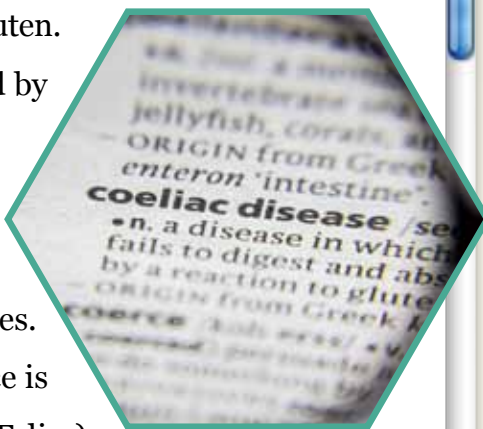
Gluten is a general label for certain proteins found in wheat, barley, and rye.



Q Google

### 3 Why Might You Need to Cut it Out?

Some people have a bad reaction to gluten. The bodies' immune systems are triggered by gluten and create antibodies to fight it off. This can cause uncomfortable symptoms, such as stomach pains, diarrhea, skin rashes, headaches, and breathing difficulties. The most serious type of gluten intolerance is known as coeliac disease (pronounced SEE-liac). When someone with coeliac disease consumes gluten, their body's natural defense system attacks the lining of the gut. Over time, this results in their inability to properly digest food. The only treatment for conditions such as coeliac disease is to eat a gluten-free diet, which means avoiding foods made of or containing **the abovementioned grains**.



↑ People with coeliac disease should avoid foods such as bread, pasta, cakes, and cookies.

4 Even though this might sound difficult, there are lots of foods that someone on a gluten-free diet can still eat. In fact, since many of the foods containing gluten are processed, going on a gluten-free diet may actually improve your general health, in addition to getting rid of those uncomfortable symptoms.

NEXT



What Foods Can You Eat on a Gluten-Free Diet?

## QUESTIONS

\_\_\_\_\_ 1. The **In Brief** section provides a summary of the website's content. Which of the following could be used to fill in the blank in the **In Brief** section?

- (A) Some people get skin rashes and headaches if they eat any gluten.
- (B) Going on a gluten-free diet might seem difficult to many people.
- (C) Some people have a bad reaction to gluten and have to stop eating it.
- (D) The correct way to pronounce the word "coeliac" is "SEE-liac."

2. What does the phrase **Cut it Out** mean in the passage?

It means getting rid of \_\_\_\_\_ from your \_\_\_\_\_.

\_\_\_\_\_ 3. Which of the following is a long-term effect of someone with coeliac disease eating a gluten-heavy diet?

- (A) They won't be able to properly digest food.
- (B) They will no longer be able to eat meat and fish.
- (C) Their headache and stomach pain won't ever go away.
- (D) Their skin will feel itchy all the time.

4. What is the author referring to by **the abovementioned grains**?

The author is referring to \_\_\_\_\_.

5. At the bottom of the webpage, there is a link to the **Next** page. Which of the points in the **In Brief** section summarizes the information on that page? Copy down the full sentence.

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## VOCABULARY PRACTICE

## A MATCHING

Match the beginnings of sentences on the left with their endings on the right.

- |   |  |
|---|--|
| _____ 1. When certain people consume foods containing gluten, | (A) their bodies' defense systems react by fighting against it.            |
| _____ 2. I am trying to eat less junk food these days,        | (B) it has probably gotten too dry and should be thrown out.               |
| _____ 3. I find some foods rather difficult to digest,        | (C) can make the simple change of cutting processed food from their diets. |
| _____ 4. Henry cannot eat peanuts or peanut products at all,  | (D) namely snacks that contains a lot of sugar and fat.                    |
| _____ 5. If the glue doesn't feel very elastic,               | (E) are flour, milk, and eggs.   |
| _____ 6. In addition to fruits and vegetables,                | (F) nuts are also a healthy choice for a snack.                            |
| _____ 7. Those who want to lose weight                        | (G) and if he does he will suffer a severe allergic reaction.              |
| _____ 8. The main ingredients you will need to make pancakes  | (H) so I avoid eating them as best I can.                                  |

UNIT

9

When Bread Is Your Enemy

## B COMPLETION

Complete the sentences with the words below and change their forms when necessary.

condition	grain	label	pronounce
dough	enemy	symptom	protein

- You will need to know how to \_\_\_\_\_ these scientific words correctly, because you will be using them often in this course on nutrition.
- These medicines are under the \_\_\_\_\_ of over-the-counter medications, so you won't need to get a prescription from your doctor.
- Meat is well known to contain a lot of \_\_\_\_\_, so it can be part of a healthy diet.
- When I'm trying to lose weight, I consider certain desserts, like chocolate cake, to be my \_\_\_\_\_.
- Because there wasn't enough rain in the center of the country, the \_\_\_\_\_ crops suffered terribly this year.
- Food poisoning is a serious \_\_\_\_\_ that can be fatal if it is not treated by a doctor immediately.
- After making the \_\_\_\_\_ for the pizza, I spread tomato sauce on top of it and added some cheese.
- The \_\_\_\_\_ of the flu are usually a fever and an upset stomach, so you should probably avoid work if you feel sick.