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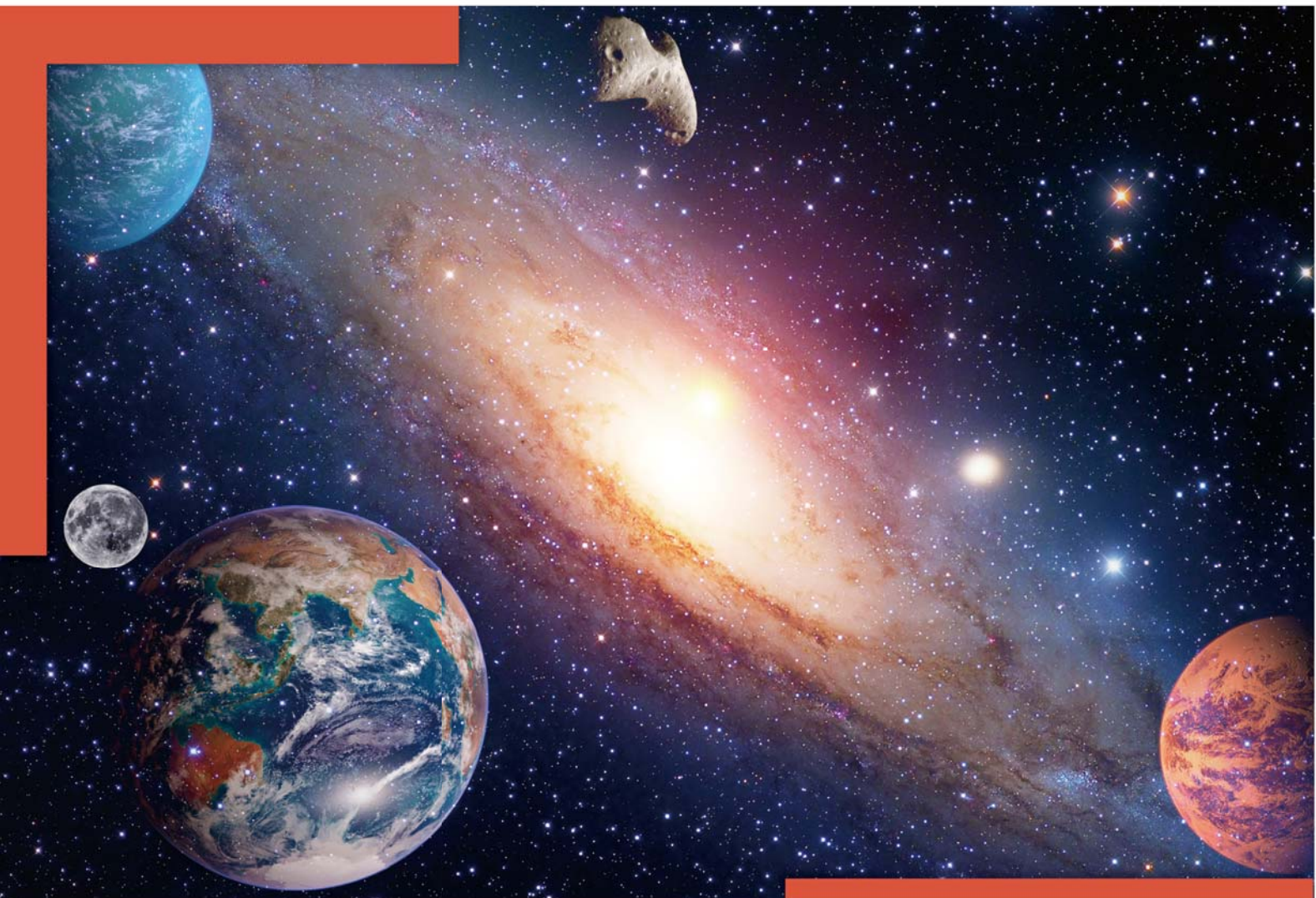
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Introduction

This book is the first volume of a series of books concentrating on training reading skills. Each article is accompanied by six essential questions to help readers understand the article. These questions are within the framework of the following categories:

Main Idea Readers will have to ask themselves, "What point is the writer trying to make?" By asking this question, they will be aware of looking for an answer during the reading process.

Subject Matter The subject matter question can help readers focus on the articles they are reading. After reading the first few lines of the article, readers should ask themselves, "What is the subject matter of this article?" They will start concentrating instantly.

Supporting Details The article is made up of details that support the main idea. Supporting details come in various forms, such as examples, explanations, descriptions, definitions, comparisons, contrasts, and metaphors.

Inference Inference questions ask the readers to find the inferences and assumptions made in the article. The main goal of the question is to train readers' abilities of critical and logical thinking.

Words in Context Words in context are important in understanding an article. Mistaking the meanings of some key words or phrases can lead to a gross misunderstanding of the author's message.

Others Other reading skills include:

Clarifying Devices The author might use similes and metaphors to capture readers' attention and spark their imaginations. The most widely used clarifying devices are signal words (*first, second, next, last, finally*), and transitional words or phrases (*in brief, in conclusion, above all, therefore*). Organizational patterns are also clarifying devices, including the chronological pattern, in which events are ordered by the time at which they occurred.

Text Form A text form refers to a type of writing such as fantasy, autobiography, or newspaper article. Knowing the text form can help readers achieve a better understanding of the purpose of the article and determine how to interpret the article.

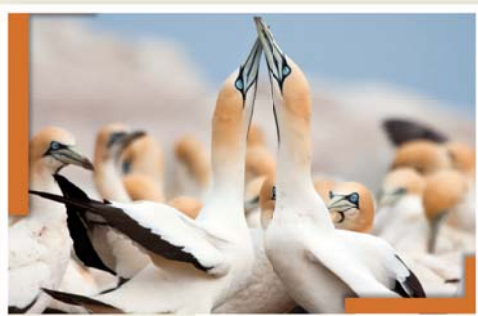
Cause and Effect Cause and effect questions are concerned with why things happen (causes) and what happens as a result (effects). Understanding cause and effect relationships can guide readers to understand how one event or action caused another to occur. Words like *so, because, and as a result*, are good clues that help readers recognize a cause-and-effect relationship.

Fact or Opinion A fact is something that is true and is supported by evidence. An opinion is something you believe or feel. Being able to identify facts and opinions can help readers differentiate between what is real and what is someone's point of view or thought, and explore their knowledge or opinions on a topic.

Author's Tone An author's tone is the attitude the author takes on the subject he or she is writing about. It gives readers clues as to how the author feels about his or her subject. This type of question is usually described using an emotion word such as *serious, humorous, or hopeful*.

Author's Purpose Author's purpose questions encourage readers to think about why the author wrote the article. Author's purposes include *to persuade* (convince a reader of something), *to inform* (to provide information), *to entertain* (to elicit an emotional reaction from the reader), *to express* (to convey a feeling), etc.

How to Use This Book



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In our reading plan, the 60 articles are divided into 10 weeks. Readers should read 6 articles each week. By following the plan, the readers will make steady progress in mastering English reading skills.

Week 2, Day 12
Health & Body

You Are What You Eat

Ancient medical traditions often focus on food! After all, what we put into our body must affect how our body feels. But what about our minds? Does what we eat affect how we feel and think? Recent research says yes.

Different foods affect different hormones in our brains. Fruits and vegetables generally increase hormones that make us calm. Foods with a lot of protein, on the other hand, increase hormones that make us alert. But junk food—fatty, salty, sugary food without much nutrition—has a negative effect.

Questions

1. What is the main idea of this passage?
 - Junk food harms your mind and body.
 - Trans fats are found in all junk food.
 - Most Americans do not eat healthily.
 - A high-protein diet has many benefits.
2. What is this passage mostly about?
 - The ingredients in junk food.
 - The history of junk food.
 - The effects of junk food.
 - The benefits of junk food.
3. What has recent research discovered about trans fats?
 - They can cause obesity.
 - They can cause depression.
 - They can cause heart attacks.
 - They can cause cancer.

Week 2, Day 12
Sports

47 The World's Oldest Sports

Soccer, baseball, volleyball, and golf—humans love sports. We play old ones. We invent new ones. We cheer for our favorite players and cry over our losses. But how long have humans been playing sports for fun? Which sports are the oldest?

Cricket, the English sport, is among the oldest. There have been international cricket matches since 1844, but the game is much older than that. There are references to a sport called "creeckett" as far back as the late 1500s, when it was a children's game. It became popular among adults in the 1600s. The rules were officially recorded in 1744.

Cricket is one of the oldest sports in the world.

Questions

1. What is the passage mainly about?
 - It talks about the oldest sport known to man.
 - Old European sports that are still played today.
 - Three of the oldest sports in the world.
 - Using a sport's rules to determine how old it is.
2. What is the focus of this passage?
 - Old sports that have been forgotten.
 - Old sports that are still played today.
 - Old sports that come from South America.
 - Old sports that are over 2,000 years old.
3. Which of the following statements about cricket is true?
 - It was invented in France.
 - It can be traced back to the 1600s.
 - It started as a children's game.
 - It is never popular among adults.

Week 5, Day 24
Environment

30 Reusing Versus Recycling

Reusing and recycling may sound similar, but they are actually quite different. Recycling has become more and more popular around the world in the last 20 or 30 years, while people have reused materials throughout history. Nowadays, people are talking more about reusing as a better alternative to recycling.

So how is reusing different from recycling? Well, reusing something means that the object is still used for its original purpose. The goal of reusing is to help objects and materials lengthen their lives. If you had an old oven, for example, you could reuse it by giving it to someone else. Maybe that person could repair it or upgrade it, but still use it as an oven. Recycling it, on the other hand, means that the object is broken down and its materials are used to create new products.

Questions

1. What does the second paragraph mostly describe?
 - Why reusing should always come after recycling.
 - Why recycling is more important than reusing.
 - The reasons why we are not recycling enough.
 - The difference between reusing and recycling.
2. Which of the following could be a good title for this passage?
 - The Long History of Reusing.
 - How Best to Save the Environment.
 - The Secret Pollution of Recycling.
 - How to Make the Most of Old Clothing.
3. Which of the following is NOT true about the passage?
 - Giving away clothes to other people is reusing.
 - More people think reusing is better than recycling.
 - Reusing can actually cause pollution.
 - Reusing should come before recycling.

The articles are written about various kinds of topics: history, psychology, business, people, arts & literature, and more. Readers will learn English as they explore their world.

Week 11 Day 1 Business

31 Fair Fashion

American Halle Butvin traveled to Uganda in 2006 on a study trip. She went there to learn about how young people could help build peace in the country after a long period of war. While she was there, however, she also saw how important new businesses could be to the process.

Butvin visited traditional markets and thought about how she could help the artisans who designed and made crafts to sell there. She wanted to help connect them to people in the United States so they could sell more products, earn more money, and improve their **quality of life**. She also wanted to help Ugandan women. In 2007 Butvin met the woman who would become her trainer. That was the beginning of the One Mango Tree company.

▲ basket display at a local market in Uganda

▲ Ugandan woman

▼ accessories

▼ necklace

▼ scarf

The company's purpose was to work with women artisans in Uganda creating bags, scarves, clothes, and jewelry to sell worldwide. The local artisans were trained and connected to markets. These women were not the only people the company helped; their children were also offered scholarships.

One Mango Tree was a unique idea when it first started out. Since that time, however, many other companies have followed Halle Butvin's lead. Working with local artisans in poor and troubled regions, these "ethical fashion" brands connect people in many ways. The women who make the clothes can sell their products for more money than they would receive otherwise. They can also learn how to become their own bosses through business training programs. And the people who buy their products can wear them proudly, knowing that their purchases have had a positive effect on someone's life.

Questions

- Which sentence is closest to being the main idea of this passage?
 - One Mango Tree was one of the first ethical fashion companies.
 - One Mango Tree solved many problems for Ugandan children.
 - One Mango Tree made bags, scarves, and jewelry.
 - One Mango Tree was established in the United States.
- What is the passage mostly about?
 - One Mango Tree's products.
 - One Mango Tree's management.
 - One Mango Tree's history.
 - One Mango Tree's clients.
- How does One Mango Tree assist women refugees?
 - It provides them with training programs.
 - It resettles them in peaceful parts of Uganda.
 - It offers them free One Mango Tree products.
 - It teaches them how to draw maps.
- Which sentence is probably true about Halle Butvin when she first visited Uganda?
 - She was a tour guide.
 - She was young.
 - She wanted to get married there.
 - She was leaving America for the first time.
- What does the phrase **quality of life** in the second paragraph refer to?
 - How much money a person earns.
 - How long a person has lived.
 - How powerful a person is.
 - How comfortable a person is.
- Which of the following statements is an opinion?
 - Ethical fashion companies' clothes are made by poor people.
 - Ethical fashion brands are better than designer brands.
 - People all over the world buy ethical fashion products.
 - There are more ethical fashion brands now than there used to be.

Each article is followed by six essential questions to help readers understand the content.

Different Kinds of Extreme Sports

skydiving

skateboarding

rock climbing

freestyle skiing

aggressive inline skating

BMX

surfing

bungee jumping

windsurfing

14 Geography

K2, Mount Everest's dangerous little sister, is the highest peak in the world.

There are lots of ways to make each free running move more difficult. The free running environment contains high and low walls, stairs, ramps, bars and fences, and doorways. Therefore, most free running moves are designed to use these elements. There are a variety of different vaults for getting over low walls. There are running techniques to help scale high walls and flips to get down off them. Dives, rolls, and twists help protect the body.

More Animal Proverbs

- ▲ Bird of a feather flock together.
- Curiosity killed the cat.
- ▲ You can lead a horse to water, but you can't make him drink.
- Every dog has his day.

Bountiful pictures that provide additional information related to the articles will enhance readers' pleasure in reading.

Week 1



Day 1 Entertainment

01 Have You Seen This? 10

Day 2 Psychology

02 EQ 12

Day 3 History

03 The Civil Rights Movement in the United States 14

Day 4 Business

04 Who Stole My Money? 16

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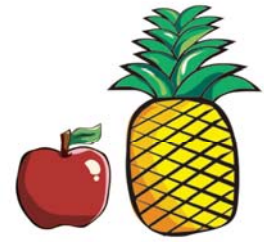
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Pen - Pineapple -
Apple - Pen!



◀ Pikotaro

Have You Seen This?

Pen – Pineapple – Apple – Pen!

If this sounds familiar, you've probably seen one of Asia's biggest viral videos of 2016. The song "PPAP" by Japanese star Pikotaro was watched and shared by millions of people. It became an overnight success thanks to social media.

These days, YouTube videos can spread around the globe within hours. A video "goes viral" if it gets more than five million hits in a week. Some videos grab the public's attention for a few days, and then disappear. Others stay popular for years.

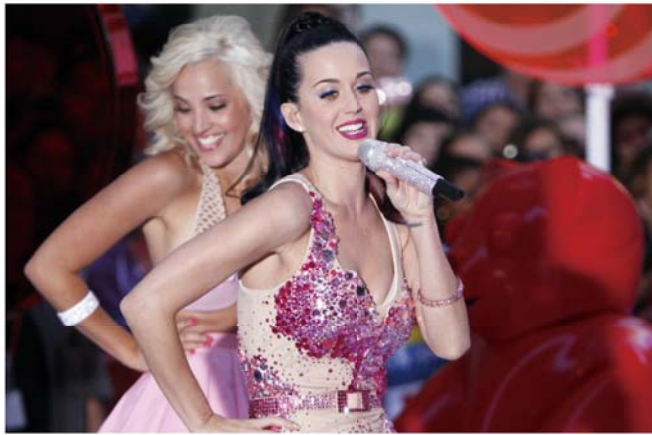


Questions

- _____ 1. Which of the following sentences is closest to the main idea of this passage?♦Main Idea♦
 - a Think carefully before you share something online.
 - b Videos with famous actors usually get the most hits.
 - c Asian pop stars have been successful on YouTube.
 - d Nowadays, videos reach large audiences very quickly.

- _____ 2. What is this passage about?♦Subject Matter♦
 - a YouTube users.
 - b Viral videos.
 - c Pop songs.
 - d Social media.

- _____ 3. Which star was the first to get a billion hits on his or her video? ♦Supporting Details♦
 - a Taylor Swift.
 - b Psy.
 - c Justin Bieber.
 - d Pikotaro.



▲ Katy Perry regularly attracts huge audiences.



▲ Psy performed "Gangnam Style."

15 In 2007, YouTube was just beginning. A user uploaded a clip called "Dramatic **Chipmunk**." In the video, we hear thunder, and then the animal turns to the camera looking shocked. Viewers of all ages and nationalities found it funny. The video lasts only six seconds, but the little chipmunk is still well-known today.

20 Music videos usually get the most hits. "Gangnam Style" was the first video to reach a billion views back in 2012. It took Korean singer Psy five months to reach that total. Now there are lots of videos with a billion views. Justin Bieber, Taylor Swift, and Katy Perry regularly attract huge audiences.

Do you want to watch the top viral videos right now? Click the "Trending" button on YouTube. It will show you the most popular clips by number of viewers.

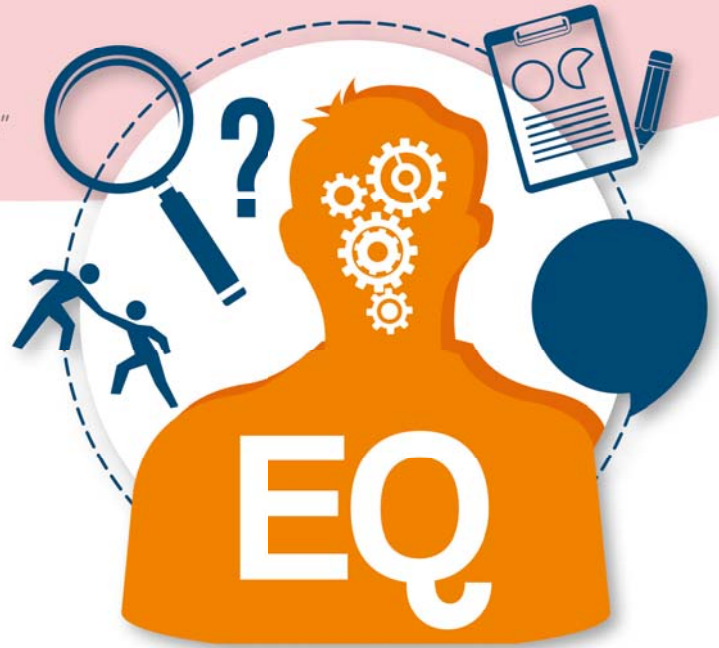
25 And if you want to make a world-famous video yourself? Experts say you need to do two things. The first is to find an unusual phrase that people can remember and like to repeat. The second is to create emotion. If you can make someone laugh, cry, or get mad, he or she will be more likely to click "Share."

- _____ 4. According to the passage, which video has the best chance of success?♦Inference♦
- a A video that makes people angry.
 - b A video that includes animals.
 - c A video that has no words.
 - d A video that lasts a few seconds.
- _____ 5. Which of the following animals is most closely related to a **chipmunk**? ♦Words in Context♦
- a A snake.
 - b A butterfly.
 - c A crab.
 - d A squirrel.
- _____ 6. Who caused the song "PPAP" to become popular so quickly?♦Cause and Effect♦
- a Teens.
 - b Japanese people.
 - c YouTube users.
 - d Teachers.

► EQ stands for "emotional quotient."

02

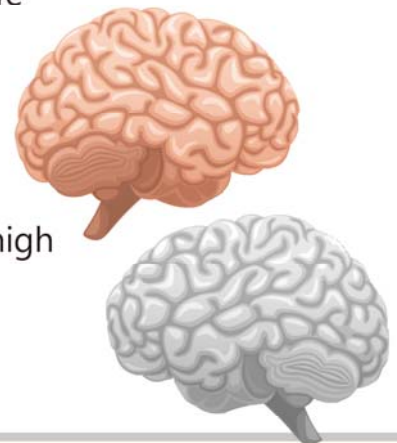
EQ



Having to worry about our IQ is bad enough, and now there's something called an "EQ"! Do we have to stress about that, too?

5 The answer is yes and no. Your EQ stands for "emotional quotient." It's a measure of how well you understand your own feelings and those of other people. People with high EQs are very aware of their emotions and those of others. They manage their emotions well.

10 Emotions may not seem to be important for serious life issues like school and work. However, we are discovering that, in fact, having a good understanding of emotions is extremely important in any group situation. Employers are always looking for employees with good people skills, right? Your EQ is just that: your people skills. People with high
15 EQs become influential leaders and helpful managers who



Questions

- _____ 1. What is the final paragraph mainly about? ♦Main Idea♦

<input type="radio"/> a The definition of EQ.	<input type="radio"/> b Pros and cons about high EQs.
<input type="radio"/> c The history of the EQ.	<input type="radio"/> d How to measure EQ.

- _____ 2. What is this passage mainly about? ♦Subject Matter♦

<input type="radio"/> a Human intelligence.	<input type="radio"/> b Getting a job.
<input type="radio"/> c A measure of emotional understanding.	<input type="radio"/> d Using emotions to control people.

- _____ 3. What can a high EQ help you with? ♦Supporting Details♦

<input type="radio"/> a Learning a new language.	<input type="radio"/> b Building a successful love life.
<input type="radio"/> c Passing a driving test.	<input type="radio"/> d Solving complex math problems.

► Having a good understanding of emotions is important.



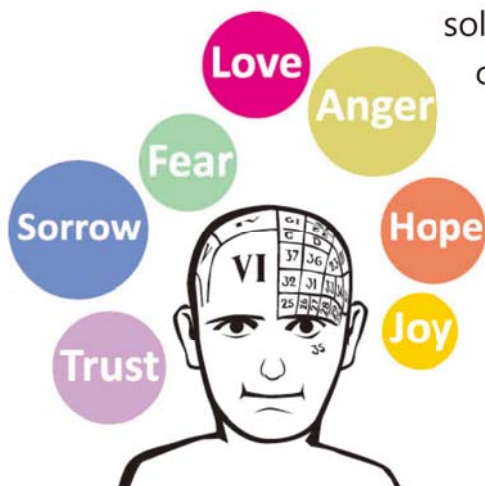
20

understand how to deal with stressed employees. They understand how to use people's feelings to achieve their goals—whether to create trust within a team or create passion for a project. Outside of work, a high EQ is connected to romantic success. Understanding your partner's emotions can certainly help you create a solid relationship.

There are many ways to measure your EQ. Most ask you to perform different emotional problem-solving tasks. Testing your EQ is a useful way to find out how well you read emotions. If you think your EQ might be low, there are ways to improve it. First, **get in touch with** your emotions. Think about how they affect your actions. When you feel your emotions leading you to a bad action, see if you can stop it. Then, concentrate on other people. See if you can identify their emotions and emotional reasons for their actions. In this way, you will build patience, compassion, and a strong EQ.

25

30



- _____ 4. Which of the following can be inferred from the first sentence of the third paragraph? ♦Inference♦
- a People don't like to go to school or go to work.
 - b People have no feelings toward their classmates or colleagues.
 - c For serious life issues, people are expected to be unemotional.
 - d We should all avoid serious life issues.
- _____ 5. What does **get in touch with** mean in the final paragraph? ♦Words in Context♦
- a To ignore.
 - b To change.
 - c To hide from other people.
 - d To think about and understand.
- _____ 6. Where is this passage most likely taken from? ♦Text Form♦
- a A lifestyle magazine.
 - b A history textbook.
 - c A book review.
 - d A hotel brochure.

03



The Civil Rights Movement in the United States

Even after slavery ended in 1865, African-Americans in the United States still faced discrimination. The policy of segregation kept them separate from whites. It was hard for African-Americans to vote. They couldn't use the same restaurants, hotels, pools, or train cars as whites. They were even forced to sit at the back of the bus.

People knew that this wasn't right, so they started fighting for racial equality under the law. Their efforts came to be known as the Civil Rights Movement.

Many of the heroes of the Civil Rights Movement were just ordinary people. One was Rosa Parks, a black woman who refused to move to the back of a bus in Montgomery, Alabama. When she was arrested, thousands of people



▲ Dr. Martin Luther King, Jr. delivers a speech.

Questions

- _____ 1. Which of the following is the main topic of the passage? ♦Main Idea♦
 - a The Civil Rights Movement caused a lot of problems.
 - b The Civil Rights Movement had many different heroes.
 - c Martin Luther King, Jr. started the Civil Rights Movement.
 - d The Civil Rights Movement is still going on today.

- _____ 2. What does this passage focus on? ♦Subject Matter♦
 - a A fight for equal rights.
 - b The life of Rosa Parks.
 - c The US government.
 - d A theory.

- _____ 3. What was Rosa Parks' contribution to the Civil Rights Movement? ♦Supporting Details♦
 - a She refused to sit at the back of the bus.
 - b She refused to stand in line at a restaurant.
 - c She went on hunger strike in Little Rock.
 - d She signed the Civil Rights Act in 1964.

boycotted Montgomery buses. The city lost money, and segregation on buses was stopped the following year.

Then there was the "Little Rock Nine." Nine black teenagers were determined to attend an all-white school in Arkansas. On their first day of class in 1957, they were blocked by an angry mob of people. Two weeks later, the president of the United States sent soldiers to protect them. These soldiers remained at the school the entire year.

The most recognizable figure of the Civil Rights Movement was Dr. Martin Luther King, Jr. Dr. King was known for organizing nonviolent protests, putting "freedom riders" on segregated buses, and arranging sit-ins at restaurants. In 1963, hundreds of thousands of people marched on Washington, D.C., to demand equality. There, Dr. King gave his famous "I Have a Dream" speech.

The Civil Rights Act of 1964 was a huge victory for the movement. It made it illegal to discriminate against people based on their race. But it can take a long time for people's attitudes to catch up to the law. Even to this day, there's still work to be done.



▲ Martin Luther King Memorial in Washington, D.C.

- _____ 4. What was likely true about the sit-ins that Dr. Martin Luther King, Jr. arranged? ♦Inference♦
- a They did not achieve anything.
 - b They targeted businesses that Dr. King didn't like.
 - c They took place at white-only restaurants.
 - d They were known around the country for being violent.
- _____ 5. Which of the following is closest in meaning to the word **boycott** in the third paragraph? ♦Words in Context♦
- a Buying an extra bottle of shampoo because it is half-price.
 - b Buying a certain brand because it has a reputation for quality.
 - c Refusing to buy plastic because it harms the environment.
 - d Using violent protest to change unfair laws.
- _____ 6. What was the author's tone in this passage? ♦Author's Tone♦
- a Loving.
 - b Ironic.
 - c Sarcastic.
 - d Serious.

04



Who Stole My Money?



I remember when a can of Coke was 25 cents. My parents could buy candy for a penny! Today you might pay a dollar for a soda, and nothing costs a penny. So what happened?



5 Inflation, that's what. Inflation is often called "too many dollars chasing too few goods." It's when prices in a country rise **across the board**. If your favorite snack gets a bit more expensive, that's not inflation. But when the price of your snack, bread, sugar, gasoline, and many other things all rise at the same time, that's inflation. Inflation means your money buys less than it used to.

10 Experts have different views on why and how inflation happens. One reason for inflation is an increase in the supply of money. Generally, when the supply of something goes up, the demand for it goes down. In other words, its value goes down. So when there is a lot of money circulating, each piece of money
15 becomes less valuable.

Questions

- _____ 1. What is the article mainly about?..... ♦Main Idea♦
 - a The factors that cause inflation.
 - b How governments can prevent inflation.
 - c The effects that inflation has on the global economy.
 - d Some of the good things about inflation.

- _____ 2. What does this passage focus on? ♦Subject Matter♦
 - a The supply of money.
 - b National taxes.
 - c Falling profits.
 - d Rising Prices.

- _____ 3. Which of the following statements is true?..... ♦Supporting Details♦
 - a Taxes help reduce inflation.
 - b When your money buys more, that's inflation.
 - c Inflation is caused by one simple factor.