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2 Cover to Cover

Reading Comprehension and Fluency

OXFORD

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Introduction

Cover to Cover 2 is the second in a three-level reading series that helps students become skilled, strategic readers who enjoy reading in English. *Cover to Cover* combines **intensive reading** with **extensive reading**, so your students will learn the strategies necessary for academic work *and* become fluent, confident readers.

What is intensive reading?

Intensive reading focuses on building language awareness and comprehension. It often involves relatively challenging texts, and students encountering some unfamiliar language. Parts 1 and 2 of each unit in *Cover to Cover* focus on intensive reading, and provide students with strategies for dealing with these kinds of texts.

What is extensive reading?

Extensive reading focuses on fluency development and reading for pleasure. Two key principles are (1) students should read as much as possible, and (2) texts should be easy and well within students' linguistic competence. Easy texts mean that students are able to read more and faster, and this kind of practice helps students in many ways: improved reading skills, improved writing skills, increased vocabulary knowledge, and increased motivation. The Extensive Reading section at the end of each unit in *Cover to Cover* provides students with an opportunity to experience this approach.

What is in a unit?

Part 1 and **Part 2** of each unit develop reading strategies such as predicting the topic, skimming for the main idea, scanning, and recognizing points of view. Part 1 focuses mainly on comprehension strategies; Part 2 focuses on developing both fluency and comprehension through activities such as timed reading. The reading passages come from a variety of genres including magazine articles, newspaper articles and web sites.

The **Extensive Reading** section enables students to read for enjoyment and pleasure and continue their fluency development. The reading passages are extracts from the Oxford Bookworms Library collection of graded readers. *Cover to Cover 2* features extracts from stage 2 Bookworms, including popular classics such as *Sherlock Holmes* and *The Jungle Book*. The Bookworms extracts are longer than the Part 1 and 2 reading texts, and the language is also graded at a lower level. This enables students to read faster and maintain comprehension. We hope that reading the Bookworms extracts will also motivate students to become enthusiastic, independent readers, who read books from cover to cover.

Unit 1

Reading Strategies

- Comprehension: Identifying Main Ideas and Details
- Fluency: Previewing and Predicting

Health



Discuss the questions.

1. Do you have a healthy lifestyle? What things do you do regularly to keep yourself healthy?
2. How do you take care of yourself when you are sick?

This unit is about keeping healthy. In Part 1, you will read about how to manage stress. In Part 2, you will read about an unusual place in Peru. The unit is followed by Extensive Reading 1, which is an extract from a book called *Voodoo Island*. It is about a businessman who travels to Haiti to make money, but ends up in the hospital.

Part 1 Living with Stress

Before Reading

Discuss the questions.

1. What are some of the things in your daily life that cause stress?
2. What do you do to manage your stress?

Comprehension Strategy: Identifying Main Ideas and Details

Most paragraphs include a main idea which is supported by details or examples. The details and examples help to explain or prove the writer's ideas. The main idea is often at the beginning or the end of a paragraph.

A. Read the first paragraph. Mark these sentences as main idea (M) or details (D).

- a. People get more work done thanks to stress.
- b. Stress itself is not necessarily a negative thing.
- c. Stress helps people to avoid car accidents.

B. Read the whole text and answer the questions that follow.



CD 1 Track 2

Living with Stress

- 1 Although most people try to avoid it, stress is not a completely negative thing. Just think—without stress at work, many people might not get anything done! Driving in traffic creates stress, but this stress triggers quick reactions and helps us to avoid accidents.
- 2 Stress only becomes a problem when we are *overstressed*—when the pressure we feel is greater than our ability to cope with it. The feeling of being overwhelmed by stress often occurs when several stresses combine. Overstress can also result from major stresses, such as losing a loved one or being in a disaster like an earthquake or a hurricane.
- 3 There are three key things that can help you to deal with stress more effectively: listening to your body; developing a repertoire of coping strategies; and keeping balance in your life.
- 4 Our bodies give us signals when we are under intense stress. We get sore shoulders, headaches, or upset stomachs. We can't sleep, or we feel moody, tired, angry, or nervous. It's important to pay attention to these signals, because they warn us to do something about our stress level.
- 5 Everyone has routines or other things they do to ease their stress. Some people give themselves positive reinforcement through

positive thinking, saying things like “I didn’t cause this problem—I’m here to solve it!” or “I know I can do this!” Others use breathing or relaxation techniques, do yoga, take walks, or do exercises to help themselves relax.

- 6 What helps *you* deal with stress? Draw a line down the middle of a piece of paper. On the left side, write down everything you do to relax, and on the right side write examples of stressful situations where these relaxation strategies work. This list is your current set of coping strategies. Next, ask your friends and family about the techniques they use to cope with stress. Then, the next time you get a stress signal from your body, try one of their strategies. If it works for you, add it to your list.



- 7 The last key to managing stress is to maintain balance in your life. Focusing too much time on work or school is part of an overstressed lifestyle. Have you heard the saying, *All work and no play makes Jack a dull boy*? Everyone needs a certain amount of pleasurable activities, social relationships, sleep, and down time. The next time you feel overwhelmed with what you have to do, try this: remind yourself that there’s a limit to what one person can do in 24 hours. Then make a list of all the things you have to do, plus the things you want to do. Study the list, and then rank your five most important items. This simple act can help you discover whether you are trying to do too much. It can also help you decide where to reduce what you do or what to cut out completely.

- 8 It is important to realize that you can never eliminate stress from your life completely. But if you listen to your body, develop coping strategies, and maintain a balance between work and leisure, you’ll learn to make stress work for you instead of falling victim to it.

Checking Comprehension

Mark these sentences as main ideas (M) or details (D).

1. Paragraph 2

- a. Stress only becomes a problem when we are overstressed.
- b. Loss of a loved one can lead to overstress.
- c. Overstress often occurs when several stresses combine.

2. Paragraph 4

- a. Stress makes us get headaches.
- b. It's important to pay attention to stress signals from our bodies.
- c. Stress makes us feel tired or upset.

3. Paragraph 5

- a. Some ways to relax include doing yoga and taking walks.
- b. Positive thinking is one way to ease stress.
- c. Different people have different ways to help them ease their stress.

4. Paragraph 6

- a. Ask your friends about the techniques they use to cope with stress.
- b. Try to develop a set of coping strategies that work for you.
- c. Draw a line down the middle of a piece of paper.

5. Paragraph 7

- a. Maintain balance in your life.
- b. Make a list of all the things you have to do.
- c. Everyone needs sleep.

6. Paragraph 8

- a. Listen to your body.
- b. Learn to make stress work for you instead of falling victim to it.
- c. Maintain a balance between work and leisure.

Looking at Vocabulary in Context

A. Find the words and phrase in bold in the text. Circle the word or phrase with the closest meaning.

- | | | |
|----------------------------------|-------------------------|-------------------|
| 1. triggers (par. 1) | a. causes | b. slows down |
| 2. cope with (par. 2) | a. succeed with | b. deal with |
| 3. overwhelmed (par. 2) | a. defeated | b. changed |
| 4. repertoire (par. 3) | a. collection of skills | b. ability to use |
| 5. reinforcement (par. 5) | a. energy | b. support |
| 6. eliminate (par. 8) | a. remove | b. benefit |

B. Fill in the blanks with the words in bold from A.

- Rina had so much homework that she was feeling
- Losing a pet is really hard to
- I've been trying to junk food from my diet.
- The smell of freshly baked bread memories from my childhood.
- When Lee's parents praise him, it serves as helpful for his hard work.
- John has of several songs for when he goes on the stage.

What's Your Opinion?

A. Complete the sentences with your own ideas.

- When I get stressed, the signals from my body are
- One relaxation technique I'd like to try is
- When I'm stressed, I forget to allow time for
- Recently my stress level has been
- A job that has a high level of stress is

B. Discuss your answers with a partner. Give reasons for your answers.

Part 2 UFO Mud Baths

Before Reading

Discuss the questions.

1. Do you believe in UFOs (unidentified flying objects)?
2. Do you think that aliens have visited the earth?
3. How could visiting aliens help humans?

Fluency Strategy: Previewing and Predicting

Previewing means looking at key parts of the text before you read it carefully. Look at the title and pictures. Look for subheadings and picture captions. These will give you clues that help you to predict what the text is about.

A Use the strategy to predict what information will be in the text. Circle your answer. Then skim the text (read it very quickly) to check your answer.

1. A woman in America says she was abducted by aliens.
2. Thousands of sick people have been cured by going to mud baths.
3. Villagers in Peru think that UFOs visit their local mud baths.

B Read the whole text quickly. Record your reading time below and in the chart on page 169.



CD 1 Track 3



Start: _____

Finish: _____

Reading Time: _____

UFO Mud Baths

- 1 Many people try to take care of their health by watching what they eat, exercising, and avoiding unhealthy habits such as smoking. But not everyone has the same ideas or beliefs about what is effective or ineffective when they get sick. There are many unusual things that people do to heal themselves.
- 2 **An Unusual Health Practice**
One unusual health practice is found in Chilca, Peru. In Chilca, there are three very special baths. These three baths are full of black mud, not water. Sick people from all over Peru come to sit in these mud baths. Some people who live in Chilca visit the mud baths every week. These people believe that the mud baths have healing powers and that the black mud will help cure any illness.
- 3 Consider Isidor Morel, a 72-year-old retired mineworker who is from Chilca. He says he has a nearly unbearable pain in his back. Every week, he carefully walks into the bath



Enjoying a mud bath

until the mud covers his stomach. Mr. Morel gently sits down so only his head is above the muddy surface. He says that he will sit in the mud bath for ten hours until the pain in his back is cured.

4 Visits by UFOs

People from Chilca have an incredible explanation for the healthy mud. They say that aliens—beings from outer space—visit the town. Many people who live in Chilca say they have seen unidentified flying objects (UFOs). They talk about bright lights that fly in a circular pattern, again and again, over the mud baths at night. They believe that the aliens in these UFOs do something to give the mud baths the power to cure sick people.

5 One of the problems that the mud baths are believed to cure is infertility. People believe that the mud baths will help women to have babies. They also think the baths can help people to see better.

6 Miraculous Cures?

Doctors say that the stories of miraculous cures are unfounded. They also say the content of the mud has nothing to do with aliens. Scientists who have studied the mud in the baths found that there is a lot of sulfur, a kind of mineral, in the mud. They say that the sulfur can help people who have pain, but only for a short time.

7 Sick people from all over Peru still come to sit in the mud baths. They don't care what the doctors and scientists claim. They honestly believe that they will get better if they sit in the mud baths.

8 This continued faith in the mud baths may be hard for outsiders to understand. But perhaps the practice is not all that unusual. In many countries, women go to beauty shops to have mudpacks on their faces. They think that it will help them with skin problems and make them look beautiful. Are the people of Peru so different?

Checking Fluency and Comprehension

A. Answer these questions. Do not look back at the text.

1. Why do people from Peru go to the mud baths in Chilca?
 - a. They believe the mud baths will improve their health.
 - b. They believe the mud will make them more attractive.
2. Why does Isidor Morel sit in the mud baths?
 - a. He believes it will help him to see better.
 - b. He believes it will cure his back pain.
3. Why do some people think the mud baths can help people?
 - a. Because aliens in the UFOs do something to the mud.
 - b. Because the UFOs take mud from the mud baths.
4. What do doctors think about the mud baths in Chilca?
 - a. They tell their patients to go to the mud baths.
 - b. They don't believe in the stories of miracle cures.
5. Why do scientists think the mud baths may improve health?
 - a. Because the mud is black.
 - b. Because the mud has a lot of sulfur.

B. Check your answers with a partner. Record your score on page 169.

Expanding Vocabulary

A. The prefixes *un-* and *in-* give words the opposite meaning. Scan the text for words with the prefix *un-* or *in-*. Then use six of them to complete the sentences.

1. A medicine that doesn't work is _____.
2. Something that is amazing and hard to believe is _____.
3. An _____ experience is too painful to continue.
4. An _____ person is someone whose name is not known.
5. An _____ belief is not based on fact.
6. _____ means the inability to have children.

B. Fill in the blanks with the words from A. Be sure to use the right form of the word.

1. Adam quit his job because the stress was
2. couples sometimes try drugs to help them have children.
3. Those diet pills were; they didn't help me to lose weight.
4. Your distrust of Rob is totally—he's a really honest guy.
5. An man wearing a ski mask robbed the store.
6. I couldn't believe the news that I had won a million dollars.

What's Your Opinion?

A. What do you do for your health? Complete this chart.

	Yes	No	Sometimes
1. I exercise 30 minutes a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I don't work too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I sleep seven to eight hours a night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have regular checkups with my doctor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I avoid eating fast foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

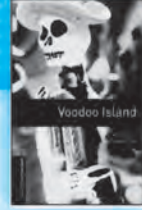
B. Compare your answers with a classmate. Who has a healthier lifestyle?

Increasing Fluency

Follow the instructions to practice increasing your reading speed.

1. Look back at your reading time for "UFO Mud Baths." Write the time here: _____
2. Use a watch to time yourself. Read the text again. Try to read it faster than the first time. Write your new reading time here: _____
3. Did your reading speed increase?

Extensive Reading 1



Voodoo Island

Introduction

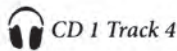
This extract from an Oxford *Bookworms* Reader gives you the opportunity to read more in English. The more you read, the faster and more fluent you will become. *Voodoo Island* is set in Haiti. James Conway is a businessman who wants to make money there by building new houses, hotels, and shops on an old graveyard. The extract you will read starts as James Conway arrives in Haiti for the first time. On the airplane, he speaks with an American doctor who is writing a book about voodoo, the powerful magic of Haiti.

Before Reading

A. What do you think will happen in the extract? Check (✓) your answers.

- 1. James Conway decides not to stay very long in Haiti.
- 2. James Conway shares his plan for new houses and shops with the doctor on the flight.
- 3. The doctor tells James Conway about voodoo.
- 4. James Conway laughs when he is told about voodoo.

B. Now read the extract to see what happens.



James Conway put away his business papers and sat back in his seat. He looked out of the airplane window down at the warm blue sea below. Far away, in the bright sun, there were the long white beaches of the island of Haiti. Behind them, he could just see the small wooden houses and the deep green leaves of the coconut trees, which were moving lazily in the soft afternoon wind.

“It looks beautiful, doesn’t it?” Conway looked at the woman sitting next to him. “Very nice,” he answered.

“Is this your first visit to Haiti?” the woman asked.

Words

50

100

150 “Yes, but I’m not here as a visitor,” said Conway. “I have
a building company—it’s called Conway Construction.
My company has offices all over the world—America,
Europe, Africa. We’re very big in Australia too—everyone
in Australia has heard the name Conway. I’m coming to
get an office here, buy some land, build a few hotels, you
know. The land is very cheap here—you can buy a piece of
land to build a small town on, for a few thousand dollars.
Sorry, I don’t know your name. I’m Mr. Conway, James
Conway. Just call me Conway.”

200 “I’m Karen Jackson.”

“Nice to meet you, Karen. What do you do? Have you
got a job, or are you married?”

“I’m at Harvard University.”

“From the University? Are you a secretary there?”

“No, I’m a doctor. I’m teaching medicine.”

250 “A doctor! That’s interesting. What are you doing here
in Haiti? Are you on vacation? I know you teachers get
long vacations.”

Karen Jackson was beginning to dislike the man.

“No,” she said. “I’m going to work in the hospital at
Port au Prince. And while I’m here, I’m going to do some
work for my book.”



Cover to Cover 2

Reading Comprehension and Fluency

Cover to Cover develops reading skills, builds vocabulary, and makes reading more enjoyable. The reading passages are taken not only from magazines and newspapers, but also from popular classic stories such as *The Canterville Ghost* and *Anne of Green Gables*. These extracts, specially adapted for learners of English, provide a practical way to introduce extensive reading into the classroom.

- Reading texts explore **up-to-the-minute issues** such as gender roles, youth gangs, and why being cute helps some animals survive.
- Extracts from **Oxford Bookworms graded readers** develop reading fluency and encourage reading for pleasure.
- **Reading comprehension** and **fluency strategies** develop key skills such as predicting, scanning, and identifying main ideas.
- **Timed reading activities** and **reading rate charts** motivate students to read faster.
- **Vocabulary activities** focus on looking at meaning in context and expanding vocabulary.

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