

Improving

Upper-
Intermediate

Academic

Clive Langham

Asahi Press

English

見本のご請求はこちらをクリックしてお申込みください

審査用見本

Improving Academic English

Clive Langham

Asahi Press

音声再生アプリ「リスニング・トレーナー」を使った 音声ダウンロード



朝日出版社開発のアプリ、「リスニング・トレーナー（リストレ）」を使えば、教科書の音声をスマホ、タブレットに簡単にダウンロードできます。どうぞご利用ください。

● アプリ【リスニング・トレーナー】の使い方

《アプリのダウンロード》

App StoreまたはGoogle Playから
「リスニング・トレーナー」のアプリ
(無料) をダウンロード

App Storeは
こちら▶



Google Playは
こちら▶



《アプリの使い方》

- ① アプリを開き「コンテンツを追加」をタップ
- ② 画面上部に【15702】を入力しDoneをタップ

音声ストリーミング配信》》

この教科書の音声は、
右記ウェブサイトにて
無料で配信しています。



<https://text.asahipress.com/free/english/>

Improving Academic English

Copyright © 2023 by Asahi Press

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without permission in writing from authors and the publisher.

Cover design: Toshinobu Kojima (NONdesign)

Photograph: Shutterstock

Preface

This is the third book in the series on Academic English. It follows on from Developing Academic English and is entitled Improving Academic English. This book is aimed at people who are focusing on academic English skills. It will also be of interest to people taking tests such as TOEIC, TOEFL and IELTS, those thinking of studying overseas, and those who need academic English in the work place.

This book contains a total of 14 units that deal with current issues. Topics cover a wide range including the following; food waste, digital nomads, how to improve indoor air quality, lifestyle diseases, renewable energy, and smart cities. Reading passages in this book have an average of 650 words and in each unit about 15 keywords are introduced. These will help you to improve the range of your academic English vocabulary. There are a number of comprehension exercises that can be completed at home or in the classroom. Speaking activities are longer than those in books 1 and 2, and will help you to enhance your ability to talk about various topics. Each unit includes a short writing activity that is based on the unit topic. Finally, there is a research question that gives you the opportunity to do some research on the unit topic and write freely on an aspect of the topic that interests you.

As this is the last book in this series, I would like to wish readers the best of luck with their further studies of academic English. I hope that you will be able to put your knowledge of academic English to good use in your studies, professional life, and job.

Clive Langham

Contents


Preface

Unit 1	Food waste	2
Unit 2	Cultivated meat	10
Unit 3	A frugal lifestyle	18
Unit 4	Digital nomads	26
Unit 5	E-waste	34
Unit 6	Lack of sleep can lead to serious health problems	42
Unit 7	Prevention is better than cure	50
Unit 8	How to improve indoor air quality	58
Unit 9	Alternative treatments for mild depression	66
Unit 10	Car-free zones	74
Unit 11	Lifestyle diseases	82
Unit 12	Heatwaves	90
Unit 13	Renewable energy	98
Unit 14	Smart Cities	106

Improving Academic English

備查用見本

Food waste



1
2

In most countries, food is abundant and there is a tendency to take it for granted. However, the situation is changing and food sustainability is becoming a serious issue. The food supply in some countries is under threat from climate change. As temperatures go up and rainfall patterns become unstable, it is difficult to grow crops and, in some cases, yields have declined significantly. The situation is made worse by the fact that the world's population is increasing. It is estimated that by the year 2050, the population will be over 9 billion people. In order to feed all of these people, food production must increase by 70 percent. This is a major challenge throughout the world.

5

10

1
3

It is of crucial importance to ensure a global sustainable food supply. Governments, organizations, and scientists are working on ways of making sure that there is a stable supply of food, and that everyone has enough to eat. Scientists are using genetic modification techniques to produce crops that are heat and drought resistant. A lot of progress has been made, but further research and development is necessary.

15

1
4

A serious issue that remains to be addressed is food waste. In the region of 30 to 40 percent of all food is wasted. In the journey from a farm to a kitchen table, there are several stages. Food is wasted during the manufacturing process, in shops, supermarkets, restaurants, and in the home. More than half of all food waste is in the home. This is a problem that we can control, but currently the issue is not receiving enough attention. The average

20

amount of food wasted per day in homes in Western countries is around 1.96 kilos. About 40 percent of food wasted in the home is thrown away because it has not been used in time. This is food that is no longer fresh and is probably past the use-by date. About 25 percent of food wasted at home is due to people preparing, cooking, or serving too much. If we are more careful about these problems, food waste can be eliminated. 25

1
5

By changing our habits at home, we can reduce food waste and save money. Here are some useful tips for reducing food waste. 30

Always check what is in your refrigerator before you go shopping. This will stop you from buying anything that you do not need.

Planning meals carefully is important and will help you to avoid buying unnecessary food.

Before you go shopping, always make a list of what you need. If necessary, check your meal plans. Once you are in the supermarket, do not buy anything that is not on the list. 35

Do not buy too much. Supermarkets often have special offers such as buy two for the price of one. These offers look like a good deal, but they encourage you to buy too much. In many cases, you will end up throwing food away. 40

Most supermarkets will have a section for ugly fruits and vegetables that are the wrong shape or color. Make sure that you check these sections. You will find some bargains. You can save money and reduce food waste at the same time. 45

1
6

There are many ways to reduce food waste at home, and it is possible to make some big differences that will help you and the environment. It is always worth keeping in mind the idiom 'waste not, want not'. This means that if you do not use too much of something now, you will have enough later when you need it. The Japanese expression '*mottainai*', which roughly translated means 'Oh, what a waste!', is being used in countries outside Japan. It was used by the Kenyan environmentalist, Wangari Maathai, as a slogan in a campaign for environmental protection. The fight against food waste is going on worldwide. 50

Match the words

Match the words 1 – 15 with the answers a – o.

- | | |
|--------------------------|---|
| ___ 1. abundant | a. person involved in protecting the environment |
| ___ 2. sustainability | b. goods that are sold at cheap prices |
| ___ 3. threat | c. amount produced |
| ___ 4. crops | d. eradicate, do away with, get rid of |
| ___ 5. yield | e. ability to maintain/support a process continuously |
| ___ 6. crucial | f. to make sure, guarantee |
| ___ 7. ensure | g. a motto, phrase or expression used in marketing |
| ___ 8. drought | h. plants grown and harvested for profit |
| ___ 9. resistant | i. you can eat food until, and on this date |
| ___ 10. address | j. tolerant, can withstand |
| ___ 11. use-by date | k. severe lack of water |
| ___ 12. eliminate | l. occurring in a large amount |
| ___ 13. special offer | m. extremely important |
| ___ 14. slogan | n. handle, deal with |
| ___ 15. environmentalist | o. danger |

Answer the questions

Read questions 1 – 10 and choose the best answer from a – j.

Paragraph 1

- ___ 1. What threat is the food supply in some countries facing?
- ___ 2. When will the world's population reach more than 9 billion people?

Paragraph 2

- ___ 3. What are governments, organizations, and scientists working on?
- ___ 4. What kind of crops are being produced?

Paragraph 3

- ___ 5. Where does more than half of all food waste occur?
- ___ 6. How much food a day is wasted in homes in Western countries?

Paragraph 4

- _____ 7. How can you avoid buying unnecessary food?
- _____ 8. If you want to find some bargains, which section of the supermarket should you check?

Paragraph 5

- _____ 9. If you want to avoid food waste, which idiom should you keep in mind?
- _____ 10. How did Wangari Maathai use the Japanese expression *mottainai*?

-
- a. By planning meals carefully
 - b. By the year 2050
 - c. In the home
 - d. Waste not, want not
 - e. Around 1.96 kilos
 - f. As a slogan in a campaign for environmental protection
 - g. The section for ugly fruits and vegetables that are the wrong shape or color
 - h. Climate change
 - i. Crops that are heat and drought resistant
 - j. Ways of making sure that there is a stable supply of food, and that everyone has enough to eat

Check the facts

Are these statements true (T), false (F), or not given (NG) according to the information in the passage?

Paragraph 1

- ___ 1. Most countries do not have enough food.
- ___ 2. A 70 percent increase in food production will be possible before 2050.

Paragraph 2

- ___ 3. Governments want to create stable food supplies.
- ___ 4. Genetically modified plants can survive in very hot, dry conditions.

Paragraph 3

- ___ 5. Less than half of all food waste is in the home.
- ___ 6. Nearly 2 kilos of food a day is wasted in homes in Western countries.

Paragraph 4

- ___ 7. A good idea is to take a photo of the contents of your fridge.
- ___ 8. Special offers look like a good deal, but people tend to buy too much.

Paragraph 5

- ___ 9. Reducing food waste at home makes no difference at all.
- ___ 10. The Japanese expression *mottainai* is now used in other countries.

Choose the best headings

Paragraph 1

1. Due to climate change, it is getting difficult to grow enough crops
2. Even though the world's population is increasing, there will be enough food

Paragraph 2

1. Creating a stable food supply is an important goal
2. Scientists have completed research on heat resistant crops

Paragraph 3

1. The problem of food waste is declining
2. With more care, food waste in the home could be completely avoided

Paragraph 4

1. If we change what we do at home, we can reduce food waste and save money
2. Fruits and vegetables that are ugly should be avoided

Paragraph 5

1. Action we take at home has no effect on the fight against food waste
2. All over the world, people are taking action against food waste

Speaking

1
7

Talk about food waste.

A: Did you know that more than half of all food waste is in the home?

B: No, I didn't know that. It's a lot of food.

A: Yes, in Western countries, the average amount of food wasted in the home is almost two kilos a day.

B: That's terrible. Why do people waste so much food?

A: One big reason is that they throw away food that is past its use-by date.

B: I see. I guess people buy too much food, put it in the refrigerator, and forget about it.

A: That's right. We need to plan meals more carefully and only buy food we need.

B: If we all did that, there would be less food waste.

Writing

1
8

Write about food waste.

Example:

Food waste is a serious problem in the home. In the UK, the average adult wastes 498 grams of food a day. This means that people lose a lot of money. In one year, the average household wastes food worth 496 pounds. The main foods that contribute to food waste in the UK are potatoes, bread, milk, and ready meals.

Research question



What are the best ways to reduce food waste in the home?

Check the internet and get information about how to reduce food waste in the home.

Example:

About half of all food waste is in the home. Almost two kilos of food a day is wasted. When we waste food, we also lose money. Here are some examples of how to reduce food waste at home and save money.

1. Don't buy too much food.
2. Check use-by dates before you buy anything.
3. Plan your meals. Some people plan up to a week's meals in advance.
4. If you have any leftover vegetables, make them into a soup.
5. If you have any meals that have not been eaten, put them in the freezer.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....