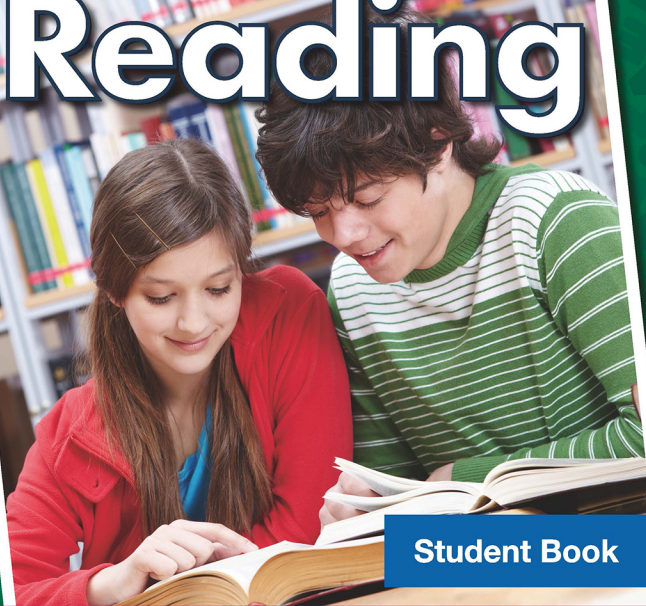


Advanced

6

Flying Reading



Student Book

A*List

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Unit 1

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SLEEP HABITS



Topic Explorer

Think about yourself and circle *Always*, *Sometimes*, or *Never*.

- 1 I get up early and go to bed early.
- 2 I focus well in class.
- 3 I study and do homework at night.

Always	Sometimes	Never
Always	Sometimes	Never
Always	Sometimes	Never

Early Birds vs. Night Owls



- 1 When do you hear the sound of birds? Some birds are active when the sun is shining, while others start their day at night. Like birds, there are two types of people who have different sleep **habits**.



▲ Roosters start their day early in the morning.



▲ Owls start their day at night.

- 2 Early birds are one type of people. They go to bed early and wake up early the next day. They are full of energy and are very **productive** during the daytime. **That** is when they **concentrate** well and do their best work. They perform great during **normal** school and work hours. Benjamin Franklin, a founder of the U.S.A., was an early bird. He **rose** at 5 a.m. and went to bed by 10 p.m.



▲ Children full of energy in the morning



Lesson 1

Key Vocabulary

Write the correct words to match their definitions.

3 Night owls are the other type of people. They **stay up** late at night and wake up late. Night owls **gain** energy as the day **progresses** and are more productive in the nighttime. They focus well and do better work after dark. They are **suitable** for jobs with **flexible** schedules. The famous inventor Thomas Edison was an example of a night owl. He stayed up very late, **rarely** going to bed before 2 a.m.



▲ A boy focusing on studying late at night

4 Early birds and night owls are very different. Many people argue about which one is better because each lifestyle has its **benefits**. Which type are you?

- P1** ① _____
something that a person does very often
- P2** ② _____
to focus
- ③ _____
usual or regular
- ④ _____
having useful or helpful results
- ⑤ _____
to get up
- P3** ⑥ _____
able to change easily
- ⑦ _____
to get more
- ⑧ _____
to move forward; continue
- ⑨ _____
not very often
- ⑩ _____
to continue to be awake
- ⑪ _____
right for someone or something
- P4** ⑫ _____
something that is good or helpful

Word Wise

Find and circle the words that have the suffix "able" or "ible" in paragraph 3.

READING Comprehension



▲ People's sleep habits affect their time of death. Early birds are more likely to die around 11 a.m., while night owls are more likely to die before 6 p.m.

Circle the correct answers.

Main Idea

- 1 What is the main idea of the passage?
- There are two kinds of birds.
 - Early birds have a better lifestyle than night owls.
 - Sleep habits change students' school performance.
 - There are two types of people with different sleep habits.

Details

- 2 What does the word **That** in paragraph 2 refer to? *Reference*
- early birds
 - the daytime
 - full of energy
 - go to bed
- 3 What kinds of jobs are better for night owls? *Details: What*
- jobs that finish early
 - jobs that start early
 - jobs with flexible work hours
 - jobs with normal work hours

Reading Strategy Tone

The tone of the passage is the writer's attitude about the topic. Pay attention to the words, especially the adjectives, which the writer has chosen to deliver the main idea, and figure out how the writer feels about the topic.

- 4 The writer's attitude in the passage can be best described as _____.
- Tone
- excited
 - angry
 - informative
 - negative
- 5 Which of the following is NOT true? *Negative Fact*
- Early birds have more energy in the morning than night owls.
 - Early birds are less productive after dark than night owls.
 - Benjamin Franklin and Thomas Edison had different sleep habits.
 - Benjamin Franklin usually stayed up late.

READING Summary

Topic Sentences and Important Details

Write the letters of the topic sentences (T) and important details (I) in the correct places. One of the details is unimportant.

◆ There are two types of people who have different sleep habits. ◆



T _____
I _____



T _____
I _____

Topic Sentences

- a. Early birds go to bed early and wake up early.
- b. Night owls stay up late and wake up late.



Details

- c. They gain energy as the day progresses and are more productive in the nighttime.
- d. The famous inventor Thomas Edison was an example of a night owl.
- e. They are full of energy and are very productive during the daytime.

Compare and Contrast

Complete the organizer with the correct words from the passage.

The Two Sleep Habits

	Sleep Habit	
 • go to bed _____ _____		 • stay up _____ _____
• during _____	Productive Hours	• in _____
• jobs with normal work hours	Suitable Jobs	• jobs with flexible schedules
• Benjamin Franklin	Example	• Thomas Edison

Which type of people are more successful: early birds or night owls?

The Better Bird



- 1 “The early bird gets the worm.” That is a famous **saying** about the **advantage** of people who start their day early. Many people believe that early birds have a better chance of success than night owls.



▲ The early bird gets the worm.

- 2 Early birds are often better students and workers. Most classes and jobs start early in the morning and end before evening. This schedule is perfect for early birds. They are very **alert** and **diligent** during the day. It is easier for them to perform well in class or at work. These **factors** help early birds achieve success. In a university study, early bird students have higher grades. At work, they get promoted more often. Early birds are great for jobs like teachers and bankers.



◀ Early birds are better students.

Lesson 2

Key Vocabulary 17.03

Write the correct words to match their definitions.

- 3 On the other hand, night owls have a greater **potential** to have successful **careers**. They have some advantages over early birds. Night owls are usually **bolder** and more innovative. They take more **risks** and **come up with** creative ideas. These **characteristics** help them become successful. On average, night owls make more money. Jobs like writers and artists fit them well.
- 4 Do early birds really have a better chance to become successful? It is difficult to say. Early birds and night owls each have different characteristics that lead to success.

- P1** ① _____
something that is helpful or useful
- ② _____
a well-known phrase that gives advice
- P2** ③ _____
quick to act or understand
- ④ _____
hardworking
- ⑤ _____
one of the things that causes something to happen
- ⑥ _____
to move to a higher position
- P3** ⑦ _____
not afraid of danger
- ⑧ _____
a job that someone does for a long time
- ⑨ _____
a special quality
- ⑩ _____
to think of an idea, answer, etc.
- ⑪ _____
a chance of future achievement
- ⑫ _____
a chance that something bad may happen; danger



▲ Night owls are more creative.

**Word
Wise**

Find and circle the antonym of "afraid" in paragraph 3.

READING Comprehension

Circle the correct answers.

Main Purpose

- 1 What is the main purpose of the passage?
- to compare different jobs for the two types of people
 - to argue that early birds are more successful than night owls
 - to discuss which type of people have a greater chance of success
 - to explain why the two types of people have different characteristics

Details

Reading Strategy

- 2 The writer's attitude toward early birds can be best described as _____.

Tone

- worried
 - positive
 - proud
 - negative
- 3 Why can night owls have more successful careers? Reason
- They learn fast.
 - They work hard all day.
 - They are diligent.
 - They are bold and creative.

- 4 What does the writer think of the two types of people? Opinion
- Early birds are more successful than night owls.
 - Night owls have better characteristics to succeed.
 - They both can succeed with their own characteristics.
 - They both have the same characteristics for success.

lark



eagle



What is an early bird person also called?



Logical Thinking: Writer's Purpose

- 5 Which of the following best expresses the essential information in the underlined sentences in paragraph 2?
- A university studied about early birds.
 - Early birds are more successful in school and at work.
 - Early bird students study harder to get higher grades.
 - It is easier for early birds to get promoted at work.

READING Summary

Topic Sentences and Important Details

Write the letters of the topic sentences (T) and important details (I) in the correct places. One of the details is unimportant.

- ◆ Many people believe early birds have a better chance of success than night owls. ◆



T _____
I _____



T _____
I _____

Topic Sentences

- a. Night owls have a greater potential for successful careers.
- b. Early birds are often better students and workers.

Details

- c. On average, they make more money.
- d. They are very alert and diligent during the day, so they perform well in class or at work.
- e. They are usually bolder and more innovative, so they take more risks and come up with creative ideas.

Argument and Opinions

Complete the organizer with the correct words from the passage.

Which Bird Is Better?

Argument:

Early birds have a better chance of success than night owls.

Opinion 1:

Early Birds Often Being _____

- very _____
- ▶ perform _____

Opinion 2:

Night Owls Having _____


- bolder and _____
- ▶ take more risks and _____

Conclusion:

Early birds and night owls each have different characteristics that lead to success.

Are You an Early Bird or a Night Owl?

A. Read the questions and circle the answers about yourself.



1 What time do you go to bed?

- a 8:00 p.m.–9:30 p.m.
- b 9:30 p.m.–11:00 p.m.
- c 11:00 p.m.–1:30 a.m.
- d after 1:30 a.m.

2 What time do you get up?

- a before 6:30 a.m.
- b 6:30 a.m.–8:00 a.m.
- c 8:00 a.m.–9:30 a.m.
- d after 9:30 a.m.

4 How alert do you feel after just waking up?

- a very alert
- b somewhat alert
- c not very alert
- d not alert at all

3 How much do you need an alarm clock to wake up?

- a not at all
- b a little
- c somewhat
- d very much

5 What time do you work hardest?

- a 8:00 a.m.–11:00 a.m.
- b 11:00 a.m.–2:00 p.m.
- c 2:00 p.m.–5:00 p.m.
- d 5:00 p.m.–8:00 p.m.

6 How tired would you be if you stayed up until 11 p.m.?

- a very tired
- b somewhat tired
- c not very tired
- d not tired at all

B. Calculate all your points and find out what type you are.

a 4 points

b 3 points

c 2 points

d 1 point

6-19: You are a night owl.

20-24: You are an early bird.

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