

# Lesson 2

## A Healthy Lifestyle

- *Present Perfect Tense*
- *Gerunds*

*Live healthy,  
Live longer.*

*Making just a few changes in your lifestyle can help you live longer. A recent study found that bad behaviors like being couch potato, not exercising, smoking, not eating enough fruits and veggies can hustle you into an early grave, and, in effect, age you by as many as 12 years.*



*Exercise  
Eat Healthy  
Reduce Stress  
Drink plenty of water  
Healthy Life*

# درس ۲

## سبک زندگی

- زمان حال کامل (ماضی نقلی)
- مصدر

سالم زندگی کنید،

بیشتر عمر کنید.

ایجاد کمی تغییر در سبک زندگی می‌تواند به شما کمک کند تا بیشتر عمر کنید. تحقیقات اخیر نشان می‌دهد که عادات بدی چون تنبلی، ورزش نکردن، سیگار کشیدن، نخوردن میوه و سبزی می‌تواند عمر شما را بکاهد و در واقع تا 12 سال شما را پیرتر نشان می‌دهد.





### Table of Eating

Food	Drink	Dessert	Fruit	Vegetable
kebab	water	jelly	apple	carrot
chicken	milk	ice-cream	banana	onion
rice	orange juice	yoghurt	quince	potato
bread	tea	cake	coconut	tomato
spaghetti		salad	pineapple	zucchini
fish		candy	date	
cheese				
egg				
honey				

### Health Care. 1

Problem		Advice (may be ...)*	
burning ... hand	سوزاندن	cool water. cool compresses.	کمپرس سرد
breaking ... leg	شکستن	casting	گچ گرفتن
hitting ... head	کوبیدن	resting	استراحت
bleeding	خونریزی	sticking a plaster on the wound	چسباندن چسب روی زخم
hurting ... knee	ضربه	bandaging	بانداز
cut ... finger	بریدن		

\*Although you should see a doctor in each case.

### Health Care. 2

Disease		Signs	Advice*
Flu	آنفولانزا	cough, sneeze, sore throat, sore eyes, runny nose, have a temperature (fever)	See a doctor. Sip soup. Be a coach potato.
Over weight / Gain weight	اضافه وزن	overeating	Exercising
Blood pressure	فشار خون	putting extra pressure on heart and vessels	Lose weight. Eat healthy food. dash diet (more fruits & vegetable)
Heart attack	حمله قلبی	high blood pressure	Refer to hospital.
Addiction	اعتیاد	using some thing more often	Stop. Change habits.
Food poisoning	مسمومیت غذایی	headache, stomachache, fever	See a doctor. / Sip liquids. Avoid solid foods.
Depressed	افسردگی	hopeless	Reach out to others. Get moving.

\*Although you should see a doctor.



## Track 2-1 Conversation

## New words

## 1. surf /sɜːrf/

جست و جو در اینترنت



To use the Internet, search  
I was **surfing** the net looking for  
information on Indian music.

## 5. couch potato /kaʊtʃ pə'tetəʊ/

ورزش نکردن، پای تلویزیون نشینی



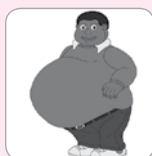
A person who spends little or no time  
exercising and watches TV a lot  
Stop being a **couch potato**.



## 2. jog /dʒɑːg/ آهسته دویدن

Running slowly for a long time for  
exercising  
I go **jogging** every evening.

## 6. weight /weɪt/ وزن زیاد کردن، وزن کم کردن



Gain **weight**/ lose **weight**  
I gained a lot of **weight**. Now I am  
fatter.



## 3. somewhere /'sʌmweə/ جایی

I saw him **somewhere** before.  
We need to find **somewhere** to live.

## 7. depressed /dɪ'prest/ افسردگی



Very sad and without hope  
She felt very **depressed** about the future.

## 4. hang out /hæŋ aʊt/ سرکردن در جایی یا با کسی



Spend a lot of time in a place or with  
somebody  
They enjoyed **hanging out** with each  
other when they were kids.

## Exercises

Complete the sentences with the words.

hangs	surf	jogging	couch potato
gained	depressed	somewhere	

- Some ..... for a few weeks before match should stop failure.
- This device let you ..... the Net and send emails.
- You are so fat. It's no good you being a .....
- They always felt lonely and .....
- I don't know why he ..... out with James, they have got nothing in common.
- I looked everywhere to find ..... to live.
- She ..... weight since her wedding. She's not thin now.



## Answer Key

- |            |              |                 |              |
|------------|--------------|-----------------|--------------|
| 1. jogging | 2. surf      | 3. couch potato | 4. depressed |
| 5. hangs   | 6. somewhere | 7. gained       |              |



## Conversation



### Track 2-2 Listen to the conversation and pay attention to the expressions.

در این قسمت با توجه به شماره‌ها و معادل‌های داده‌شده، تلاش کنید ضمن درک مکالمه و یادگیری اصطلاحات مکالمه کتاب، ترکیبات جدید را جانشین و تمرین کنید.

A: Hi, Sina. **How are you?** <sup>(1)</sup> I haven't seen you since your birthday.

B: Hi, Behzad. Thanks for calling. I am home most of the time. I do different things like surfing the net and playing computer games.

A: **How about** <sup>(2)</sup> your free time? Going out, jogging, playing football?

B: **Nope** <sup>(3)</sup> I **rarely** <sup>(4)</sup> go out and hang out with my friends.

A: I see. Reza and I are going to Darband for climbing and walking this Thursday. **We really like to see you** <sup>(5)</sup>. Will you come with us?

B: What?! Oh, no, I haven't gone there for a long time. I prefer to stay home and watch my DVDs on the weekend. I've bought lots of things to eat, too.

B: **Come on!** <sup>(6)</sup> **Stop being a couch potato!** <sup>(7)</sup> I guess you haven't exercised for a long time. I think you are a bit fat now.

B: Um..... actually, you're right. I've gained 5 kilos in 3 months. I really do not like to move!

A: **See?** <sup>(8)</sup> I told you. Working with computers for a long time makes people sick and depressed. **I've read about this somewhere.** <sup>(9)</sup>

B: **All right.** <sup>(10)</sup> You won!..... When and where should we meet?!



### Track 2-3 Listen to the expressions in the box.

1. How are you? How are things? How's it going? How are you doing?	حال و احوال؟	6. Come on. Try. Hurry up.	بیا دیگه
2. How about...? What about...? And...?	(شما) چطور؟	7. Stop being a couch potato! Don't be lazy.	تنبل نباش
3. Nope. Nay. No way.	نه، خیر	8. See? You know?	می‌دونی؟
4. rarely hardly seldom	به ندرت	9. I've read about this somewhere. I've read it before. I know this in advance.	جایی قبلا این را خوانده بودم.
5. We really like to see you. We do like to see you.	واقعا از دیدارتون خوشحال میشم.	10. All right. Okay.	باشه.

## Exercises



to be honest  
okay going to

how about you  
would you like to

Dad: ..... (1) ..... stay at home and see a film?

Son: I think I'd like to. .... (2) ..... ,mum?

Mum: Well, ..... (3) ..... I really don't like staying at home.

But I like to see a film. Is that ..... (4) ..... a cinema?

Dad: Yes, we haven't seen a film for a long time.



## Answer Key

1. Would you like to

2. How about you

3. to be honest

4. okay going to



## Track 2-4 Reading

## New words &amp; Expressions

## 1. diet /'daɪət/

رژیم غذایی



= regular food (غذای منظم)  
 Healthy **Diet** (رژیم غذایی سالم)  
 a low fat **diet** (رژیم غذایی کم چرب)  
 I decided to **go on a diet** before the holiday. (lose weight)

## 2. heartbeat /'hɑ:rtbi:t/

ضربان قلب



= pulse (نبض)  
 His **heartbeat** quickened when he hurried to his father's house.  
 The doctor used the stethoscope to listen to my **heartbeats**

## 3. pressure /'prefə:/

فشار



= force, stress, tension  
 The nurse applied **pressure** to his arm to stop the bleeding.  
 They are working under **pressure**.

## 4. measure /'meɪʒər/

اندازه گیری



= calculate, size  
 He **measured** me for my new suit size.  
 The amount of water is **measured** in pints.

## 5. attack /ə'tæk/

حمله



= punch, beat up  
 heart **attack**  
 He **attacked** him with bare hand.

## 6. serving /'sɜ:rvɪŋ/

یک وعده غذایی



= meal  
 An amount of food for one person  
 A large **serving** of spaghetti  
 Have at least five **servings** of fruits or vegetables a day.

## 7. harmful /'hɑ:rmfl/

مضر



= damaging, injurious  
 Smoking is **harmful** to everyone.  
 The **harmful** effects of smoke

## 8. habit /'hæbɪt/

عادت



= routine, custom  
 eating **habits**  
 He should change his bad **habits**.

## 9. addiction /ə'dɪkʃn/

اعتیاد



= nonstop habit  
 An **addiction** to TV game shows  
 I am struggling with my **addiction** to technology.

## 10. emotional /ɪ'mouʃənl/

عاطفی



= of the heart  
**emotional** needs  
 I know some children with **emotional** difficulties.

## 11. calm /kɑ:m/

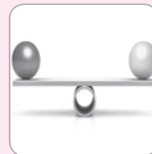
آرام



= relaxed  
 The night was clear and **calm**.  
 Keep **calm**.

## 12. balanced /'bælənst/

متعادل



= equal  
 A **balanced** diet  
 A **balance** between two sides

## 13. recent /'ri:snt/

اخیر، جدید



= latest, modern, current, new  
 He has had a **recent** visit to Tehran.  
 In **recent** years the population has increased.

**14. physical** /'fɪzɪkl/

بدنی، جسمی



= bodily

**physical** sportsThe guys are playing a **physical** contact game.**15. prevent** /prɪ'vent/

جلوگیری کردن



= stop from, keep from, (nip in the bud)

Police must take action to **prevent** more accidents.To **prevent** diseases, we should have yearly check-ups.**16. relationship** /rɪ'leɪʃnʃɪp/

ارتباط، رابطه



= connection, link

I have a good **relationship** with my boss.She has a very close **relationship** with her sister.

## Track 2-5 Learn more

## New words of the book reading

17. A healthy **lifestyle** makes us to live longer.  
(way of life)

سبک زندگی

/'laɪfstɑɪl/

21. Prevent eating junk **food**.  
(low value food)

غذای بی‌ارزش

/'dʒʌŋk fu:d/

18. People need to do **certain** thing to have a good  
lifestyle  
(specific, determined, fixed, special) مشخص، معین

/'sɜːrtɪn/

22. Exercise improves people's health **condition**.  
(state, shape)

وضعیت، شرایط

/kən'dɪʃn/

19. He died after a long **illness**.  
(disease, sickness)

بیماری

/'ɪlnəs/

23. Praying **decreases** stress.  
(make low or smaller)

کاهش دادن

/dɪ'kriːs/

20. We should also pay **attention** to our physical  
health.  
(care about)

توجه کردن به

/ə'tenʃn/





### A. Match.

I	1. heart attack 2. perfect lifestyle 3. addiction 4. emotional	II	a. healthy diet b. blood pressure c. condition d. habit
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### B. Which is odd?

- |                                     |   |
|-------------------------------------|---|
| 1. prevent – stop – decrease – keep | 2. certain – disease – illness – sickness       |
| 3. modern – calm – recent – modern  | 4. relationship – link – connection – attention |

### C. Choose the best one.

- They live in a poor .....  
 a. addiction      b. habit      c. condition      d. junk
- He has a balanced and healthy ..... His weight is right to his height.  
 a. link      b. attack      c. diet      d. illness
- Regular tests are used to ..... students' progress.  
 a. measure      b. decrease      c. attack      d. prevent
- He is trying to stop his ..... to mobile.  
 a. diet      b. servings      c. attention      d. addiction

### D. Fill in the blanks by using the given words.

heartbeat	harmful	emotional	pulse
pressure	calm	certain	servings

- Mothers create ..... support for the family.
- It is important to keep ..... in an emergency.
- She looks ..... to win an Oscar.
- This cooking instruction will be enough for four .....
- As a dog ran after him, his ..... increased.
- The sun has ..... ultra-violet ray.
- My doctor touched my wrist and took my .....
- There are usually no signs of high blood ....., so you may not be aware of it.

### E. Find the synonyms of the given words.

calm	physical	measure	attention	illness	attack
------	----------	---------	-----------	---------	--------

- |            |             |               |
|------------|-------------|---------------|
| 1. punch = | 2. care =   | 3. relaxed =  |
| 4. size =  | 5. bodily = | 6. sickness = |

### F. write the antonyms.

- |             |              |               |              |
|-------------|--------------|---------------|--------------|
| 1. recent ≠ | 2. harmful ≠ | 3. decrease ≠ | 4. certain ≠ |
|-------------|--------------|---------------|--------------|

## Answer Key

- |                 |              |             |              |
|-----------------|--------------|-------------|--------------|
| A. 1. b         | 2. a         | 3. d        | 4. c         |
| B. 1. decrease  | 2. certain   | 3. calm     | 4. attention |
| C. 1. condition | 2. diet      | 3. measure  | 4. addiction |
| D. 1. emotional | 2. calm      | 3. certain  | 4. servings  |
| 5. heartbeat    | 6. harmful   | 7. pulse    | 8. pressure  |
| E. 1. attack    | 2. attention | 3. calm     |              |
| 4. measure      | 5. physical  | 6. illness  |              |
| F. 1. old       | 2. useful    | 3. increase | 4. possible  |

## Reading

دومین مهارت، خواندن و درک مطلب (skimming) است که در آن خواننده به دنبال ایده اصلی یا عنوان متن است و طی مراحل زیر انجام می‌شود:

۱. عنوان را بخوانید.
۲. به تصاویر نگاه کنید.
۳. اولین و آخرین خط هر پاراگراف را بخوانید.
۴. سریع بخوانید. تک کلمه نخوانید. جزئیات مهم نیستند.
۵. ایده اصلی متن را پیدا کنید و بنویسید.

## Having a healthier and longer life

Listen to the different parts and do as follow

## Track 2-6 / Part A

Have you ever thought of a healthy **lifestyle** to live longer? People can do many things to have a **healthier life**. Most people have a special **diet** or do lots of exercise. But without a careful **plan**, they may **hurt** themselves.

تاکنون به **سبک زندگی سالم** فکر کرده‌اید تا طولانی‌تر زندگی کنید؟ برای داشتن یک **زندگی سالم**، مردم کارهای زیادی می‌توانند انجام دهند. بیشتر مردم **رژیم غذایی خاصی** دارند و یا ورزش‌های زیادی انجام می‌دهند. اما بدون یک **برنامه دقیق**، ممکن است به خودشان آسیب **بزنند**.

## True or False?

1. Having a careful plan is a healthy lifestyle.
2. Doing a lot of exercises is a healthy lifestyle.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## Fill in the blanks.

3. To have a healthy life, people may have ..... or do .....

## Track 2-7 / Part B

To have a **healthier** lifestyle, people need to do **certain** thing. First they should check their **general** health. **Measuring** blood pressure and **heartbeat** is the most important thing to do. They also need to check their family health **history**. In this way, they understand if anyone in the family has had a **special** illness.



برای داشتن سبک زندگی سالم تر، نیاز است مردم کار مشخصی انجام دهند. در ابتدا بهتر است سلامت کلی خود را بررسی کنند. اندازه گیری فشار خون و ضربان قلب مهم ترین کار برای انجام است. همچنین نیاز است تاریخچه سلامت خانواده را نیز بررسی کنند. به این روش آنها می فهمند که آیا کسی در خانواده بیماری خاصی دارد یا نه.

#### True or False?

1. Checking blood pressure and heartbeat are checking general health.
2. Family health history is not important.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

#### Fill in the blanks.

3. Everybody should know the ..... of family health.
4. Checking ..... health helps to have a healthier life.



#### Track 2-8 / Part C

Another thing is paying attention to **physical** health. For example, eating healthy food helps people live longer and **prevents** diseases. Eating **junk** food makes people fat and increases the risk of **heart attack**. Eating **balanced** servings of bread, vegetables, fruits, protein, and oil is necessary for everyone. Also, **daily** exercises **improve** people's health condition.

کار دیگر توجه کردن به سلامت جسمی است. برای مثال خوردن غذای سالم به زندگی طولانی تر و جلوگیری از بیماری ها کمک می کند. خوردن غذای کم ارزش، افراد را چاق می کند و خطر حمله قلبی را افزایش می دهد. صرف تراز غذایی از نان، سبزیجات، میوه، پروتئین و چربی برای هر کسی ضروری است. همچنین ورزش های روزانه شرایط سلامت افراد را ارتقا می دهد.

#### True or False?

1. Eating should be balanced.
2. Eating everything makes people fat.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

#### Fill in the blanks.

3. Increasing the risk of heart attack may be from eating ..... food.
4. Daily exercises ..... health condition.



#### Track 2-9 / Part D

An effective way to have a better lifestyle is having healthy **relationships** with others. **Recent** research has shown that a good **social** life **decreases** the risk of death. **Sadly**, some people do not visit their **relatives** very often these days. They are so busy with their work and usually use technology to **communicate**.

یک روش خوب برای زندگی بهتر داشتن، روابط سالم با دیگران است. تحقیقات اخیر نشان داده است که زندگی اجتماعی خوب، خطر مرگ را کاهش می دهد. متأسفانه افراد زیادی امروزه به خویشاوندانشان سر نمی زنند. آنها خیلی مشغول کار هستند و معمولاً برای ارتباط از تکنولوژی استفاده می کنند.

## True or False?

1. People with good relationship live longer.
2. Social life hurt people.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## Fill in the blanks.

3. Many people have no time to visit each other so they use .....
4. Healthy relationship makes ..... better.

## Track 2- 10 / Part E

Bad **habits** and **addiction** can be **harmful** to health. One day of smoking can **take** around 5 hours **away** from the smoker's life. Addiction to **technology** such as using computers for a long time is also **dangerous**.

عادت‌های بد و اعتیاد برای سلامتی مضر هستند. یک روز سیگار کشیدن، حدود ۵ ساعت از عمر انسان می‌کاهد. اعتیاد به تکنولوژی مانند استفاده طولانی از رایانه نیز خطرناک است.

## True or False?

1. A smoker lifetime becomes 5 days shorter for one day smoking.
2. Addiction to everything can be dangerous.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## Fill in the blanks.

3. Using computers for a long time is also a kind of .....
4. Smoking is a bad .....

## Track 2- 11 / Part F

Above all, the most important thing for having a good life is having **emotional** health. **Praying** decreases stress and gives people a calm and **balanced** life. People with this lifestyle have had a better life.

در راس همه موارد، مهم‌ترین چیز برای داشتن زندگی خوب، داشتن سلامت عاطفی است. عبادت، استرس را کاهش می‌دهد و به مردم زندگی آرام و متعادل می‌دهد. مردم دارای این سبک زندگی، زندگی بهتری دارند.

## True or False?

1. Praying is a big help to our emotional health.
2. Emotional health is not as important as healthy food.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## Fill in the blanks.

3. We should think about ..... health as the most important one.
4. Praying makes people ..... and .....

## Track 2- 12 / Part G

There are many other things people can do to live healthier and longer. The **key** point, however, is to have a **plan** for the **way** they want to live and take care of their physical and **emotional** health.

افراد می‌توانند برای زندگی طولانی‌تر و سالم‌تر کارهای زیاد دیگری انجام دهند. اگرچه نکته کلیدی داشتن برنامه برای روشی است که افراد برای زندگی می‌خواهند و برای مراقبت از سلامت جسمی و عاطفی است.

**True or False?**

1. Lifestyle is also having plan for the way of living.
2. We should only take care of our emotional health.

T	F
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Fill in the blanks.**

3. Planning lifestyle is the ..... point.
4. Both ..... and emotional health are important.

**Review: Read the whole text again and answer the questions.**

1. How can we live longer?
2. What will happen if people eat junk food?
3. How can people eat to be healthier?
4. How can daily exercises help people?
5. What is addiction?
6. Why is smoking harmful?
7. Is technology dangerous?

**Answer Key****Part A**

- |      |      |                              |
|------|------|------------------------------|
| 1. T | 2. F | 3. a special diet - exercise |
|------|------|------------------------------|

**Part B**

- |      |      |            |            |
|------|------|------------|------------|
| 1. T | 2. F | 3. history | 4. general |
|------|------|------------|------------|

**Part C**

- |      |      |         |            |
|------|------|---------|------------|
| 1. T | 2. F | 3. Junk | 4. improve |
|------|------|---------|------------|

**Part D**

- |      |      |               |              |
|------|------|---------------|--------------|
| 1. T | 2. F | 3. technology | 4. lifestyle |
|------|------|---------------|--------------|

**Part E**

- |      |      |              |          |
|------|------|--------------|----------|
| 1. T | 2. T | 3. addiction | 4. habit |
|------|------|--------------|----------|

**Part F**

- |      |      |              |                    |
|------|------|--------------|--------------------|
| 1. T | 2. F | 3. Emotional | 4. Calm / balanced |
|------|------|--------------|--------------------|

**Part G**

- |      |      |        |             |
|------|------|--------|-------------|
| 1. T | 2. F | 3. Key | 4. Physical |
|------|------|--------|-------------|

**Review:**

- |  |  |
|--|--|
| 1. We can live longer by having healthy lifestyle. | 2. It makes them fat and increases the risk of heart attack. |
| 3. They can eat balanced servings.                 | 4. They improve people's health condition                    |
| 5. Bad habits.                                     | 6. Because it can take around 5 hours away from life.        |
| 7. No, addiction to technology is dangerous.       |  |



## Grammar

## Present Perfect

## زمان حال کامل (ماضی نقلی)

یعنی کار تا حال ادامه داشته و تازه کامل شده است.

**مثال:** من نان خریده‌ام. (یعنی رفته‌ام، خریده‌ام و برگشته‌ام. یعنی کار کامل شده است).

- I have bought bread.

این زمان از ترکیب (have/has) و قسمت سوم فعل ساخته می‌شود.

have/has + p.p

- She has cleaned the house.

او خانه را تمیز کرده است.

(فرق این جمله با (تمیز کرد) در این است که کار تا حال ادامه داشته است. یعنی تمیزی خانه تازه کامل شده است.)

- They have made the hotel.

آنها هتل را ساخته‌اند.

(فرق این جمله با (ساخت) در این است که کار تا حال ادامه داشته است. یعنی ساخت هتل تازه کامل شده است.)

هر کلمه‌ای که در جمله بکار رود و مفهوم آن، این باشد که کار از قبل شروع شده و هم‌اکنون پایان یافته، بهتر است با این زمان گفته شود.  
کلماتی مانند:

since 1390, since morning, since last week, since 2 weeks ago (از ... تا حالا)

for 5 years, for two hours, for 2 weeks (به مدت)

yet (هنوز) (کاربرد در جمله منفی)

She has cooked the food for two hours.

او به مدت دو ساعت غذا را پخته است.

They have played football since morning.

از صبح مشغول بازی فوتبال بوده‌اند.

در هر دو مثال دقت کنید که کار از گذشته شروع و تا حال ادامه داشته است.

کلمه (ever) به معنای «اصلاً»، «تاکنون» و «تا حالا» هم از نشانه‌های این زمان است. توجه داشته باشید این کلمه در جملات سوالی این زمان کاربرد دارد.

Have you ever been in Shiraz?

تا حالا شیراز بوده‌اید؟

Has he ever eaten such a cake?

تا حالا چنین کیک‌ی خورده است؟

در اینجا متن کتاب در بخش گرامر را با توجه به زمان حال کامل می‌آوریم. لطفاً دقت کنید.

Technology has influenced the lives of people in this century. Working with computers and mobile phones has changed people's habits and lifestyle. Some people use their laptops and especially their mobile phones everywhere for no good reason. Some of them have not read a book for some months. Some have not visited their relatives for a long time. Some even have not slept well or have not eaten properly for a long time. Some of these people have quitted good habits like doing daily exercises or attending social events. They have chosen an unhealthy lifestyle. To live longer, they need to rethink the way they live, work, and use technology.

تکنولوژی نفوذ کرده است... موبایل تغییر داده است... بعضی‌ها خوانده‌اند... بعضی‌ها ندیده‌اند... بعضی‌ها خوابیده‌اند... یا نخورده‌اند... مردم ترک کرده‌اند... آنها انتخاب کرده‌اند...

**توجه:** در تمام موارد متن بالا، کارها از قبل شروع شده و تا حال ادامه داشته است.



Technology has helped the researchers and scientists of our time. New medicine and medical inventions have saved lives of many people. They have let people have a happy life and live longer. New medicines such as anti-cancer drugs and new antibiotics have cured many patients. Some technological inventions have helped doctors to check people's health condition. They have found keys to the secrets of the human body. New technologies have helped doctors to understand how diseases develop. They have found the ways to fight and stop diseases in the early stages. Technology, as some people may think, is not a bad thing at all. The way we use it is important.

تکنولوژی کمک کرده است... اختراعات نجات داده‌اند... آنها اجازه داده‌اند... آنتی‌باکتری‌ها درمان کرده‌اند... آنها پیدا کرده‌اند... تکنولوژی جدید کمک کرده است... آنها پیدا کرده‌اند...  
**توجه:** در تمام موارد متن بالا کارها از قبل شروع شده و تا حال ادامه داشته است.  
**توجه:** قبل از پایان این مبحث، لازم به ذکر است قسمت سوم افعال به دو مجموعه باقاعده (-ed) و بی‌قاعده تقسیم می‌شوند. افعال بی‌قاعده افعالی است که برای تبدیل شدن به قسمت سوم از قانون خاصی تبعیت نمی‌کنند:

فعل ۱	فعل ۲	فعل ۳	
حال	گذشته	اسم / صفت	
go	went	gone	رفته
speak	spoke	spoken	صحبت کرده
drive	drove	driven	رانندگی کرده
break	broke	broken	شکسته
bring	brought	brought	آورده
take	Took	taken	برده

e.g. I have taken the car home.

من اتومبیل را به خانه برده‌ام.

### Exercises

#### A. Choose the best.

- Since yesterday I ..... about your word.  
 a. thought      b. think      c. has thought      d. have thought
- You ..... the news yet.  
 a. haven't heard      b. heard      c. have heard      d. hear
- They have studied here ..... long time.  
 a. since      b. yet      c. for      d. ever
- A: "Have you ..... been to Tehran?"      B: "Yes, I have."  
 a. since      b. yet      c. for      d. ever
- Who ..... the cheese you need for the guests? It's very delicious.  
 a. has bought      b. bought      c. have bought      d. will buy
- They have lived in this address ..... 1390.  
 a. since      b. yet      c. for      d. ever

7. We ..... the food two hours.  
 a. have cooked      b. cooked      c. has cooked      d. are cooking
8. I'm hungry. I ..... anything.  
 a. am not eating      b. didn't eat      c. don't eat      d. haven't eaten

**B. Answer the questions.**

1. **A:** Will you make lunch at noon?  
**B:** ....., ..... since morning.
2. **A:** When have you made the house?  
**B:** ..... one year.
3. **A:** Have you ever driven a truck?  
**B:** ....., ..... . Maybe I try it in the future.

**C. Look at the pictures and answer the questions.**

1. What has she done?



2. What have they done?

**Phrasal Verbs****افعال ترکیبی**

بسیاری از فعل‌ها در زبان انگلیسی با حروف اضافهٔ مختلف و یا با کلمات دیگر ترکیب می‌شوند و مفاهیم جدید می‌گیرند به این فعل‌ها (Phrasal Verbs) می‌گویند. به فعل‌های زیر توجه کنید.

call back, check in, get up, give up, grow up, hurry up

look after (مراقبت), look for (جستجو), look at (نگاه به)

turn off, wake up

**Exercises****D. Choose the best**

1. When our neighbor went out I was looking ..... their children.  
 a. for      b. after      c. at      d. up
2. My daughter ..... up very fast. Now she is a young girl.  
 a. got      b. hurried      c. gave      d. grew

**E. Find 3 mistakes in the following text and correct them.**

My uncle has moved to our city since 2 days. They had a lot of things to doing so we are looking for their children. Now it's two days we didn't do anything else.

1. ....      2. ....      3. ....

Correction:

.....      .....      .....





- A.** 1. have thought    2. haven't heard    3. for    4. ever  
5. has bought    6. since    7. have cooked    8. haven't eaten
- B.** 1. No, I have made lunch since morning.    2. I have made the house for one year.  
3. No, I haven't.
- C.** 1. She has written a letter.    2. They have played football.
- D.** 1. after    2. grew
- E.** 1. since **x**    2. had **x**    3. to doing **x**  
for **✓**    have had **✓**    to do **✓**

### Suffixes and Prefixes

همچنان که از معنای کلمات برمی آید، پیشوندها (Prefixes) قبل از کلمات به کار می‌روند و پسوندها (Suffixes) بعد از کلمات و موجب تغییر معنا می‌شوند. در جدول زیر با بعضی از مفاهیم آنها آشنا شوید.

Prefixes	معنا	Examples
-re	تکرار	rewrite replay بازنویسی بازبینی
-un	متضاد	unimportant uncountable unacceptable unsafe unfortunately بی‌اهمیت غیر قابل شمارش غیر قابل قبول ناامن بدبختانه
-im	متضاد	impossible immoral غیر ممکن غیر اخلاقی
-in	متضاد	incorrect inactive inaction incomplete نادرست غیر فعال بی تفاوت ناقص
-dis	متضاد	dislike dishonest disability disagree disorder تنفر نادرست ناتوان مخالف آشفتگی
-mid	میان، وسط	midday midnight midterm نیمه روز نیمه شب میان ترم

Suffixes	معنا	Examples
-er	اسم‌ساز (کننده کار)	writer teacher driver computer scanner نویسنده مدرس راننده حسابگر اسکن کننده
-or	اسم‌ساز (کننده کار)	translator actor creator مترجم هنرپیشه آفریننده
-ness	اسم‌ساز	happiness kindness illness شادی مهربانی بیماری
-ion	اسم‌ساز	creation action relation خلقت عمل ارتباط
-tion	اسم‌ساز	partition invitation جداکننده دعوت
-sion	اسم‌ساز	confusion گیجی
-ful	صفت‌ساز (موجدیت صفت)	useful careful painful powerful مفید بادقت دردناک قدرتمند
-less	صفت‌ساز (نبودن صفت)	useless careless painless homeless بی استفاده بی دقت بی درد بی خانمان
-ous	صفت‌ساز	dangerous mountainous famous خطرناک کوهستانی مشهور
-y	صفت‌ساز	cloudy watery rainy ابری آبکی بارانی
-al	صفت‌ساز	natural magical normal cultural طبیعی جادویی معمولی فرهنگی
-ly	قیدساز	normally actually معمولا واقعا
-ity	اسم‌ساز	reality واقعیت



## Listening

## Exercises

**Track 2-13 Part A. Listen and complete.**

diet – pressure – calm – surfing – junk – weight

- To book a hotel, I was ..... the internet.
- I have gained a lot of ..... I should lose some.
- She decided to go on a ..... before the holiday.
- The workers were working under unusual .....
- Don't be nervous. Keep .....
- Preventing eating ..... food leads to a healthy lifestyle.

**Track 2-14 Part B. Listen and match.**

- Exercise improves .....
- Without a careful plan .....
- Having healthy relationships .....
- Bad habits .....
- To prevent diseases.
  - we may hurt ourselves.
  - is a good way to live longer.
  - We should have yearly check-ups.
  - Our health condition.
  - can be harmful

**Track 2-15 Part C. Listen and circle.**

- fortunately – unfortunately
- active – inactive
- raining – rainy
- correct – incorrect

**Track 2-16 Part D. Listen to the conversation and answer the questions.**

- Which one is fit and healthy?
- Does Jim exercise or Peter?
- Has Jim ever eaten junk foods?
- What's his diet?

**Track 2-17 Part E. Listen to the text and do as follow.**

- What's the main reason of increasing eating junk foods?

.....

- How does fast food come along?

.....

**True or False?**

T F

- Junk foods are good to health.
- People never eat junk foods.

**Track 2-18 Part F. Listen to the text and do as follow.**

- Lifestyle is related to people's ..... and .....
- If you try to improve your lifestyle, it may make you be .....

**True or False?**

T F

- Changing lifestyle is easy.
- After some time new style will become a habit.

## Answer Key

- Part A:** 1. surfing      2. weight      3. diet  
 4. pressure      5. calm      6. junk
- Part B:** 1. d      2. a      3. b      4. e      5. c
- Part C:** 1. unfortunately      2. inactive      3. rainy      4. incorrect
- Part D:** 1. Jim      2. Jim      3. Yes, he has.      4. He used to eat fruits and veggies.
- Part E:** 1. The pressure of new life      2. When we have no time.  
 3. F      4. F
- Part F:** 1. habits and family      2. alone      3. F      4. T

**Pronunciation****Phrasal Verb****Track 2-19 Listen and repeat.**

**توجه:** تمام کلمات یک فعل ترکیبی (Phrasal Verb) وقتی برای امر و یا تعجب به تنهایی به کار روند، مورد تاکید (stressed) هستند.

Watch out! مراقب باش!      Come back! برگرد!      Take care! مراقب باش!

**Writing****Gerund (اسم مصدر)****-ing + فعل**

A noun in the form of the present participle of a verb, ending in -ing, for example travelling in:

I preferred travelling alone.

سه نوع کاربرد برای اسم مصدر معرفی می کنیم:

۱. وقتی فعل به عنوان اسم، فاعل یا مفعول جمله باشد.

- Swimming is useful for everyone.

- I know fishing is forbidden in here.

۲. وقتی فعل بعد از حرف اضافه به کار رود.

- I am tired of sitting here.

- We insist on going outside.

۳. بعد از فعل های خاص،

- They enjoyed writing articles.

- We will quit smoking.

با تعدادی از این فعل ها آشنا شوید:

دوست داشتن love / ترک کردن quit / تمرین کردن practice / تصور کردن imagine / تمام کردن finish / لذت بردن enjoy

نگه داشتن keep / تکذیب deny / به خطر انداختن risk / متوقف کردن stop / اجتناب avoid / تنفر dislike / فکر کردن mind

۴. بعد از بعضی اصطلاحات، اسم مصدر استفاده می شود، مانند:

در اختارها و تابلوهای بعد از کلمه (No)

No smoking.

No parking.

و همچنین بعد از اصطلاحات زیر:

It's no use ... (talking about it)

It's worth ... (talking about it)

get used to ... (talking more)

be used to ... (talking more)

like (enjoy)... (playing music)

۵. استفاده از (go) برای فعالیت های لذت بخش:

go shopping / go fishing / go skiing / go swimming / go skating / go jogging / go sailing / go running / go biking



## Exercises

**A. Choose the best**

- Keep ..... until you get to the crossroad and then turn left.
  - go
  - to go
  - going
  - be going
- I was surprised that she left without ..... goodbye to anyone.
  - say
  - to say
  - saying
  - said
- When I was going ....., I saw my friends.
  - shopping
  - to shop
  - shop
  - shops
- They were used to ..... till midnight.
  - study
  - to study
  - studying
  - studied

**B. Answer the questions using words in parenthesis.**

1. What is forbidden in the bus? (*speak loudly*)

.....

2. What may make people happy? (*be rich*)

.....

**C. Change if necessary and write a sentence in each item.**

1. Maryam – enjoys – make dress

.....

2. Jack – dislikes – stay awake

.....

**D. Find 5 mistakes in the following text and correct them.**

Parents usually tell us the following advices to have a healthy life:

- It's no use to talk about worthless details.
- Quit talk more and try listening more.
- Enjoy to be with your family.
- Insist on live healthier and happier.

1. .... 2. .... 3. .... 4. .... 5. ....

Correction:

.....



## Answer Key

**A.** 1. going      2. saying      3. shopping      4. studying

**B.** 1. Speaking loudly is forbidden in the bus.

2. Being rich may make people happy.

**C.** 1. Maryam enjoys making dress.      2. Jack dislikes staying awake.

**D.** 1. to talk ✗      2. talk ✗      3. listening ✗      4. to be ✗      5. live ✗  
     talking ✓      talking ✓      to listen ✓      being ✓      living ✓