

Vision 2

درس ۲

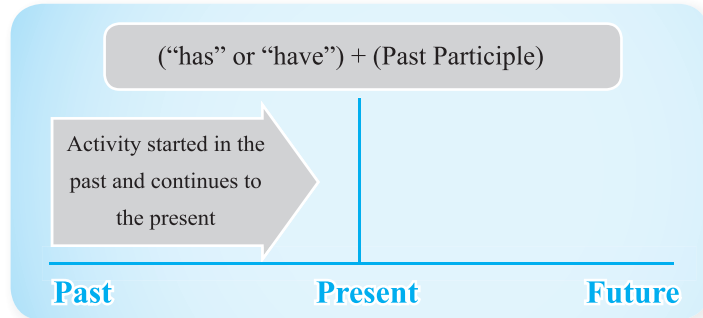
انگلیسی

Lesson 2: A Healthy Lifestyle



زمان حال کامل (ماضی نقلی) "Present Perfect Tense"

عملی است که در گذشته‌ای که زمان آن دقیقاً مشخص نیست، شروع شده و اثر آن تا کنون باقی مانده است.



نکته ۱ برای ساختن جمله‌های زمان حال کامل از فعل‌های کمکی «have/has» در ساختار زیر استفاده می‌کنیم. دقت داشته باشید که در این ساختار «have/has» معنی ندارند.

ادامه جمله + قسمت سوم فعل + have / has + فاعل

کاربرد زمان حال کامل

از زمان حال کامل در موقعیت‌های زیر استفاده می‌شود:

- ۱ عملی که در گذشته شروع شده است و تا کنون ادامه دارد.
«او برای پنج سال در این بانک کار کرده است.»
- ۲ عملی که از زمان گذشته تا کنون، در زمانی نامعلوم، چندین بار تکرار شده است.
«من آن فیلم را شش بار دیده‌ام.»
- ۳ عملی که در یک گذشته خیلی نزدیک (تازه = just) تمام شده است.
«او تازه رفته است.»
- ۴ عملی که زمان انجام آن در گذشته معلوم نبوده یا مهم نبوده است.
«شخصی کیک من را خورده است.»

⇒ She **has worked** in the bank for five years.

⇒ I **have seen** that movie six times.

⇒ She **has just left**.

⇒ Someone **has eaten** my cake.

نکته ۲ شکل کوتاه‌شده have در این جمله‌ها به صورت «'ve» و has به صورت «'s» است.

مفرد	I've = I have	you've = you have	he's = he has	she's = she has	it's = it has
جمع	we've = we have	you've = you have	they've = they have		

نکته ۳ از مهم‌ترین نشانه‌های این زمان که معمولاً در انتهای جمله می‌آیند since (از... تا حالا) و for (برای...) هستند. since فقط «ابتدای زمان» را نشان می‌دهد، اما for «کل مدت زمان» را نشان می‌دهد.

⇒ I have lived in London **since** 1990.

⇒ Jack has watched TV **for** three hours.

«من از سال ۱۹۹۰ (تا حالا) در لندن زندگی کرده‌ام.»

«جک برای سه ساعت تلویزیون تماشا کرده است.»

نکته طلایی این نشانه‌ها نیز در «زمان حال کامل» کاربرد دارند:

so far (تا حالا) , recently (اخیراً) , lately (اخیراً) , up to now (تا حالا) , until now (تا حالا) , already (قبلاً) , just (تازه)

⇒ I have had four quizzes and five tests **so far** this term.

«من در این ترم تا حالا چهار کوئیز و پنج آزمون داشته‌ام.»

⇒ We haven't seen a movie **recently**.

«ما اخیراً فیلم ندیده‌ایم.»

یادآوری فعل کمکی has برای سوم شخص مفرد و have برای غیر سوم شخص مفرد است.

تذکر اگر فعلی باقاعده باشد یعنی در گذشته ساده ed بگیرد، شکل قسمت سوم آن نیز ed دارد، ولی اگر فعلی بی‌قاعده باشد باید شکل گذشته و قسمت سوم آن را مانند یک کلمه جدید حفظ کرد.

تمرین در جای خالی جمله‌های زیر since یا for بنویسید.

1. We have worked 5 o'clock.
2. They have studied three years.
3. Tom has been here yesterday.
4. The girl's listened to music one hour.

پاسخ

1. since
2. for
3. since
4. for

نکته طلایی تفاوت زمان گذشته ساده با ماضی نقلی

در گذشته ساده با استفاده از قیدهای زمان دقیقاً زمان انجام کار را بیان می‌کنیم، مثلاً می‌گوییم yesterday (دیروز)، last week (هفته گذشته)، in September (در سپتامبر) و ... اما در ماضی نقلی زمان دقیق را مشخص نمی‌کنیم و می‌گوییم since September (از سپتامبر = فقط شروع انجام عمل)، for two years (برای دو سال = فقط طول مدت زمان انجام عمل).

DIFFERENCES BETWEEN

PRESENT PERFECT TENSE	SIMPLE PAST TENSE
<p>It is used to express unfinished events that started in the past and continue to the present.</p> <p>* کارهای ناتمام که تا حالا ادامه دارد.</p> <p>I have lived in Paris for five years. (I still live in Paris)</p>	<p>It is used to express finished events.</p> <p>* کارهای تمام شده.</p> <p>My son was sick on Monday, (My son isn't sick now)</p>
<p>It is used to express finished events in someone's life. (if the person is still alive-life experience)</p> <p>* رویدادهای زندگی شخصی که هنوز زنده است.</p> <p>He has never travelled by plane. (He is alive)</p>	<p>It is used to express finished events in someone's life. (if the person is dead)</p> <p>* رویدادهای زندگی شخصی که از دنیا رفته است.</p> <p>He travelled a lot by plane. (He is dead)</p>
<p>It is used to express finished events that happened in the past and the impact of the event is now continuing.</p> <p>* رویدادهایی که در گذشته تمام شده‌اند اما اثر آن‌ها باقی است.</p> <p>We can't reach Paul by phone. Have you seen him?</p>	<p>It is used to express finished events. There is no result in the present.</p> <p>* رویدادهای گذشته که هیچ نتیجه‌ای در زمان حال ندارند.</p> <p>He went to cinema two hours ago. (Now he is at school)</p>

PRESENT PERFECT TENSE	SIMPLE PAST TENSE
It is used to with unfinished time words (this week, today, this year etc.) * همراه کلمه‌هایی که زمانی ناتمام را بیان می‌کنند. I have eaten lots of plumps today . (Today is not over yet)	It is used with finished time words . (yesterday, last week, in 2000, etc.) * همراه کلمه‌هایی که زمانی تمام‌شده را بیان می‌کنند. We didn't call him yesterday .

تست ۱ پاسخ درست را انتخاب کنید.

My father has worked for them 1980.

- ① for ② from ③ since ④ of

«پدر من از سال ۱۹۸۰ برای آن‌ها کار کرده است.»

پاسخ: از آن جایی که ساختار جمله، مربوط به ماضی نقلی است، یکی از گزینه‌های (۱) یا (۳) درست می‌باشند. چون سال ۱۹۸۰ شروع انجام عمل را نشان می‌دهد پاسخ درست گزینه (۳) است.

تست ۲ پاسخ درست را انتخاب کنید.

The children all day long yesterday.

- ① will play ② play ③ have played ④ played

«بچه‌ها دیروز تمام طول روز را بازی کردند.»

پاسخ: از آن جا که در انتهای جمله، قید زمان «yesterday» (دیروز) به کار رفته است، این جمله، زمان گذشته ساده است، زیرا زمان «دقیق» در گذشته مشخص شده است، در نتیجه پاسخ درست گزینه (۴) است.

نکته ۴ برای سؤالی کردن جمله‌های حال کامل فقط **have / has** را به اول جمله می‌آوریم.

? ادامه جمله + قسمت سوم فعل + فاعل + Have / Has

⇒ Have you eaten lunch?

«آیا تو ناهار خورده‌ای؟»

⇒ Has your brother studied for two hours?

«آیا برادرت دو ساعت درس خوانده است؟»

نکته ۵ در زمان ماضی نقلی معمولاً از **ever** (تا کنون، تا حالا) در سؤال استفاده می‌شود تا بیانگر تأکید باشد. جای **ever** در جمله قبل از قسمت سوم فعل است.

⇒ Have you ever ridden a camel?

«آیا تو تا حالا شتر سوار شده‌ای؟»

نکته ۶ برای منفی کردن جمله‌های حال کامل فقط بعد از **have / has** قید منفی **not** را اضافه می‌کنیم.

. ادامه جمله + قسمت سوم فعل + have not / has not + فاعل

نکته ۷ شکل کوتاه‌شده **have not** به صورت **haven't** و **has not** به صورت **hasn't** است.

⇒ We have not (haven't) seen Ali since yesterday.

«ما علی را از دیروز ندیده‌ایم.»

⇒ She has not (hasn't) called me.

«او با من تماس نگرفته است.»

نکته طلایی می‌توان از «yet» (هنوز) و «already» (قبلاً) در جمله‌های زمان حال کامل استفاده کرد. به این صورت که «yet» در جمله‌های سؤالی و منفی و معمولاً در آخرین جمله‌ها می‌آید، اما «already» معمولاً بین have/has و قسمت سوم فعل در جمله‌های خبری مثبت می‌آید.

«آیا هنوز با او تماس نگرفته‌ای؟» سؤال : Have you called her **yet**?

«نه، هنوز با او تماس نگرفته‌ام.» پاسخ منفی : No, I haven't called her **yet**.

«بله، قبلاً با او تماس گرفته‌ام.» پاسخ مثبت : Yes, I have **already** called her.

تست ۳ پاسخ درست را انتخاب کنید.

Our children home yet.

- ① hasn't arrived ② have arrived ③ haven't arrived ④ has arrived

«فرزندان ما هنوز به خانه نرسیده‌اند.»

پاسخ: می‌دانیم که «yet» در آخر جمله‌های «سؤالی» و جمله‌های «منفی» به کار می‌رود. این جمله «سؤالی» نیست، پس باید «منفی» باشد، در نتیجه گزینه‌های (۲) و (۴) نادرست هستند. از طرفی چون «children» (بچه‌ها) جمع است باید بعد از آن «have» به کار برود، پس پاسخ درست گزینه (۳) است.

نکته طلایی در زمان حال کامل می‌توان از کلمه پرسشی «How long ... ?» (برای چه مدت؟) استفاده کرد و سؤال پرسید.

A: **How long** have you studied English?

B:

I have studied English for three years.
I have studied English since 1390.

نکته طلایی به دو عبارت «have / has gone» و «have / has been» در جمله‌های زیر دقت کنید:

Kate **has been** to London recently. کیت اخیراً در لندن بوده است (به لندن رفته است). (یعنی الآن برگشته است).

Kate **has gone** to London recently. کیت اخیراً به لندن رفته است. (یعنی هنوز آن جا است).

پس نتیجه می‌گیریم «have / has been» هنگامی مورد استفاده قرار می‌گیرد که شخصی به جایی «رفته و برگشته» است. اما «have / has gone» هنگامی مورد استفاده قرار می‌گیرد که شخصی به جایی «رفته و هنوز آن جا» است.

تمرین پاسخ درست را انتخاب کنید.

1. Sam to Spain. He'll be back home tomorrow. (**has been / has gone**)

2. I'm happy that my parents are here again. They on a long trip. (**have gone / have been**)

پاسخ:

۱- با توجه به معنی جمله «سام» هنوز برگشته است، پس باید از «has gone» استفاده کنیم.

معنی جمله: «سام به اسپانیا رفته است. او فردا به خانه برخواهد گشت.»

۲- با توجه به معنی جمله «والدین من از سفر برگشته‌اند»، پس باید از «have been» استفاده کنیم.

معنی جمله: «من خوشحالم که والدینم دوباره این جا هستند. آن‌ها به سفر طولانی رفته بودند.»

Questions

Lesson 28 A Healthy Lifestyle

درس ۲

انگلیسی



Vocabulary

واژگان

تست‌های سطح ۱

- 891 It's important to protect your skin from the effects of the sun.
 ① useful ② careful ③ harmful ④ wonderful
- 892 Something you should know about me is that I'm to computer games.
 ① mental ② addicted ③ depressed ④ healthy
- 893 She was very ; she cried even when her husband left for another city on business.
 ① simple ② probable ③ risky ④ emotional
- 894 The first step I take is to do regular exercise and stick to a healthy, diet.
 ① harmful ② nervous ③ balanced ④ emotional
- 895 A research showed that 58% of people did not know where their heart is.
 ① recent ② balanced ③ negative ④ patient
- 896 My mother's illness me from attending the meeting.
 ① prevented ② improved ③ developed ④ educated
- 897 Randy began to worry about how he was going to pay for his son's
 ① proportion ② conversation ③ destination ④ education
- 898 Your is going to be really unbalanced if all you eat is hamburgers.
 ① diet ② effect ③ disease ④ habit
- 899 During the holidays, she, perhaps never, goes to bed before eleven o'clock.
 ① quite ② largely ③ anymore ④ rarely
- 900 He is a He just lies around, eating chips and watching TV all day long.
 ① zookeeper ② couch potato ③ tour guide ④ firefighter
- 901 The doctor first asked about their and health history.
 ① research ② attack ③ lifestyle ④ creation
- 902 I often to eat a snack when I'm travelling rather than have a full meal.
 ① prefer ② learn ③ broadcast ④ imagine
- 903 Is it really possible to the skills of such jobs according to standards?
 ① surprise ② quit ③ behave ④ measure
- 904 Eating in China have been rapidly becoming Americanized in recent years.
 ① habits ② invitations ③ emotions ④ images

- 905 It says on the box that these chips no oil. Is it true?
 ① enable ② create ③ contain ④ decrease
- 906 I'm not sure of the exact between them, I think they're cousins.
 ① improvement ② imagination ③ calorie ④ relationship
- 907 Experts agree that diet has a positive effect on your health.
 ① general ② cultural ③ negative ④ religious
- 908 This booklet provides all the information about the university.
 ① depressed ② necessary ③ social ④ enabled
- 909 Many students may try to reading skill by going to their summer schools.
 ① socialize ② disagree ③ improve ④ attend
- 910 We don't serve chicken soup very often because so many people it.
 ① improve ② dislike ③ practice ④ enjoy
- 911 I told her it was to jog in that park early in the morning.
 ① incomplete ② plural ③ unsafe ④ native
- 912 The is that there is not enough money to pay for this project.
 ① reality ② tongue ③ fluency ④ weight
- 913 She has received a prize for her work with people.
 ① physical ② homeless ③ written ④ careful
- 914 I am sorry that I cannot accept your kind to the party.
 ① improvement ② imagination ③ invitation ④ information
- 915 Teachers should know that they can the behavior of their students.
 ① influence ② exchange ③ prevent ④ decrease
- 916 For no good, they have decided to cancel the project.
 ① reason ② measure ③ history ④ candle
- 917 Nowadays, many scientists around the world are working to discover a for Aids.
 ① disease ② health ③ disorder ④ cure
- 918 Don't tell anyone about our plan, keep it a, please.
 ① bottle ② mistake ③ miracle ④ secret
- 919 When people, they often take up new hobbies and start to make new friends.
 ① avoid ② retire ③ satisfy ④ limit
- 920 We have planned to up with the other team at the top of the mountain.
 ① measure ② prevent ③ join ④ host
- 921 If you want further advice, you can and speak to the same person.
 ① call back ② check in ③ grow up ④ pass away
- 922 Sometimes she thinks about buying a and sailing around the world.
 ① house ② drug ③ boat ④ plane
- 923 Those people were to go into certain areas and they couldn't have passports.
 ① medical ② balanced ③ exciting ④ forbidden

1038 She suffered from an problem after her husband's death and unfortunately none of her friends was ready to help her. (سراسری هنر ۹۴)

- ① emotional ② effective ③ excited ④ addictive

1039 The course is intended to help teachers learn how to communicate with young learners.

- ① exactly ② commonly ③ effectively ④ recently (سراسری زبان ۹۴)

1040 Sometimes a higher price does not mean that the service you are buying is of high quality.

- ① commonly ② carefully ③ recently ④ necessarily (سراسری انسانی ۹۵)

تست‌های سطح ۲

1041 Exercise will not only lower blood, but possibly protect against heart attacks.

- ① pressure ② measure ③ cell ④ donation

1042 These hard rocks are common to climate environments.

- ① healthy ② certain ③ harmful ④ addicted

1043 The children's was still ringing in my ears as I left the playground.

- ① health ② lifestyle ③ factor ④ laughter

1044 People under a lot of may experience headaches, minor pains and sleeping difficulties.

- ① stress ② habit ③ invention ④ knowledge

1045 Get things ready early so that you don't have to around at the last minute.

- ① miss ② rush ③ limit ④ hold

1046 About 30 major centers in the United States have CAT scan technology.

- ① medical ② balanced ③ mental ④ regular

1047 The change in Bob's behavior has been nothing less than a/an

- ① miracle ② event ③ relative ④ emotion

1048 I should mention that two points in this report are especially of notice.

- ① particular ② worthy ③ effective ④ depressed

1049 It is to reprint any article from this magazine without special permission.

- ① asleep ② excellent ③ forbidden ④ honest

1050 If you want to achieve a high, you're going to have to take some chances.

- ① life ② goal ③ business ④ stage

1051 Most children in the UK receive full-time until they are at least 16 years old.

- ① translation ② education ③ addiction ④ imagination

1052 Cheaper housing would vastly the living standards of ordinary people.

- ① decrease ② respect ③ earn ④ improve

1053 As a student she lived very economically, going out and buying very few clothes.

- ① orally ② sadly ③ rarely ④ mentally

1054 He mentioned that the value of good education cannot be in terms of money.

- ① rushed ② behaved ③ measured ④ disabled

- 1055 The manager of the restaurant has trained the waitress to correctly at the tables.
 ① direct ② serve ③ exist ④ prevent
- 1056 The company uses electronic filters to workers from accessing the Internet.
 ① socialize ② prevent ③ vary ④ shut
- 1057 Many of the patients are closely dependent on staff for day-to-day support.
 ① cultural ② mechanical ③ natural ④ emotional
- 1058 Foods that only medium levels of sodium are bread, cakes, milk, butter and margarine.
 ① avoid ② contain ③ press ④ donate
- 1059 I don't know why, but I took a strong to the guest as soon as I saw him.
 ① influence ② dislike ③ message ④ problem
- 1060 The speed at which you eat strongly how much you want to eat.
 ① produces ② imagines ③ varies ④ influences
- 1061 Since it would be a highly dangerous, the officer asked for volunteers.
 ① mission ② variety ③ device ④ depression
- 1062 Everyone said afterwards it was a that more people hadn't been killed or injured.
 ① problem ② miracle ③ lifestyle ④ habit
- 1063 My nephew is looking for a job which will him to develop his talents.
 ① create ② interest ③ enjoy ④ enable
- 1064 She felt she was not to be on the stage with all those famous people.
 ① worthy ② busy ③ healthy ④ lazy
- 1065 You can't what it would be like driving a car into a wall at 30 miles an hour.
 ① exchange ② communicate ③ imagine ④ finish
- 1066 Part-time students make up a considerable of the college population.
 ① education ② destination ③ proportion ④ suggestion
- 1067 The children were overjoyed at the of going to the seaside on holiday.
 ① secret ② thought ③ stage ④ belief
- 1068 You should the alarm system and then enter the building, otherwise it'll go off.
 ① disable ② enable ③ imagine ④ agree
- 1069 I understand that the conditions to the development have not yet been agreed.
 ① increasing ② attending ③ preventing ④ relating
- 1070 The boy's of speech surprised the teacher who is from a different part of the country.
 ① amount ② manner ③ factor ④ creation
- 1071 Everything was going well. Suddenly everyone began shouting and the meeting broke up in
 ① piece ② disorder ③ respect ④ mission
- 1072 Friendlier relations between neighboring countries will have a effect on exports.
 ① pressured ② medical ③ generous ④ positive
- 1073 I've got nothing against waiting, but after two hours I'm beginning to feel a bit
 ① impatient ② imaginative ③ disabled ④ harmful

- 1074 I know that most people try to any kind of sad feeling. But I think that is wrong.
 ① agree ② vary ③ avoid ④ choose
- 1075 There are times when you need to fight for what's right, even at the of your own life.
 ① weight ② risk ③ manner ④ secret
- 1076 Smaller classes mean a higher standard of, and that's what we want for our kids.
 ① proportion ② education ③ addiction ④ addition
- 1077 Even though he eats mostly junk food, he gets sick and his BMI is in the normal range.
 ① suddenly ② wrongly ③ clearly ④ rarely
- 1078 Do you think that a thermometer is the only instrument for temperature?
 ① socializing ② measuring ③ decreasing ④ gaining
- 1079 With media it's possible to find out a lot of information about someone before meeting them.
 ① careful ② mental ③ physical ④ social
- 1080 The amount of paper by a country is closely related to its cultural standards.
 ① limited ② prevented ③ practiced ④ produced

Grammar & Writing

گرامر و نگارش

تست‌های سطح ۱

- 1081 Have you ever in that expensive fast food restaurant?
 ① ate ② eat ③ eaten ④ eating
- 1082 My English since I moved to Australia.
 ① improve ② has improved ③ improving ④ will improve
- 1083 Last summer, my friends and I to the village to visit that old shrine.
 ① have gone ② has gone ③ go ④ went
- 1084 That fat man on a diet three times so far, but he doesn't seem to lose weight.
 ① has gone ② went ③ is going to go ④ have gone
- 1085 She's two foreign languages next year. She wants to go abroad.
 ① going to learn ② has learnt ③ learnt ④ learns
- 1086 Jogging and hiking Allan's favorite physical activities.
 ① is ② are ③ was ④ being
- 1087 Has your mother seen that old French movie?
 ① since ② already ③ just ④ ever
- 1088 The "No " sign shows that you can't park your car in the yard.
 ① Parks ② Park ③ To Park ④ Parking
- 1089 We many major problems while working on this project.
 ① having ② are having ③ have had ④ had
- 1090 After early, the man decided his lost money.
 ① wake up / to look for ② waking up / look for
 ③ waking up / looking for ④ waking up / to look for

- 1091 My mother believes eight glasses of water each day can keep us healthy.
 ① drinking ② to drink ③ that drink ④ drink
- 1092 Preparing a good bilingual dictionary and it need a lot of hard work.
 ① to publish ② publishing ③ publish ④ publishes
- 1093 A: Can I speak to Mrs. Watson, please? B: I'm sorry. She's not here. She shopping.
 ① went ② will go ③ has gone ④ goes
- 1094 We have had this small Italian car I was a small kid.
 ① from ② for ③ of ④ since
- 1095 Matt and Sarah some difficulties in their relationship lately.
 ① having ② have had ③ will have ④ had
- 1096 Are you going to on a diet because you want to lose weight?
 ① going ② went ③ gone ④ go
- 1097 The old man a heart attack last Wednesday.
 ① had ② has had ③ have ④ having
- 1098 My friends and I at that fast food restaurant many times.
 ① were ② has been ③ have been ④ are
- 1099 Joe, the book written by that famous writer yet?
 ① do you read ② are you reading ③ did you read ④ have you read
- 1100 Why these young men taken part in the course?
 ① didn't ② don't ③ haven't ④ aren't
- 1101 My grandmother thinks on a diet is as harmful as eating fatty food.
 ① go ② goes ③ went ④ going
- 1102 Retiring at the age of 50 and a healthy life two of my goals.
 ① have / are ② to have / is ③ having / are ④ has / is
- 1103 A: Have you ever had exciting job like this? B: No, I
 ① a / didn't ② — / hadn't ③ an / haven't ④ an / don't
- 1104 Our neighbors have lived here a long time.
 ① from ② for ③ of ④ since
- 1105 A: Where's the man? B: I don't know. We looked him, but didn't find him.
 ① at ② for ③ up ④ after
- 1106 Climbing high mountains my favorite kind of sport.
 ① are ② is ③ be ④ were
- 1107 A: Have you ever eaten Chinese food? B: Yes, I Chinese food last night.
 ① ate ② eat ③ have eaten ④ will eat
- 1108 Have they really their speaking skill by part in online classes?
 ① improve / take ② improving / taking ③ improved / to take ④ improved / taking

- 1143 He felt very after staying up very late to finish his school project. (سراسری انسانی ۹۵)
- ① tiring ② to tire ③ tired ④ was tired
- 1144 The TV program was really funny and made everyone for a long time. (سراسری هنر ۹۴)
- ① laugh ② laughs ③ laughing ④ to laugh
- 1145 Imagine next to an ocean where there are a lot of trees! Wouldn't that be wonderful? (سراسری هنر ۹۶)
- ① living ② to live ③ that live ④ yourself to live

تست‌های سطح ۲

- 1146 A: Can we a picnic tomorrow? B: That depends the weather.
- ① having / in ② have / in ③ have / on ④ to have / to
- 1147 Many mothers the job because they have no one to look their children.
- ① have not taken / after ② don't take / for
③ didn't take / up ④ has not taken / at
- 1148 We're worried our best friend. We her for two days.
- ① with / didn't ② about / haven't seen ③ of / don't see ④ for / haven't seen
- 1149 We know that right you live a long and healthy life.
- ① exercising and eating / help ② exercise and eat / help
③ to exercise and to eat / helps ④ exercising and eat / helps
- 1150 You have forever at the doctor's office. I suggest a good book to help kill time.
- ① to wait / reading ② waited / to read ③ waiting / read ④ waits / read
- 1151 Samantha keeps us the documents. We need to have them by next week!
- ① to forget to send ② to forget sending ③ forgetting sending ④ forgetting to send
- 1152 I prefer because gives me great pleasure.
- ① to sing / singing ② sing / sing ③ sings / singing ④ sing / to sing
- 1153 I enjoy to get so early in the morning. Sleeping in is great!
- ① not having / up ② don't have / off ③ not to have / up ④ not have / on
- 1154 Smokers risk several smoking related illnesses, so you should give up
- ① to get / to smoke ② to get / smoking ③ getting / to smoke ④ getting / smoking
- 1155 I Julie three years. We still meet once a month.
- ① know / since ② have known / for ③ knew / from ④ has known / in
- 1156 I my great grandmother for a few years, she when I was eight.
- ① have known / has died ② knew / died
③ know / has died ④ known / died
- 1157 She in London when she was a child. But I here since last year.
- ① is living / lived ② lived / have lived ③ has lived / have lived ④ lived / was living
- 1158 I this much fun since I a kid.
- ① have not had / was ② am not having / am
③ didn't have / was ④ don't have / am

Cloze Tests & Reading Passages

Questions

درس ۲

انگلیسی



Cloze Test 1

Today most of the diseases are under control because of new (183) and medical inventions. Many of the factors that (184) our health nowadays are lifestyle choices. Lifestyle diseases, such as heart disease and cancer are serious health problems in our (185). Unhealthy actions and some other things cause them.

There are some risk factors related to any health problem. What are risk factors? Risk factors are things that (186) your chances of injury, disease, or any other health problem. There are different kinds of risk factors. Some are controllable; others are not. The difference (187) the two is clear.

- | | | | | |
|-----|------------|-----------------|------------|-------------|
| 183 | ① medicine | ② secrets | ③ exercise | ④ messages |
| 184 | ① look | ② practice | ③ enjoy | ④ influence |
| 185 | ① disorder | ② communication | ③ society | ④ series |
| 186 | ① increase | ② finish | ③ measure | ④ forget |
| 187 | ① of | ② between | ③ from | ④ with |

Cloze Test 2

The Romans spoke of health in a proverb: 'A healthy mind in a healthy body.' In addition to physical health, an understanding of (188) health is important. Too much mental stress can have a bad (189) on one's mind well-being. The human body is much more complicated than any other (190). Yet, it needs less day-to-day care (191) any machine. No machine can do all the things that the body does. No machine will work for 70 years or more, day and night, needing only air, water, food, and only few (192) rules. No machine has been made which can adjust to so many different conditions as the human body. (سراسری تجربی ۹۱)

- | | | | | |
|-----|------------|-----------|------------|-------------|
| 188 | ① creative | ② mental | ③ nervous | ④ impatient |
| 189 | ① accident | ② escape | ③ effect | ④ education |
| 190 | ① machine | ② people | ③ medicine | ④ weight |
| 191 | ① from | ② as | ③ for | ④ than |
| 192 | ① physical | ② harmful | ③ simple | ④ calm |

Cloze Test 3

Health can be thought of as the condition of being fit and well. The World Health Organization (WHO), the UN agency that is concerned with health throughout the (193), gives a more precise definition. It says that health is the (194) of complete physical, mental and social well-being, and not merely the absence of disease and (195). In a poor country, however, health might mean simply getting enough food to stay alive and to (196) the really serious diseases such as typhoid and cholera. As countries grow richer, they achieve the WHO's more positive standards of good health, because their people can afford better food and (197) care. (سراسری زبان ۹۱)

- | | | | | |
|-----|-----------|----------|------------|--------------|
| 193 | 1 world | 2 city | 3 war | 4 disease |
| 194 | 1 work | 2 state | 3 mind | 4 mission |
| 195 | 1 thought | 2 reason | 3 weakness | 4 habit |
| 196 | 1 avoid | 2 quit | 3 share | 4 accept |
| 197 | 1 medical | 2 wrong | 3 regional | 4 incomplete |

Cloze Test 4

Do you know that laughter can help your immune system? It's even (198) that with each laughter you decrease your chance of getting a cold or having an allergy (199). In fact, if you laugh before you go to bed, you'll (200) have a good night's sleep. The medical research on laughter and the desire to get well are making more and more people use laughter to (201) better. Allen Klein says that we all need to laugh, especially at ourselves. To develop our "humor skills" we need (202) the humor in our own actions and reactions. With practice, we can get better at this. (سراسری زبان ۹۳)

- | | | | | |
|-----|---------------|------------|------------|------------|
| 198 | 1 traditional | 2 possible | 3 cultural | 4 normal |
| 199 | 1 exercise | 2 medicine | 3 attack | 4 relative |
| 200 | 1 probably | 2 suddenly | 3 sadly | 4 orally |
| 201 | 1 smoke | 2 feel | 3 harm | 4 limit |
| 202 | 1 see | 2 sees | 3 saw | 4 to see |

Passage 1

People who use the Internet too much may have mental health problems. They may have problems if they cannot get online regularly. A survey from a Canadian university looked at the Internet habits of 254 students and their mental health. Researchers said 107 students were addicted or had problems like depression because of their Internet use. We know little about the dangers of Internet addiction and need to do more research.

A researcher explained what problems there are. He said: "We found out that students addicted to the Internet had more problems dealing with their day-to-day activities, such as life at home, at work or school." He added: "People with Internet addiction also were depressed and had problems with time management." We need to find out if mental health problems cause Internet addiction.

- 203 **People who use the Internet**
- | | |
|----------------------------|---------------------------------|
| 1 are really healthy | 2 should do more research |
| 3 may have mental problems | 4 are active at home and school |
- 204 **A Canadian university**
- | | | | |
|--------------------|----------------|---------------------|------------------------|
| 1 had 254 students | 2 did research | 3 used the Internet | 4 got online regularly |
|--------------------|----------------|---------------------|------------------------|
- 205 **According to the passage, which sentence is NOT true?**
- 1 We know a lot about the dangers of Internet addiction.
 - 2 People addicted to the Internet have problems at work.
 - 3 The researchers studied the Internet habits of some students.
 - 4 Internet addicted people have more mental problems.
- 206 **What does the passage mainly discuss?**
- | | |
|--|---|
| 1 Mental problems of Canadian students | 2 Problems of the people who are Internet addicts |
| 3 Day-to-day activities of some students | 4 Problems of time management |

Passage 2

Choose a place you want to go to in a way that the whole family will enjoy. Children lose interest much faster than adults, so when choosing, keep your young ones in mind and make sure there are activities that will keep them busy and interested.

Going on a long road trip with your kids can be quite stressful if you are not prepared to deal with the short attention span of kids. Take coloring books, toys, video games, CD's that have audio for children, food and water to last the journey and other things you would consider a necessity for your family.

Make sure your family is protected, use seatbelts and child secure seat for children in the back seat; they have been proven to keep kids safe if you run into some trouble on the road. If you plan on going camping remember to carry a first aid kit with the essentials.

If you are heading to a place that has been recommended by a friend or another travel source and not sure of how to get there, keep a map of the geographic area in hand, it could also be an answer to the most common question from your kid - "Are we there yet?"

When on a long trip, it is safer to carry sandwiches, fruits, bottles of water enough for the entire family. Remember to carry a garbage bag so that you don't have to litter the road, it will also reduce the stops you have to make on the journey, reserving the stops to use the restroom and to stretch your legs. (سراسری زبان ۹۱)

207 What is the best title for the passage?

- ① Where to Go on A Trip
- ② Road Trip Ideas for Family
- ③ Protection during a Long Travel
- ④ Advantage of Travel for Children

208 According to the passage, if you see your kids are painting a picture in the car during a trip instead of looking at the natural views you

- ① may get very stressful
- ② should not get surprised
- ③ have to stop the car so that they can relax
- ④ must try to get them involved in other activities

209 You are advised to take a first aid kit with you

- ① if you are going camping
- ② because children may get sick easily
- ③ because roads are not completely safe
- ④ to help those who may be injured in car accidents

210 According to the passage, the question, "Are we there yet?" is one that

- ① people ask when they lose their way
- ② shows the great interest of children in traveling
- ③ children ask very often on the way to a place
- ④ shows children cannot concentrate on one thing for a long time

211 According to the last paragraph, on a long trip, you

- ① are not as safe as you are on a short trip
- ② can't do anything special to reduce the number of stops
- ③ may not find many restaurants on the way
- ④ are not to throw away unwanted things on the road

Passage 3

Exercises that require total body involvement improve and maintain fitness most effectively, for example, jogging, running, swimming, cycling and fast walking. Organized games and sports that have long rest periods within the play design have only a little influence on fitness. Programs especially planned to help individuals become fit are offered in different places: schools and gyms, private clubs and studios, and special, professionally organized clinics that pay attention to people with problems related to the heart or lungs. The

individual must be careful in choosing an exercise program and should make sure is staffed by experts in physical education or medicine.

Normal, healthy individuals may plan their own exercise pro to exercise programs. The general rule is to exercise only until you feel very tired - that is, until breathing becomes **labored**, circulation seems not enough, or tiredness influences performance. People with health problems caused by heart attacks, and illness should see a doctor before choosing an exercise program.

(سراسری انسانی ۹۱)

- 212** According to the information in the passage, if you participate in a sport that makes you have long rest periods, you
- ① cannot expect your fitness to improve much
 - ② should do your best to avoid total body involvement
 - ③ need to exercise in different places in order to improve your fitness
 - ④ had better do running, fast walking, etc. during the rest period to keep your body warm and fit
- 213** According to the passage, if you have a heart problem, you are advised to
- ① exercise in places that design activities clinically appropriate for you
 - ② play organized games so that others can take care of you if you face any trouble
 - ③ often see a doctor to measure the amount of the progress you have made in fitness
 - ④ engage in activities that require total body involvement so that all the pressure would not be on your heart
- 214** It can be said that paragraph 1 is mainly written to
- ① advise
 - ② correct a wrong idea
 - ③ mention the benefits of games
 - ④ compare daily exercise with organized sports
- 215** The word “labored” in paragraph 2 is closest in meaning to
- ① deep
 - ② difficult
 - ③ dangerous
 - ④ regular
- 216** The general rule given in paragraph 2 is for those who
- ① need to see a doctor
 - ② exercise professionally
 - ③ have no health problems
 - ④ cannot plan their own exercise programs

Passage 4

It is hard to make friends if you stay at home alone all the time. You need to get out of the house and do things that will help you meet other people. Join a club, play a sport, do volunteer work. You'll find that it's easier to make friends with people who have similar interests.

Learn from people at school or work who seem to make friends easily. Observe their behavior. How do they make other people feel comfortable? Notice what they say and how they act. Don't copy everything they do, but try some of their techniques. **It** will help you develop your own social style.

Think of some topics that would make good conversation. Find out the latest news, listen to the most popular types of music, or watch an interesting movie or TV show. The more you have to say, the more people will want to talk with you.

Be a good listener, and let people talk about themselves. Don't try to dominate the conversation with “me, me, me.” Ask lots of questions. Show an interest in the answers. This will make people feel special, and they will want to be your friend.

When you start to get to know someone, don't be friendly and talkative one day and too shy to have a conversation the next day. Be consistent. Consistency is a quality that people look for in friends.

Have confidence in yourself. Don't be self-critical all the time. It's hard to get other people to like you if you don't like yourself. Think of your good qualities and all the reasons people would want your friendship.

Pursue the friendships you really want, with people that you like, respect, and admire. Try to meet a lot of people, too. That way, you'll have a bigger group to choose from and a better chance to make friends. (سراسری هنر ۹۳)

217 What does the passage mainly discuss?

- ① What to do to make your life more interesting
- ② Problems of people who prefer to live alone
- ③ How to overcome old habits of friendship
- ④ What to do to make friends

218 The word "It" in paragraph 2 refers to

- ① copying everything they do
- ② trying some of their techniques
- ③ developing your own social style
- ④ making as many friends as you like

219 Why does the author mention "me, me, me" in paragraph 4?

- ① To warn against your becoming the only side speaking in a conversation.
- ② To stress the fact that you actually need to realize what your personal qualities are.
- ③ To instruct you to reveal as much information about yourself to your friends as you can.
- ④ To show the role of ignoring all your personal interests to be able to make friends successfully.

220 According to the passage, none of the following positively contribute to your making friends EXCEPT being

- ① talkative
- ② with a very small number of people
- ③ inconsistent at all times
- ④ able to let others express themselves

Answers

پاسخنامه تشریحی



ترجمه متن Cloze Test 1

امروزه بیش‌تر بیماری‌ها به علت اختراعات پزشکی و داروهای جدید تحت کنترل هستند. بسیاری از عواملی که امروزه بر سلامتی ما تأثیر می‌گذارند، انتخاب‌های سبک زندگی هستند. بیماری‌های (مربوط) به سبک زندگی مانند بیماری قلبی و سرطان در جامعه ما مشکلات جدی سلامتی هستند. رفتارهای ناسالم و چیزهای دیگر سبب آن‌ها می‌شوند. تعدادی عامل خطر مرتبط با هر مشکل سلامتی وجود دارد. عوامل خطر چه چیزهایی هستند؟ عوامل خطر چیزهایی هستند که شانس آسیب به شما، بیماری یا مشکلات سلامتی دیگر را افزایش می‌دهند. انواع مختلف عوامل خطر وجود دارند. بعضی از آن‌ها قابل کنترل هستند، دیگر (عوامل)، نیستند. تفاوت بین این دو واضح است.

۱۸۳. گزینه (۱) - "medicine"

- ① داروها
- ② رمزها
- ③ ورزش‌ها
- ④ پیام‌ها

۱۸۴. گزینه (۴) - "influence"

- ① نگاه کردن
- ② تمرین کردن
- ③ لذت بردن از
- ④ تأثیر گذاشتن

۱۸۵. گزینه (۳) - "society"

- ① ناهنجاری
- ② ارتباط
- ③ جامعه
- ④ سریال

۱۸۶. گزینه (۱) - "increase"

- ① افزایش دادن
- ② تمام کردن
- ③ اندازه‌گیری کردن
- ④ فراموش کردن

۱۸۷. گزینه (۲) - "between"

توضیح: بعد از «difference» حرف اضافه «between» به کار می‌رود.

ترجمه متن Cloze Test 2

رومیان در مورد سلامتی در یک ضرب المثل سخن گفتند: «ذهن (عقل) سالم در بدن سالم». علاوه بر سلامت جسمانی، درک سلامت روان بسیار مهم است. استرس روانی بیش از حد می‌تواند بر سلامت

Exam 6

انگلیسی یازدهم - درس ۲

آزمون

زمان: ۲۰ دقیقه

Vision 2

Part A: Grammar and Vocabulary

Directions: Questions 1-12 are incomplete sentences. Beneath each sentence you will see four words or phrases, marked (1), (2), (3), and (4). Choose the one word or phrase that best completes the sentence. Then mark your answer sheet.

- 1 A: Where's Anna? B: She shopping. She'll be back soon.
 ① will go ② has gone ③ goes ④ was going
- 2 Our grandmother is weak and ill. We have to look her.
 ① at ② after ③ for ④ up
- 3 Eating fast food and active have made them gain weight.
 ① don't be ② not be ③ no being ④ not being
- 4 Doctors always say to bed late is harmful, especially to children.
 ① go ② goes ③ going ④ that go
- 5 My little brother is a little fat. He has decided to go on a very low- diet.
 ① depression ② calorie ③ effect ④ disorder
- 6 Half the guests accepted the to tour their new villa in that small village.
 ① celebration ② education ③ addiction ④ invitation
- 7 You should try to break the of adding salt to your food at the table.
 ① diet ② risk ③ habit ④ illness
- 8 Modern technology would, it was hoped, the quality of life in the society.
 ① decrease ② improve ③ prevent ④ measure
- 9 It is helpful for my family members to a basic understanding of this disease.
 ① gain ② check ③ pray ④ dislike
- 10 Recent research shows that most young smokers are by their friends.
 ① attended ② invented ③ produced ④ influenced
- 11 I don't think that when your children, they will accept everything.
 ① grow up ② hurry up ③ take care ④ fill out
- 12 We guess that the new train line should easier access to the stadium.
 ① socialize ② retire ③ enable ④ imagine

Part B: Cloze Test

Directions: Questions 13-17 are related to the following passage. Read the passage and decide which choice (1), (2), (3), or (4) best fits each space. Then mark your answer sheet.

Back in the 1990s, when mobiles first appeared, few people asked if there were any health risks. Within a decade, mobile ownership had exploded, and several groups suggested that overuse of mobiles was dangerous (13) could lead to an increased risk of cancer.

Now, with about five billion users worldwide, there is still no definitive evidence of this. Still, several governments have told people to limit the time and frequency of their mobile calls, and reminded parents not to allow their children (14). In fact, health professionals said recently that the danger to young people had become a (15), not a physical, health issue. According to Eric Schmidt, Google's executive chairman, (16) 'asleep or online'. Yesterday's report said that vulnerable young people were becoming (17) to the online world and unable to cope with the challenges of the real world.

(سراسری - انسانی ۹۵)

- 13 ① it ② and ③ for ④ that
 14 ① to use mobiles ② who use mobiles ③ mobile use ④ using mobiles
 15 ① human ② mental ③ global ④ terrible
 16 ① two conditions for children only are ② only two conditions that children have
 ③ children with only two conditions ④ there are only two conditions for children
 17 ① shared ② common ③ addicted ④ negative

Part C: Reading Comprehension

Directions: In this part of the test, you will read two passages. Each passage is followed by four questions. Answer the questions by choosing the best choice (1), (2), (3), or (4). Then mark your answer sheet.

Passage 1:

Diet and exercise are two of the most important parts of having a healthy life. There is an old saying in the United States that reads, "You are what you eat." It means that your overall health and appearance are greatly affected by what you eat. If you eat high calorie, fatty foods, then you may suffer from obesity at one time or another. If, however, you eat plenty of green vegetables and little to no fat, your chances of being fit are much better.

Exercise is the part to this healthy living formula. Many people are limited in the types of exercise they can do, but almost everyone can walk. A daily walk can help you achieve your healthy living goals. You should plan on walking at least one mile per day. A good pace to walk in is about 18 to 20 minutes per mile. Of course, the more you walk, the better. It takes most people less than 40 minutes to walk two miles, but the benefits of this could last a lifetime. Walking can reduce stress levels, increase stamina, lower blood-sugar levels, and regulate blood pressure levels. Once you get started walking, you just may like it.

Another benefit of eating right and exercising is that doing this can lead to a positive outlook in life. Practicing these good habits can make you feel and look better. Your clothes will fit a bit better, and you will sleep better, which will lead to a healthy self-image. A positive self-image can give you more confidence in whatever you do, whether it is at work, in school, or at home. So go for that walk, and enjoy the benefits.

- 18 We understand from the passage that
 ① nobody can walk two miles a day ② doing daily exercise is a good habit
 ③ walking increases blood pressure ④ eating green vegetables make you fat
- 19 All of the following are mentioned in the passage EXCEPT that
 ① high calorie, fatty foods make people fat
 ② many people do not like to take long walks every day
 ③ going on a diet will give people confidence in what they do
 ④ diet and exercise are two important factors to have a healthy lifestyle

- 20 According to the passage, it is TRUE that
- ① people who work have more confidence ② all people enjoy walking two miles a day
 ③ stress level depends on your blood pressure ④ what you eat has some effects on what you look like
- 21 In the last paragraph of the passage, the writer seems to be
- ① telling that self-image is good ② giving a sort of warning
 ③ giving a suggestion ④ saying you should enjoy walking

Passage 2:

Both men and women are living longer. However, women, on the average, live longer. In general, they can expect to live six or seven years more than men. The reasons for this are both biological and cultural.

One important biological factor that helps women live longer is the difference in hormones between men and women. Hormones are chemicals which are produced by the body to control various body functions. Between the ages of about 12 and 50, women produce hormones that are involved in fertility. These hormones also have a positive effect on the heart and the blood flow. In fact, women are less likely to have high blood pressure or to die from heart attacks.

The female hormones also protect the body in another way. They help the body to defend itself against some kinds of infections. This means that women generally get sick less often and less seriously than men. The common cold is a good example: women, on average, get fewer colds than men.

Women are also helped by their female genes. Scientists are still not exactly sure how genes influence aging, but they believe that **they** do. Some think that a woman's body cells have a tendency to age more slowly than a man's. Others think that a man's body cells have a tendency to age more quickly. Recent research seems to support both of these possibilities.

The cultural context can also influence life expectancy for men and women. (Life expectancy is the expected length of a person's life.) For example, women generally smoke cigarettes less than men.

Another factor that has influenced the lives of women is the lack of stress. Stress is well known to shorten lives. Until recently, women who worked were usually in less responsible, less stressful positions. At home, housework tends to keep women in better physical condition than men. This generally better physical condition is yet another factor in women's longer lives.

(سراسری - زبان ۹۵)

- 22 What does the passage mainly discuss?
- ① The role of hormones and genes in making women healthy
 ② Physiological and cultural differences between men and women
 ③ The main reasons why women, on average, live longer than men
 ④ The reasons why modern society leads to men's and women's long life and good health
- 23 According to the passage, men are more likely than women to
- ① die from serious diseases such as heart attacks
 ② control body functions without the use of hormones
 ③ develop the necessary skills to manage job-related stress
 ④ turn to cigarette smoking as a means to handle their social problems
- 24 The word "they" in paragraph 4 refers to
- ① women ② genes ③ scientists ④ body cells
- 25 The passage provides enough information to answer which of the following questions?
- ① Why do men live longer at present than in the past?
 ② What is one reason why women are generally in better physical condition?
 ③ Why does women's body produce fertility-related hormones between 12 to 50 years of age?
 ④ Where were some research studies conducted to determine why women live a longer and healthier life than men do?

Vision 2 - Lesson 2

above all مهم‌تر از همه

active (*adj.*) فعال

⇒ action (*n.*) عمل، عملکرد، رفتار

⇒ act (*v., n.*) رفتار کردن، عمل کردن

⇒ activity (*n.*) (≠ inactivity) فعالیت ≠ عدم فعالیت، سستی

⇒ activist (*n.*) (فعال) سیاسی

⇒ activation (*n.*) فعال‌سازی

⇒ activism (*n.*) فعال سیاسی بودن

⇒ activate (*v.*) فعال کردن

⇒ reactivate (*v.*) دوباره فعال کردن

⇒ deactivate (*v.*) غیرفعال کردن

⇒ deactivated (*adj.*) غیرفعال

⇒ inactive (*adj.*) غیرفعال، سست، تنبل

⇒ actively (*adv.*) به طور فعال

addict (*n.*) معتاد

⇒ addiction (*n.*) اعتیاد

⇒ addicted (*adj.*) معتاد، وابسته

⇒ addictive (*adj.*) اعتیادآور

ahead (<i>adv.</i>)	پیش رو، جلو
anti-cancer (<i>adj.</i>)	ضد سرطان
anyone (<i>pron.</i>)	(در جمله منفی) هیچ کس، (در جمله مثبت) هر کس
as (<i>conj.</i>)	زیرا، از آن جایی که
asleep (<i>adj.</i>)	خواب
as well	هم‌چنین، هم
avoid (<i>v.</i>)	پرهیز کردن، اجتناب کردن، ممانعت کردن
⇒ avoidance (<i>n.</i>)	اجتناب، خودداری، پرهیز
⇒ avoidable (<i>adj.</i>) (≠ unavoidable)	قابل اجتناب ≠ غیرقابل اجتناب
⇒ unavoidably (<i>adv.</i>)	به طور غیرقابل اجتناب
balanced (<i>adj.</i>)	متعادل
⇒ ≠ unbalanced (<i>adj.</i>)	نامتعادل، نامتوازن
⇒ balance (<i>v., n.</i>)	متعادل کردن، متوازن کردن
be born	متولد شدن
biking (<i>n.</i>)	دوچرخه‌سواری
boat (<i>n.</i>)	قایق
call back (<i>phr. v.</i>)	دوباره تماس گرفتن
calm (<i>adj.</i>)	خونسرد، آرام
calorie (<i>n.</i>)	کالری

candy (<i>n.</i>)	آب‌نبات
carrot (<i>n.</i>)	هویج
cause (<i>v., n.</i>)	سبب شدن، سبب، دلیل
⇒ causation (<i>n.</i>)	رابطه علت و معلولی
⇒ causality (<i>n.</i>)	علیت
⇒ causal (<i>adj.</i>)	علّی، مبتنی بر علت
certain (<i>adj.</i>)	خاص، ویژه، مطمئن
⇒ ≠ uncertain	نامطمئن، نامشخص
⇒ certainty (<i>n.</i>) (≠ uncertainty)	اطمینان ≠ عدم اطمینان
⇒ certainly (<i>adv.</i>) (≠ uncertainly)	به طور قطعی ≠ به طور غیر قطعی
choose (<i>v.</i>)	انتخاب کردن
⇒ choice (<i>n.</i>)	انتخاب
⇒ chosen (<i>adj.</i>)	انتخاب شده
⇒ choosy (<i>adj.</i>)	سخت‌گیر در انتخاب
Come on!	برو بابا!، بی خیال!
condition (<i>n.</i>)	شرایط، وضعیت
⇒ conditional (<i>adj.</i>) (≠ unconditional)	شرطی ≠ غیرشرطی، بی چون و چرا
⇒ unconditionally (<i>adv.</i>)	به طور غیرمشروط
contain (<i>v.</i>)	شامل شدن، شامل بودن

⇒ variable (<i>adj.</i>) (≠ invariable)	متغیر، قابل تغییر ≠ غیرقابل تغییر
⇒ variously (<i>adv.</i>)	به طور متفاوت، به طور متغیر
Vitamin	ویتامین
washing machine (<i>n.</i>)	ماشین لباسشویی
Watch out! (<i>phr. v.</i>)	مراقب باش!
win (<i>v.</i>)	برنده شدن، بُردن
worthy (<i>adj.</i>)	شایسته، لایق، درخور
yet (<i>adv.</i>)	هنوز

واژگان موضوعی

سبک زندگی	
active	فعال
addiction	اعتیاد
balanced	متعادل
calm	خونسرد، آرام
couch potato	خوره تلویزیون
cure	درمان کردن
death	مرگ

depressed	افسرده
diet	رژیم غذایی
disorder	اختلال، بی‌نظمی
drug	دارو
education	آموزش، تحصیل
emotion	احساس
fat	چاق
gain weight	چاق شدن

habit	عادت
harmful	مضر
heart attack	سکته قلبی
heartbeat	ضربان قلب
laughter	خنده
lifestyle	سبک زندگی
normal	نرمال، عادی
physical	جسمی، جسمانی
pressure	فشار
prevent	پیشگیری کردن
protein	پروتئین

snack	غذای مختصر
stress	استرس، اضطراب
فعالیت‌ها و ورزش‌ها	
biking	دوچرخه‌سواری
cycling	دوچرخه‌سواری
fishing	ماهی‌گیری
golf	گلف
hiking	پیاده‌روی
jogging	آهسته دویدن
sailing	قایق‌رانی
skating	اسکیت‌سواری

مترادف و متضاد

Word	Synonym	Antonym
active	—	inactive
almost	nearly	—
anyone	anybody	nobody
asleep	sleeping	awake; sleepless
candy	sweet	—
death	—	life; birth
decrease	—	raise; increase
depressed	—	sad
disagree	—	agree
dislike	—	like; love; enjoy
disorder	—	order
drug	medicine	—
effect	influence	—
enabled	—	disabled
excellent	great	poor
exciting	heart-stopping	boring; unexciting
fat	—	thin

Word	Synonym	Antonym
gain	—	lose
harm	injure	care; help
harmful	—	useful
impatient	—	patient
incomplete	—	complete
keep on	continue	stop
necessary	needed	unnecessary
positive	—	negative
properly	correctly; politely	improperly
shut	close	open
sportsman	athlete	—
thought	idea	—
unsafe	dangerous	safe
various	different	similar; same
win	—	lose
worthy	respectable	unworthy