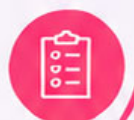


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انگلیسی ۲ یازدهم - درس دوم

A Healthy Lifestyle

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جفتی

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۱۴ ...
عنوان برای متن



A. Look at the people in the pictures. Check (✓) if what they are doing is good for their health.

Now match the pictures with the words and sentences.

a worked b jog c hangs out d eating e surfing f climbed

1. Behzad likes junk food when he's watching TV.

2. Reza is the net.

3. I go out and every morning at 6.

4. Mahdi with his friends on Fridays.

5. They Mount Damavand last year.



تصویرها را از چپ به راست شماره گذاری می کنیم (ردیف اول: ۱، ۲، ۳؛ ردیف دوم: ۴، ۵). علامت ✓ برای کارهای مفید برای سلامتی است.

تطبیق تصویرها و علامت سلامتی

تصویر	کار	حرف	مفید برای سلامتی؟
۱ (دویدن)	jog	b	بله ✓
۲ (دوستان)	hangs out	c	بله ✓
۳ (خوردن تنقلات)	eating	d	خیر
۴ (کوهنوردی)	climbed	f	بله ✓
۵ (کار با رایانه)	surfing	e	خیر

جاهای خالی جمله ها:

Behzad likes **eating** junk food when he's watching TV. ○ 1

Reza is **surfing** the net. ○.2

I go out and **jog** every morning at 6. ○.3

Mahdi **hangs out** with his friends on Fridays. ○.4

They **climbed** Mount Damavand last year. ○.5

کلمه‌ی worked اضافه است و در جمله‌ای به کار نمی‌رود.

Get Ready · تمرین B

صفحه ۵۲

۲

B. In the pyramid below circle the food you eat each day.
Do you think you have a healthy diet? How do you know that?

پاسخ نمونه (پاسخ شخصی است؛ در هرم غذایی این موارد را دایره می‌کنیم):

غذاهایی که هر روز می‌خورم

غذاهای دایره‌شده	طبقه‌ی هرم
rice, bread	نان و غلات
tomato, onion, apple, orange	سبزی و میوه
milk, cheese, egg, chicken	لبنیات و پروتئین
oil	چربی و شیرینی

Yes, I think I have a healthy diet. I eat bread, rice, vegetables, fruits, milk, and some meat every day, and I eat only a little candy and oil. I know that because my food has all the groups of the food pyramid in the correct amounts.

Get Ready · تمرین C

صفحه ۵۲

۳

C. Read the following sentences and use adverbs of frequency (never, sometimes, often, usually, always) to show how often you do them.

1. I work on my computer.
2. I watch TV in the afternoon.
3. I go out and play with my friends.
4. I eat fast food.
5. I walk to school.

Compare your answers with your classmates'.

پاسخ نمونه (شخصی است؛ جای قید تکرار پیش از فعل اصلی می‌آید):

I sometimes work on my computer. ○.1

I usually watch TV in the afternoon. ○.2

I often go out and play with my friends. ○.3

I never eat fast food. ○.4

I always walk to school. ○.5

برای مقایسه با هم کلاسی‌ها می‌توان گفت: I never eat fast food, but my friend sometimes eats it.

Conversation · پرسش‌های شفاهی

صفحه ۵۴

۴

Answer the following questions orally.

1. What does Sina do at home?
2. Is Sina a sportsperson?
3. What is your favorite sport?

He surfs the net, plays computer games, and watches movies. He also eats a lot. ○.1

No, he isn't. He rarely goes out and he doesn't exercise. He is a couch potato. ○.2

My favorite sport is football. (پاسخ شخصی است) ○.3

Reading Comprehension · تمرین A

صفحه ۶۰

۵

A. Read the following sentences. Find each idea in the Reading and then write the number of the paragraph that discusses it.

Having a healthy relationship with others makes our lives better. Paragraph

Addiction is a harmful habit. Paragraph

Paying attention to our food is necessary for our physical health. Paragraph

شماره‌ی بند

بند	جمله
Paragraph 4	Having a healthy relationship with others makes our lives better.
Paragraph 5	Addiction is a harmful habit.
Paragraph 3	Paying attention to our food is necessary for our physical health.

Reading Comprehension · تمرین B

صفحه ۶۰

۶

B. Skim the Reading. Circle the main idea.

- a) Smoking is harmful to health.
- b) Having a healthy and long life needs a careful plan.
- c) Praying gives people a healthy life.

b) Having a healthy and long life needs a careful plan.

دلیل: عنوان درس و جمله‌ی آخر متن (The key point ... is having a plan ...) همین را می‌گویند؛ گزینه‌های a و c فقط جزئی از متن‌اند.

Reading Comprehension · تمرین C

صفحه ۶۰

۷

C. Scan the Reading to find the following information.

- What increases the risk of heart attack?
- How can we check our general health?
- What is the most important factor to have a healthier life?

1. Eating junk food increases the risk of heart attack. ○

2. We can check our general health by measuring blood pressure and heartbeat (and by checking our family health history). ○

3. The most important factor is having emotional health. (Having a plan to take care of our physical and emotional health is the key point.) ○

Vocabulary Development · تمرین A

صفحه ۶۳

۸

A. Read the following words. Circle the prefixes:

disagree midterm uncle
unsafe read image
reality incomplete disorder
unfortunately

پیشوندها

پیشوند	کلمه	پیشوند	کلمه
mid-	midterm	dis-	disagree
in-	incomplete	un-	unsafe
un-	unfortunately	dis-	disorder

کلمه‌های image، read، uncle و reality پیشوند ندارند؛ حروف اول آن‌ها جزو خود کلمه است و معنی پیشوند (مثل «دوباره» در re-) را نمی‌دهند.

B. Read the following words. Circle the suffixes:

scanner powerful homeless

paper replay invitation

cultural famous family

پسوندها

پسوند	کلمه	پسوند	کلمه
-ful	powerful	-er	scanner
-ation (-tion)	invitation	-less	homeless
-ous	famous	-al	cultural
		-y	family

کلمه‌های paper و replay پسوند ندارند.

C. Read the fourth paragraph of the Reading and find five suffixes:

effective → -ive ○ 1

healthy → -y ○ 2

social → -al ○ 3

Sadly → -ly ○ 4

relationships → -ship ○ 5

پسوندهای دیگر مانند -al / -ly / -ive و relatives هم قابل قبول اند.

D. Look at the nouns. Their adjective forms are given in the Reading. Find them.

1. care (par. 1)

2. health (par. 4)

3. danger (par. 5)

4. emotion (par. 6)

اسم و صفت

بند	Adjective form	Noun
-----	----------------	------

par. 1	careful	1. care
par. 4	healthy	2. health
par. 5	dangerous	3. danger
par. 6	emotional	4. emotion

Exercise C · Grammar

صفحه ۶۶

۱۲

C. Tell your teacher how 'present perfect tense' is made.

زمان حال کامل از فعل کمکی have/has + اسم مفعول (قسمت سوم فعل، past participle) ساخته می‌شود.

- برای I, you, we, they و فاعل‌های جمع از have استفاده می‌کنیم: I have started a business.
- برای he, she, it و فاعل‌های مفرد از has استفاده می‌کنیم: Samira has written a letter.
- منفی: have/has + not + past participle (کوته‌شده: haven't / hasn't): She hasn't forgotten the accident.
- سؤالی: Have/Has + subject + past participle ... ? Have you been to Paris?

Exercise D · Grammar

صفحه ۶۶

۱۳

D. Read the Conversation and underline all 'present perfect verbs'.

فعل‌های حال کامل در مکالمه (Sina and Behzad):

- 1. (have not seen) They have not seen each other
- 2. (has called) Behzad has called Sina
- 3. (haven't seen) I haven't seen you since Norooz
- 4. (haven't been) I haven't been there for a long time
- 5. (have bought) I've bought lots of things to eat
- 6. (haven't exercised) I guess you haven't exercised for a long time
- 7. (have gained) I've gained five kilos in three months
- 8. (have read) I've read about this somewhere

E. Read the following paragraph and choose the best verb forms.

I am 55 years old now and I am going to retire this week. When I look back and read the book of my life, I see that I (have-have had) a very interesting life. I was born into a good family. My father was a teacher and my mother was a nurse. They always worked very hard and gave me a normal and healthy life. When I was a kid, I (wanted-have wanted) to become a firefighter. After university, I (join-joined) the Fire Service. I (have worked-work) there for 30 years. It is a really difficult but exciting job. I (worked-work) very hard to become a good firefighter. I (have been-was) in many missions for the past 25 years. But honestly, I don't remember how many lives I (have saved-save) and how many people I (have made-make) happy. Of course one thing I know for sure: I (have enjoyed-enjoy) every minute of my life as a firefighter.

have had ○ 1

wanted (زمان گذشته؛ مربوط به کودکی) ○ 2

joined (زمان گذشته؛ پس از دانشگاه) ○ 3

have worked (با 30 years و ادامه تا حال) ○ 4

worked (زمان گذشته) ○ 5

have been (با 25 years و for the past) ○ 6

have saved ○ 7

have made ○ 8

have enjoyed ○ 9

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توشه‌های برای موفقیت

G. Pair up and talk about the things you have and have not done. You may use 'since', 'for', 'yet', or 'ever' in your questions and answers.

Example: I have studied lesson 4. / I haven't done my English homework yet.

پاسخ نمونه:

I have lived in this city for ten years. ○ 1

I haven't finished my science project yet. ○ 2

Have you ever visited Isfahan? Yes, I have. I have been there twice. ○ 3

I have known my best friend since primary school. ○ 4

I haven't read this book yet, but I have watched its movie. ○. 5

Exercise B (Conversation 1) · Listening

صفحه ۷۰

۱۶

B. Listen to the following conversations and fill in the blanks.

Conversation 1

1. Hamid is on a team.
2. He has quitted the team to

Hamid is on a **volleyball** team. ○. 1

He has quitted the team to **study for his exams / spend more time on his studies**. ○. 2

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Conversation 1 · Speaking

صفحه ۷۰

۱۷

Pair up and ask your friends about the experiences they have had. You may use the verbs in the box.

watch Amir Kabir TV series, read poems of Hafez, play football, make a paper boat, travel to the South

گفت و گوی نمونه:

A: Have you ever watched Amir Kabir TV series? B: Yes, I have. I watched it last year. ○

A: Have you ever read the poems of Hafez? B: Yes, I have. I have read some of them at school. ○

A: Have you ever played football? B: Yes, I have. I play it with my friends every Friday. ○

A: Have you ever made a paper boat? B: Yes, I made one when I was a child. ○

A: Have you ever traveled to the South? B: No, I haven't. Maybe I go there next summer. ○

Exercise B (Conversation 2) · Listening

صفحه ۷۰

۱۸

Conversation 2

1. Farideh wants to
2. Farideh has tried

Farideh wants to **lose weight**. ○. 1

Farideh has tried **different diets** (but they haven't worked). ○. 2

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Pair up and ask your friends about the things they haven't experienced yet. You may use the verbs in the box.

play golf, climb Mount Everest, travel to the moon, take part in the Olympics

گفت و گوی نمونه:

A: Have you ever played golf? B: No, I haven't played it yet. ☐

A: Have you ever climbed Mount Everest? B: No, I haven't. It is very difficult and dangerous. ☐

A: Have you ever traveled to the moon? B: No, I haven't. Nobody has traveled there recently! ☐

A: Have you ever taken part in the Olympics? B: No, I haven't, but I would like to one day. ☐

Exercise A (Gerunds) · Grammar

صفحه ۷۳

۲۰

A. Change the following verbs into gerunds. Then complete the sentences.

write eat travel do

- 1) fast food makes you fat.
- 2) by train is cheap and safe.
- 3) English well is one of my goals.
- 4) regular exercise is useful for everyone.

Eating fast food makes you fat. ☐ 1

Traveling by train is cheap and safe. ☐ 2

Writing English well is one of my goals. ☐ 3

Doing regular exercise is useful for everyone. ☐ 4

Exercise B (Gerunds) · Grammar

صفحه ۷۵

۲۱

B. Change the following verbs into gerunds. Then complete the sentences.

play walk fish do

- 1) My sister enjoys in the rain.
- 2) Mehran loves volleyball.
- 3) My dad goes on Fridays.
- 4) Has she finished her homework?

My sister enjoys **walking** in the rain. ☐ 1

Mehran loves **playing** volleyball. ☐ 2

My dad goes **fishing** on Fridays. ☐ 3

Has she finished **doing** her homework? ☐ 4

C. Using gerunds (as subject and object) make five sentences about yourself, your family or your friends.

پاسخ نمونه:

1. ☐ Swimming is my favorite sport.
2. ☐ My father enjoys reading newspapers.
3. ☐ My sister loves painting pictures.
4. ☐ Cycling and jogging are my brother's hobbies.
5. ☐ My friend Ali has finished writing his homework.

D. Read the following sentences. Which of the underlined words is a gerund?

- 1) They were watching a football match when I called.
- 2) Saeed is cycling in the park right now.
- 3) Farzaneh enjoys watching scientific movies.
- 4) My favorite sport is hiking.

اسم مصدر (gerund) در جمله‌های ۳ و ۴ است:

- 3) Farzaneh enjoys **watching** scientific movies. ☐ (watching مفعول فعل enjoys است.)
 - 4) My favorite sport is **hiking**. ☐ (hiking نقش اسم دارد و بعد از is آمده است.)
- در جمله‌های ۱ و ۲، watching و cycling بخشی از زمان گذشته‌ی استمراری (were watching) و حال استمراری (is cycling) هستند، نه اسم مصدر.

E. Find all gerunds in the Conversation. Which one has come after a preposition?

اسم مصدرها در مکالمه (Sina and Behzad):

- ☐ (Working) Working with computers for a long time makes people sick and depressed.
- ☐ (playing) playing computer games و (surfing) surfing the net
- ☐ (Going, jogging, playing) Going out, jogging, playing football
- ☐ (climbing, walking) for climbing and walking
- ☐ (being) Stop being a couch potato!

اسم مصدری که بعد از حرف اضافه آمده: **climbing** and **walking** (بعد از حرف اضافه ی for). همچنین like surfing the net and playing computer games که در آن like (به معنی «مانند») حرف اضافه است.

Exercise A-1 • Listening

صفحه ۷۹

۲۵

A. Listen to the first part of a report.

1. Complete the sentences based on what you've just heard.

Some people have three bad habits. They are

By making just a few changes in their lifestyle, people

Some people have three bad habits. They are **eating junk food, not doing exercise, and working with technology (computers and mobile phones) for a long time.**

By making just a few changes in their lifestyle, people **can have a healthier and longer life.**

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Exercise A-2 • Listening

صفحه ۷۹

۲۶

2. Listen again and list all 'present perfect tenses'.

have changed ☐

have had ☐

have made ☐

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Exercise B-3 • Reading

صفحه ۷۹

۲۷

B. Now read the rest.

3. Skim the text and suggest a title for it.

با خواندن عنوان، جمله ی اول و آخر هر قسمت: متن درباره ی تأثیر سبک زندگی پرمشغله بر سلامت است.

عنوان پیشنهادی: Busy Lifestyle and Its Problems for Our Health (یا Big City Life and Health Problems)

4. Scan the text and underline all 'gerunds'.

Rushing to and from school and work has made it hard for everyone to be physically active. ○

Watching TV and **working** with technology for long hours have also risked people's health. ○

اسم مصدرها: Rushing، Watching، working. (هر سه نقش فاعل دارند؛ چون Watching و working دو اسم مصدرند، فعل جمع have آمده است.)

C. Work in pairs. Ask and answer.

Name three things people have to change in their lifestyle.

Is it really easy to change our lifestyle?

Why is too much working with technology dangerous?

1. People have to change their eating habits (eating less junk food), do daily exercise, and use technology less. ○

2. No, it isn't. Changing old habits needs a plan, time and a strong will. ○

3. Because it makes people less active, takes the time they need for sleeping, exercising and visiting their relatives, and increases the risk of heart diseases and sleep disorders. ○

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