

واحدیک
Unit 1

استراتژی های خواندن
Reading Strategies



ایران نوشتن

توشه ای برای موفقیت

ought = should = باید

General English Through Reading

شما باید به طور آهسته و تدریجی بخوانید. شما چگونه باید بخوانید؟
 How should you read? You ought to read effectively and efficiently.
 کارشناسان در مهارت های خواندن موافقند (معتقدند) که یک خواننده موثر و کارآمد (کاربلد) بودن بیشتر از دانستن اینکه هر کلمه در متن چه معنی می دهد مستلزم است. (لازم است)
 Experts on reading skills agree that being an effective and efficient reader means more than knowing what each word in the passage means. Experts will disagree on the best ways for a student to improve his / her reading speed. The problem seems to be that the purpose for reading varies from situation to situation, and any advice for students needs to take into account their particular context.

متون ممکن است بر اساس نوع یا سبک (ژانر) طبقه بندی شده باشند.
 Texts may be classified by type or genre, and some may be more familiar than others. We will name some text types.

- Letters and postcards نامه ها و کارت پستال ها
- Magazine advertisements تبلیغات مجله
- Newspaper reports گزارش های روزنامه
- Exam directions دستورالعمل آزمون
- Official reports گزارش های رسمی
- Timetables جدول های زمان بندی

When you start to read a passage you need to ask yourself these three questions:

1. What am I reading?
چه چیزی را دارم می خوانم؟
2. Why am I reading?
چرا من دارم می خوانم؟
3. How am I going to read it?
(به چه صورت) چگونه من قصد دارم آنرا بخوانم؟

Intensive = شدید ، متمرکز

glance = نگاه فشرده انداختن

assume: فرض می شود

Skim = به طور سطحی خواندن

Unit 1: Reading Strategies

Look at the examples in the table.

What?	Why?	How?
A letter from a friend	For pleasure/ لذت information	Read the letter <i>Intensively</i> , that is, read it from the first word to the last word.
A magazine	For pleasure/ information	<i>Skim</i> the magazine that is, glance at the heading and photos.
A train ticket	For information	<i>Scan</i> the ticket, that is, look over it quickly until you find the information you need.

Most experts agree that an efficient reader will find the information he or she needs, and ignore irrelevant information. This assumes that the reader already knows what is relevant and what is not.

Successful readers use all the three methods of reading:

- **Skimming** to get the gist.
- **Scanning** to find particular pieces of information such as names, dates, and statistics.
- **Reading** this information *intensively* to decide on the answer.

Approximately = تقریباً rest = بقیه

deal = داشتن
General English Through Reading

The Reading Strategies

هر پاراگراف باید جنبه خاص از یک موضوع سروکار دارد. در بهترین متون های انگلیسی نوشته شده
 In most well-written English texts, every paragraph deals with a specific
 aspect of a topic. The first sentence of a paragraph usually tells the reader
 what the rest of the paragraph is about so when you are trying to identify
 the main idea of a paragraph, you should read the first sentence
 carefully. Then, keeping the idea of the first sentence in mind, you should
 quickly check the rest of the paragraph, picking up only some of the
 words. This kind of reading is called **skim reading or skimming**. Using
 this technique you will have a general idea of what the writer is saying
 about the topic.

البته، زمانی که شما یک متن را سطحی (سرسری) می خوانید نمی توانید اطلاعات زیادی از متن بگیرید.
 Of course, when you skim read a text, you cannot get as much
 information from the text as when you read it all carefully, but by
 skimming you can quickly get enough information to help you answer
 the question. Remember that efficient use of time is one of the most
 important exam skills.

شما مجبور خواهید بود سرعت خواندن سطحی خود را تنظیم کنید بر اساس اینکه برای رسیدن، متن چقدر برای شما
 You will have to adjust the speed of your skimming according to how
 easy the text is for you to understand. If a paragraph does not have a first

از یک پاراگراف جمله ی اولی که موضوع پاراگراف را به طور سفایفی می دهد، ندارد. شما مجبورید مرور سطحی را
 sentence which gives the topic of the paragraph clearly, you have to skim
 more carefully. But don't forget that you should not read every word-
 reading every word will waste too much time. When you have finished

زمانی که شما خواندن سطحی متن را تمام کرده اید. سوال چهارم به طور سطحی بخوانید
 skimming the passage, skim the questions. You need to know how many
 questions there are and approximately what the questions are about.

انظار داشته باشید که قادر باشید خواندن سطحی را به خوبی فوراً انجام دهید.
 Don't expect to be able to skim well immediately- you will have to
 practice. But most experts agree that it is a very important skill, not only
 for exams but also for all your future reading for study or work purposes.

despite = علی رغم
پشتیبانی برین ، تمرداری ، تاب آوردن ، تحمل شدن = sustain

vapor: بخار
با دقت ، به درستی = accurately

Unit 1: Reading Strategies

سطحی خوانی Exercise 1: Skimming

Skim the following paragraph as quickly as possible and underline the sentence that gives the main point of each paragraph.

Time limit: 1 minute

Astronomers are certain that the Moon cannot sustain life as we know it on Earth. In the first place, the Moon is airless. More accurately, it may have a very thin atmosphere-between 1/10,000 and 1/1,000,000 as dense as that on Earth- but this amount would be little better than none at all. It is not enough to breathe or to carry sound.

Second, the Moon lacks water. If the Moon ever had water, it has long since disappeared and now there were no lakes, no rivers, and (despite names, such as the Sea of Tranquility) no oceans. Without any atmosphere, water would turn to vapor. Because the Moon's gravity is much too weak to hold vapor on its surface, it would float away into space.

Thirdly, without air or water, the Moon has no weather. Clouds, rain or snow never appear in the sky or moisten its surface. The Moon is dry, dead, and a weatherless world.

Finally, temperatures on the Moon are extremes of hot and cold. Days there are 28 earth-days long; therefore, periods of daylight and darkness last two weeks each. For 14 days one side of the Moon bakes in the sun while the other side freezes in darkness.

Because the Moon is an airless, waterless, weatherless satellite with harsh extremes of temperature, no kind of life as we know it on Earth could possibly exist there.

Key words : واژه ها کلیدی : مترادف : Synonym

letter : حرف

General English Through Reading

Step 2: Scanning

The best way to find details quickly is to use **scanning**. Scanning is searching for **key words or synonyms** by looking quickly through the text. Your eyes move across and down through the text without reading in the normal way. For example, you scan when you look for a word in a dictionary. You do not read every word as you search for the word(s) you want.

It is easiest to scan for numbers or words which start with capital letters (such as most names) because these stand out in a text. Scanning is similar to skimming in that you need to jump from sentence to sentence, and paragraph to paragraph.

Exercise 2: Scanning

Scan the passage about sources of vitamins. Answer the questions that follow the text by scanning. Use the names and numbers to find the answer to the questions.

Time limit: 2 minutes

obtain: به دست آوردن

SOURCES OF VITAMINS X

Most vitamins we need are available in sufficient quantities in vegetables and fruits. To give some examples, we need about 50mg of vitamin C per day, and we can get it readily from citrus fruits, tomatoes and green vegetables. Vitamin A (800mcg per day) is also available mainly from green vegetables.

به مقدار کافی
در صورت نیاز
مغزها خانواده مرگات
در اوقات
سبزیجات سبز
مقدار از سبزیجات سبز قابل استفاده است
۸۰۰ میکروگرم در روز

Some vitamins, however, can only be found in sufficient quantities in animal products. For example, vitamin B12, of which we need about 2mcg per day for healthy red blood cells, is usually obtained from liver, sardines and eggs. The 15mg of niacin we need is most readily obtained from lean meats and fish. (Vitamin B3)

واردده های حیوانی
برای سلول های قرمز خون سالم
به دست آمده
جگر سینه
ماهی ساردین
۱۵ میلی گرم نیاسین

Vitamin D is unusual in that it is usually produced by our own bodies after receiving sunlight on our skin. Then growth and development of bones and teeth relies partly on us having 10mcg of vitamin D per day.

رشد و نمو

1. What is one source of Vitamin A?

.....green vegetables.....

2. We need 15mg per day of which vitamin?

.....vitamin B3.....

3. We need 2mcg per day of which vitamin?

.....vitamin B12.....

4. How much Vitamin D should we have per day?

.....10 mcg per day.....

Step 3: Reading Intensively

Reading intensively is one section of the passage to understand what is needed to answer the question.

After you have scanned and located your information, you must read those sentences intensively. Reading intensively is different from skimming and scanning. When you skim and scan you only need to understand some key words: the subject, verb and object. Now it may be necessary to understand every word.

Exercise 3: Reading Intensively

Answer the questions below. Scan the passage about sources of vitamin. Use no more than four words in each answer.

Time limit: 30 seconds

1. What is one source of Vitamin B12?

.....

2. Which Vitamin is unusual? How?

.....

Remember – follow this three – step reading strategy:

- **Skim** the passage and the questions to get a quick general understanding.
- **Scan** the passage to locate the information you need to answer each question.
- **Read** this information **intensively** so that can answer the questions.

ایران توفنتی

توشه ای برای موفقیت



ایران توانمند

توشه ای برای موفقیت

Unit 2

Reading Skill



ایران توشه

توشه ای برای موفقیت

There is one main skill that will help you a lot when you read generally:
understanding the words.

Understanding the words

When you skim and scan it is not necessary to understand every word in the passage. Usually, however, you must know the meaning of key words if you want to understand the main points of the passage.

You should begin a program of vocabulary development and aim to learn a few words a day. Expanding your vocabulary is important not only for your reading, but also for your writing, speaking, and listening skills.

Guessing the Meaning of Words: A Useful Strategy

While you are reading, you will probably find many words you do not understand. However, this does not have to be a problem. Firstly, you should decide whether the word is important for you. Understanding the word may not be necessary to answer the question. If you think the word is important, there are many strategies you can use to help you guess the meaning of a word.

anti dis establish mentarianism →
 Pref. دستوند, root ساختن, suffix سوز

بدرين کلمه انگليسي

Unit 2: Reading Skill

Guessing Strategies:

Look at the context

Often you can guess the meaning of a word from the other words around it.

Check the parts of speech of a word

Knowing whether the word is a noun (singular or plural), verb, adjective or an adverb can help you to decide on its meaning within the context. Also, you may already know one form of the word (e.g. the noun nation) but not the others (e.g. the adjective national, the noun nationality, or the verb to nationalize), so you should look closely at the root word to give you a clue.

Use your previous knowledge of English

You may have seen the word in a different context. You can use your previous knowledge and the new context to work out the meaning. Or you may know the separate parts of a word, but may be unfamiliar with the word as a whole. You can use this knowledge to help you work out the meaning.

Look for any linking words or discourse markers

Linking words or discourse markers- such as however, but, therefore, for example, so that, finally- may help to indicate the meaning of a particular word.

Ispring by spring with spring in spring.

من بهار کارم با فرد در بهار

استفاده از دانش زمینه ای کل خود.
Use your general background knowledge

Your knowledge and experience about what is منطقی logical or illogical can help you to guess the meaning of some words.

Guessing is an important strategy when reading at university or college. Try this strategy in the following exercise. Try to work out the meaning of the underlined words using the strategies described above. Choose the correct answer a, b or c.

Exercise 1: Reading Strategies

Read these examples and answer the questions.

1. While only 5 percent of Americans over 65 currently reside in nursing homes, that percentage rises sharply with age. Twenty-two percent of persons aged 85 and older live in nursing homes.

- a. live
b. work
c. visit

2. According to national estimates, one year in a nursing home costs an average of \$22000, and this is expected to increase more than double by 2018. Given that the main income for Americans aged 65 and older is currently \$19000, nursing home care would exhaust the assets and available income of most elderly people in just one year.

- a. tire out
b. use up completely
c. pay for

3. But how will such an insurance be funded- publicly or privately?
به طور علنی یا خصوصی

While some groups urge a publicly funded program, there are grave doubts about the willingness of taxpayers to pay for a public program.
در حالی که برخی گروه‌ها خواهان یک برنامه تأمین مالی دولتی هستند، اما شک و تردید جدی وجود دارد که آیا دهنندگان مالیات حاضرند برای یک برنامه عمومی هزینه کنند.

- a. very few
- b. serious
- c. no

4. Individuals would thus still be responsible for footing the bill for their own long-term care.
بنابراین افراد همچنان مسئول پرداخت هزینه‌های مراقبت بلندمدت خود خواهند بود.

- a. Paying
- b. Counting - شمردن - حساب کردن
- c. Writing

urge : خواستار شدن

the report says: گزارش می‌گوید.

General English Through Reading

آملان کران

Exercise 2: Read the paragraph about "The Coming Crises in Long-term Care" and answer the questions.

Many people still mistakenly believe that Medicare covers long-term chronic care, the report says. But Medicare typically covers hospital and physicians' costs for acute illness or injuries and covers nursing-home stays of no more than 150 days. Awareness of Medicare's limitations is growing, however, and more people now see some form of long-term care insurance as desirable to protect against financial ruin.

بیمه درمان بلند مدت

برای حفاظت کردن در برابر ورشکستگی مالی.

ruin = ورشکستگی

1. What is the main idea of this paragraph?

.....

2. Many people believe that Medicare covers long-term chronic care. True False

3. What do the following words mean?

A. insurance:

B. financial:

C. typically:

D. illness:

ایران توشه

توشه ای برای موفقیت

happy (بشورند / شاد) → happy (adj) ⇒ unhappy (adj)
 مترادف: شادمان, شادمانه
 همکار: شادمانه
 happily (شادانه)

Unit 3

Word Formation (1)
 - Cide (کشتن)
 sui/cide (خودکشی)
 patri/cide (پدرکشی)
 mater/cide (مادکشی)
 frat/cide (برادرکشی)
 sorori/cide (خواهرکشی)
 regi/cide (شاهکشی)
 pesti/cide (آفتکشی)
 insecti/cide (حشرهکشی)
 genicide (کشتار دسته‌جمعی)
 homicide (آدم‌کشی)
 infanticide (کودک‌کشی)



توشه ای برای موفقیت

clue = سرنخ، راهنمای

i.e. id est = that is → یعنی

General English Through Reading

Guessing the meaning of words (using context clues) and looking up in a dictionary are two ways to discover the meaning of an unfamiliar word.

Another way is word analysis, i.e., looking at the meanings of parts of words. Many English words have been formed by combining parts of older English, Greek, and Latin words. If you know the meanings of some of these word parts, you can often guess the meaning of an unfamiliar English word.

Learning the use and meaning of words in English can be made easier, and even enjoyable, if you understand something about this way in which many English words are formed. If you study them carefully, you will increase your knowledge of words.

(The stem of a word is its basic form, the fundamental element which is common to all the other forms of the word. A prefix is a form which is fixed to the beginning of a stem; suffix is a form which is fixed to the end of a stem. For example:)

انتزهای یک ریشه	اندازه گیری	Stem=measure
قابل اندازه گیری		Suffix=measurable
غیر قابل اندازه گیری		Prefix=immeasurable

A prefix usually changes the meaning of a word, while a suffix usually changes its part of speech. For example, the suffix -able changes verbs into adjectives (breakable, enjoyable). The prefix im- changes the meaning to the opposite: measurable means "capable of being measured"; immeasurable means "not capable of being measured".

The English language makes frequent use of this method of word formation. Notice the numerous words formed on the stem, act.

واژه های متعدد تشکیل شده
شاخه

Geo + logy
 زمین شناسی
 stem suffix

ترجمه درس 6 + خلاصه درس
 Unit 3: Word Formation (1)

Prefix + act	act + suffix	prefix + act + suffix
react (واکنش نشان دادن)	action	reaction
enact (تصویب)	active	enactment
reenact (تصویب دوباره)	actively	reenactment
interact (تفاعل)	actionless	reactor
transact (داد و ستاد کردن)	actable	reactive
	activity	reactivate
	activate	reactivation
	activation	interaction
	actor (بازیگر)	transaction
	actress (بازیگر زن)	inactive (غیرفعال)
		inaction

check by
 Dictionary

اثر متقابل

غیرفعال

Bible
 کتاب مقدس

automation = کنترل و هدایت دستگاه به صورت خودکار

By learning only a few prefixes, stems, and suffixes, you will be able to recognize or guess the meaning of hundreds of English words. Below is a list of some commonly occurring stems. Study their meanings.

Stem	Area of meaning	Examples
Auto	self (خود)	automatic - auto/mobile - Autoplay - Autocook
Bibl	book (کتاب)	Bibliography - biblio/pole - bibliophile
Chron	time (زمان)	chronometer - chronology - chronology
Cycl	wheel, circle (چرخ)	bicycle - tricycle - recycle
Dic, dict	say, speak (نقش)	dictation - dictate - dictator
Duc, duct	lead (هدایت)	conduct - conductor
Fac, fact, fect	do, make (ساختن)	factory - defect - manufactory
Geo	earth (زمین)	geology - geography - Geometry
Log, logy	speech, word, study (تدقیق)	biology

psychology
 anthropology
 dictate = دیکته کردن
 autograph: امضا کردن

telescope (تلسکوپ) Unpredictable (غیرقابل پیشگویی) Un-organizable (غیرقابل سازماندهی) organ (ساز) 12 able (توانمند)

internationally (بین‌المللی) General English Through Reading

inter
nation
al
ly

Stem	Area of meaning	Examples
Man, Manu	hand	manual - manu/script - manu/facture
Mit, Miss	send	transmit - transmission
Multi	many	multivitamin - multilingual
Phil	like, love	philosophy - philanthropy
Phon	sound	telephone - phonetics
Scrib, Script	write	Inscribe; scripture - transcription
Tele	far, distant	television

tele commute (تله کامیوٹ) tele pathy (تله پاتی) Telephone (تلفون) telecabine (تله کابین) tele/ski (تله اسکی)

Exercise 1: Underline the stem in each word and write its meaning in the space provided.

synonym (هم‌معنی) sympathy (همدلی)

- Telephone Tele/phone
- Dictaphone Dicta/phone
- Manufacture Manu/facture
- Bibliography Biblio./graphy
- Conductor con-duct-or
- Prediction pre./dict/ion

harmony: سازگاری، هماهنگی

transcription: رونویسی

تله کامیوٹ: کار کردن در هتل از طریق کامپیوتری
که به تل اشتغال متصل است.

Exercise 2: Select the best meaning of the underlined words.

1. He is a bibliophile.

(a) lover of books

نویسنده، مؤلف
b. author

c. book publisher

d. librarian کتابدار

2. He collects autographs.

a. automobile pictures

(b) personal signatures → امضاء شخصی

نمودارها و نقشه‌ها
c. charts and maps

d. handwritten books

3. Geology is the study of.....

a. the universe

b. rock formations

(c) earth's rocks, crust, etc.

d. weather study

از نظر رویداد تاریخی و ترتیب زمانی

4. Events told in chronological order

رنگین

a. colorful

ب) time ✓

سبب تشویش

c. confusing

واقعی

d. realistic

دوستدار علم

5. A philologist is one who

a. studies mankind

ب) enjoys words

فزانلی

د) loves wisdom

d. speaks correctly

ایران توتنته

توشه ای برای موفقیت

نوشته شدن
نوشته شدن
جاودیدان

Unit 3: Word Formation (1)

اول
صیغه جدید
قبل
زنگر شده
وند

An affix as mentioned before is a word part attached to the beginning or to the end of a stem to make new derivations. A word can take more than one affix. There are two kinds of affixes in English, namely prefixes and suffixes. Prefixes are attached to the beginning and suffixes are added to the end of the stem. The most common prefixes are presented in this unit. The next unit will be devoted to common suffixes. If you study them carefully, you will increase your knowledge of words.

Prefixes

1. Some Common Negative Prefixes: These prefixes show a negative, an opposite, or a lack of meaning.

a: atypical ^{غیر معمولی} a/social ^{اجتماعی} a/normal ^{عادی}

ab: abnormal ^{غیر عادی} ab/duct ^{آدم ربایی} ab/use

anti: antibiotic ^{ضد میکروبی} anti/virus ^{ضد ویروس} -anti/tank ^{ضد تانک} -anti person ^{ضد فرد} -anti/freeze

de: depress, deform ^{تضعیف، تغییر شکل} -de/crease \neq increase ^{کاهش} -de/duct \neq induct ^{کاهش} -de/fer

dis: dislike ^{نابکار} -dis/honest ^{غیر صادق} -dis/like ^{نابکار}

il: illegal ^{غیر قانونی} -illegible ^{غیر قابل خواندن} legible ^{قابل خواندن}

im: impossible ^{غیر ممکن} -imperfect ^{ناقص} -immortal ^{جاودان}

in: incomplete ^{ناقص} -inappropriate ^{نامناسب} respectful ^{محترم}

ir: irregular ^{نامنظم} irresponsible ^{مسئولیت نداشتن} -irrespectful \neq respectful

non: nonsmoker ^{نکونسیگار} nonalcoholic ^{غیر الکلی} mortal ^{مردنی، فانی}

un: unfair ^{غیر منصفانه} immortal ^{جاودان}

post posterity (پس از) ante antecedent (پیش از) submarine (زیر دریا)
 post-match (پس از بازی) ante-match (پیش از بازی) bigamy (دو ازدواج)
 post-natal (پس از تولد) ante-natal (پیش از تولد)

post-modernism (پسا مدرنیسم) ante-natal (پیش از تولد)

2. Some Common Prefixes of Numbers and Location

Prefix	Meaning	Example
bi	two	bilingual - bicycle - bisect - bigamy
di	two; twice	dioxide - dialogue
inter	between; among	international - internet
mono	one; single	monorail - monolingual - monologue
multi	many	multivitamin
poly	many	polygone - polytechnic - polygamy
sub	under; below; less important	subway - submarine
trans	across; showing a change	transform - subtitle
tri	three	transport - transfer - transition - translator - transistor - tricycle - Tripool - Trilateral
uni	one; single	unique - unidirectional

3. Some Common Miscellaneous Prefixes

Prefix	Meaning	Example
bio	concerning living things	autobiography - biology - biography
co	with; together	coworker - cooperate
ex	former	ex-wife - ex-manager - ex-president
mal	bad or badly	malady - malfunction - malfactor
mis	bad or badly	misbehave - misunderstand - misbehavior
post	after	postmodern
pre	before	preliminary - predict - prefix
re	again	rewrite - reread - review - replay - recycle
super	above; more than	superpower
to be		wife to be - husband to be - president to be - father to be

groom to be

mis understanding : سوء تفاهم

tri lateral
سه جانبه - سه ضلعی

Unit 3: Word Formation (1)

Exercise 3: Write the prefix that forms the opposite of these words.

.....un happy

بی گامه

.....i.r. regular

.....ll. legal

.....dis.. honest

نامرتق

.....un. employ^دed

.....in. correct

.....non alcoholic
بدون الکل

.....im. patient
عجز

.....un. necessary

.....un. pleasant
ناخوشایند

.....in formal
غیر رسمی

.....unusual

Exercise 4: Use each of the prefixes in two new words.

1. re ..replay... ..reaction

2. inter inter.national inter.view

3. co coop.era.tion co.worker

4. mal mal.function ..mal.ad.just

5. sub ..sub.way..... ..sub.title.....

6. multi ..multi.vitamin ..multi.vitamin

7. tri ..tri.cycle..... tri.state.....

8. trans ..trans.form..... ..trans.port.....

9. ex ..ex.manager ..ex.iting.....

10. di ..di.oxide..... ..de.acid.....

General English Through Reading

Exercise 5: Complete the following sentences with the given words below. Use each word ONCE.

unfriendly	bilingual	supersonic	impolite	dishonest
informal	cooperating	tricycle	prehistoric	multimillionaire

1. She steals. She tells lies. She's completely... dishonest.
2. She didn't say "please" or "thank you". She was very... impolite.
3. His father is Greek and his mother is Italian so he's... bilingual....
4. Small children ride..... tricycle....., not bicycle.
5. Concord is a supersonic. plane. It flies faster than sound.
6. He's incredibly rich. He's certainly a multimillionaire.
به طور باور نکردنی
7. Dinosaurs lived millions of years ago in... prehistoric.... times.
8. Germany and France are... cooperating..... on the design of a new space rocket.
همکاری
9. He doesn't like the children in his new school. They're rather unfriendly.
10. It's not a special occasion. Just wear ordinary, informal clothes.
عادی

A decorative banner with a scroll-like border containing the text "Unit 4".

Unit 4

Word Formation (2)



ایران

توشه ای برای موفقیت

Suffixes ^{سوزرها} are word parts which ^{ظاهری شوند} appear after the stem and normally form new words with different meanings. Unlike ^{منها} prefixes which do not change the part of speech of the words, suffixes usually change a word from one part of speech to another. To learn them better, they have been ^{تقسیم شده اند} divided into three main categories: **Verb Makers, Noun Makers, and Adjective Makers.**

* * 1. Verb Maker Suffixes

^{سیارند} They can be added to many nouns and adjectives to form verbs. Some common verb maker suffixes are as follows:

Suffix	Example
- ate	activate ^{به کار انداختن - فعال کردن}
- en	darken ^{تیره شدن - تاریک شدن}
- (i) fy	purify ^{تصفیه کردن ، پاک کردن}
- ize (-ise)	finalize ^{به پایان رساندن}

Exercise 1: Change the following adjectives and nouns into verbs.

- Legal ^{قانونی کردن} Legalize.....
- Ideal ^{ایده آل پنداشتن} Idealize.....
- Ripe Ripen.....
- Familiar ^{آشنا کردن} Familiarize.....
- Short ^{کوتاه کردن} Shorten.....
- Strength ^{قوی تر شدن} Strengthen.....

Exercise 2: Complete the following sentences with the given words below.

قوی تر شدن strengthen	رسیده شدن ripen	شناسایی کردن identify	عذر خواهی کردن apologize	کاهش دادن lessen
--------------------------	--------------------	--------------------------	-----------------------------	---------------------

1. These apples *ripen* in June.
2. They plan to *strengthen* the bridge by building more stone supports.
3. The police are trying to ...*identify*... the body.
4. You can ...*lessen*..... the *خطر دزدی* risk of theft by locking your bicycle.
5. I must ...*apologize*... for being late.

*
2. Noun Maker Suffixes (1): These suffixes are added to verbs.

Suffix	Example
- al	arrival <i>ورود</i>
- ance; - ence	performance; dependence <i>عملکرد</i>
- ar; - er; - or	beggar; actor; manager <i>لدا، فقیر دست</i>
- ion; - sion ; - (a) tion	addiction; discussion; competition <i>اعتیاد بحث مسابقه</i>
- ment	arrangement <i>تعمیرات</i>
- ure	pressure <i>فشار</i>
- y	army <i>ارتش</i>

verb + suffix
arm + y → army
سلاح + ی = ارتش

Exercise 1: Use suffixes and change the following verbs into nouns. Some verbs may take more than one suffix.

1. Propose ...proposition ^{تراره}

2. Confuse ...confusion

3. Direct ...Director - Direction

4. Consider ...consideration

5. Agree ...agreement

6. Govern ...Government

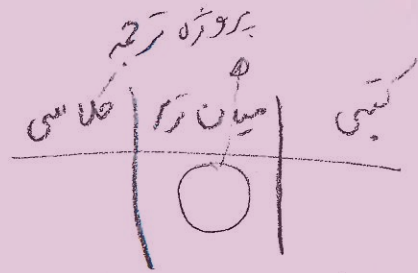
7. Fail ...failure

8. Deliver ...Delivery ^{توکیل دادن}

9. Attend ...Attention ^{توجه کردن}

10. Deny ...Denier...

verb suffix
govern + ment → government. دولت
حکومت کردن



ایران تونش

توشه ای برای موفقیت

Exercise 2: Complete the following sentences with the words given below.

ترجمه ثابت شده
 کند
 4 داده می شود

signature	obedience	entrance	arrival	advertisement
qualification	discovery			

- There was a newspaper for a job as a typist.
- Is a degree a necessary for this job?
- Thousands of people were at the airport for the President's
- The of America was made in 1492 by Christopher Columbus.
- The to the park is through that gate there.
- Police dogs are trained to a high standard of
- The at the bottom of the letter was impossible to read.

3. Noun Maker Suffixes (2):

These suffixes are added to adjectives.

Suffix	Example
-(i) ty	activity
-ness	kindness
-ism	idealism

ایران نوشتی

Exercise 1: Change the following adjectives into nouns.

1. Real ..reality واقعیت
2. Human ..humanity انسانیت
3. Curious ...curiosity حس کنکاوی
4. Happy ..Happiness خوشحالی
5. Thick ..thickness ضخامت
6. Pure ..purity پاکی

Exercise 2: Complete the following sentences with the words given below.

equality	<u>baldness</u>	<u>happiness</u>	<u>curiosity</u>	<u>weakness</u>
برابری	طاسی	خوشحالی	کنکاوی	ضعف
	تلون مو			

1. The birth of their daughter brought them a lot of happiness ..
2. His major problem is the weakness... of his character.
شخصیت
3. The children looked at the foreign stranger with curiosity...
غریبه های خارجی
4. He is worried about his increasing baldness... he might get a wig.
طاه کیس
5. Men and women should have equality... of pay and opportunity.
تفرق
فصت

4. Adjective Maker Suffixes (1):

These suffixes are added to nouns.

Suffix	Example
- al	personal
- ful	powerful
- ic	historic
- ical	grammatical
- ish	childish
- less	powerless
- ous	dangerous
- y	cloudy

Exercise 1: Change the following nouns into adjectives.

Some may take more than one suffix.

- National.....
- Islamic.....
- Universe.....
- Selfish...
- Homeless...
- Skillful.....
- Famous.....
- Wonderful.....
- Sunny.....
- Careful.....

Exercise 2: Complete the following sentences with the words given below.

grammatical hopeful useless artistic psychological rainy

1. She paints and draws. She's very artistic.....
2. Physically he was unhurt, but he suffered from psychological damage.
رنج کشنده
3. He speaks Spanish fluently but with some grammatical mistakes.
بظرف روان
4. It's been dry for two weeks but I think next weekend will be...rainy...
5. This pen won't write at all. It's completely useless ..
6. We are hopeful that the missing child will soon be found.

5. Adjective Maker Suffixes (2):

These suffixes are added to verbs.

Suffix	Example
- able; - ible	payable; <u>digestible</u> <i>قابل هضم</i>
- ant; - ent	excellent; resistant
- ive	<u>selective</u> <i>معاوض - انتخابی</i> <i>فروش سلیقه</i>

Exercise 1: Change the following verbs into adjectives.

Some may have more than one adjective.

1. Agree Agreeable
2. Attract ..Attractive
3. Confide ..Confident
4. Remark .Remarkable قابل توجه، جالب
5. Please ..Pleasant دلنیز
6. Sense ...sensible معقول، بارز

Exercise 2: Complete the following sentences with the words given below.

changeable destructive curable protective available

1. Firemen wear ^{protective} clothing, otherwise they would get burnt.
2. England weather is very ^{changeable} It's often different from day to day.
3. Nuclear weapons are terribly ^{destructive}
4. Fortunately the cancer was ^{curable} and she is now well again.
5. There are no tickets ^{available}

Exercise 3: Summary of word forms. Complete the following chart. If you are not sure of the correct form, check your dictionary.

Noun	Verb	Adjective	Adverb
imagination	imagine	imaginable	imaginably
	complete		
	convince	convincing	
excellence	excellent		satisfactorily
	exceed		
repetition	repeat	repeated	
consideration	consider	considerable	
	succeed		
		separate	
	persuade		
decisiveness	-	decisive	decisively

قاطعیت

قاطع

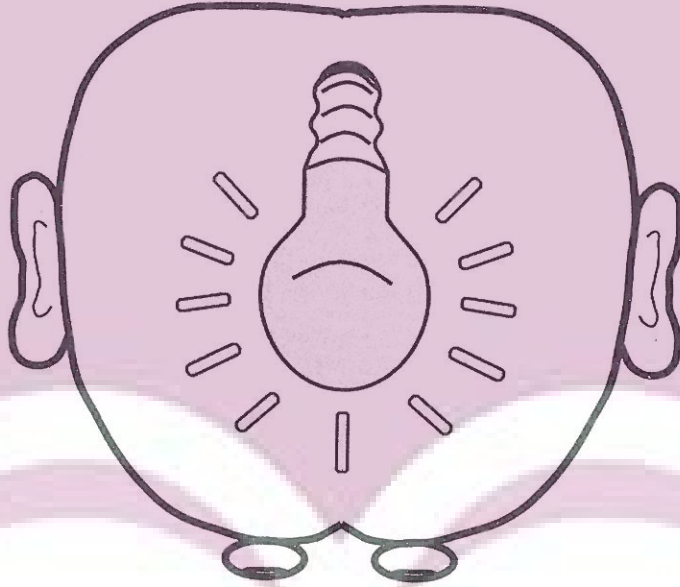
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توشه ای برای موفقیت

5 sense	1-auditory	شنوایی
	2-visual	بینایی
	3-taste	چشایی
	4-olfactory	بوایی
	5-tactile	لامسه

Unit 5

For Better Grades Use Your Brain



Pre- Reading

A. Think about these questions!

1. How does the brain save new information?
2. What is your learning strategy?

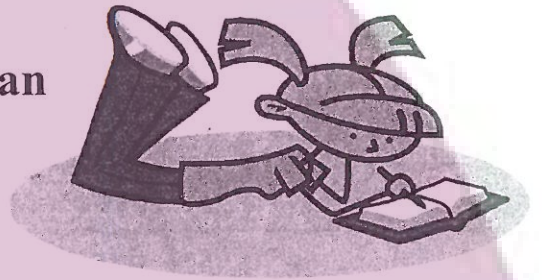
ایران توفیق
توشه ای برای موفقیت

B. Match the words with their definitions or synonyms.

- | | | |
|---------------------|----------------------|---|
| 1. resolution (a) | تصمیم، قول | a. a promise to your self to do something |
| 2. illustration (c) | مسال، عکس | b. read a loud |
| 3. recite (b) | بلند خواندن | c. parts |
| 4. components (c) | اجزاء | d. penetrate |
| 5. soak (e) | تغوذ کردن، خیس خوردن | e. picture |



X C. First guess the answer. Then scan the passage quickly to check your answer.



Scientists have found that we have different kinds of memory.

a. two

b. three

conditional sentence.



Unit 5: For Better Grades Use Your Brain

For Better Grades Use Your Brain!

برای نمره بهتر از مغز استفاده کنید.
 If you're like most students, you probably started this new academic year with a resolution to study harder. Now, science can help you keep your resolution. Recent discoveries in brain research point to better ways to learn.

چگونه مغز اطلاعات جدید را ذخیره می کند؟ فکر کنید درباری آفرین باری که شما یک شماره را در دفتر تلفن حس می کردید و با آن تماس برقرار می کردید. آیا می توانید بعدتر آن شماره را به یاد آورید؟ احتمالاً نه! دلیل آن این است که آن در حافظه کوتاه مدت شما است. it's in your short-term memory.

حافظه ما در واقع سه جزء دارد. حافظه حسی اطلاعات را از پنج حواس ما می آورد. Our memory actually has three components. Sensory memory takes in information from our five senses, but these memories last just a few seconds.

حافظه کوتاه مدت مانند یک منطقه نگهداری برای اطلاعات جدید کار می کند. Short-term memory works like a "holding area" for new information; that's where you keep the phone number while you dial it. But if you can put the phone number into long-term memory, you'll remember that same phone number next week. This part of your memory holds everything from irregular verbs to the names of all your cousins.

اسامی همه پسرعموهایتان را نگهداری می کند. When you study, you transfer new information into long-term memory. Every time we learn something new, the structure of the brain actually changes, as we build new connections to information that we already know. When there are more connections to the new information, it's easier to find it again.

توهمان متر چهار نکته‌ی طبیعی برای مطالعه‌ی موثر کشف کرده‌اند.
Brain researchers have discovered four key points for effective study.

- Make an effort. The brain remembers better when we are interested in the subject, already know a little about it, and know we will need the information in the future.
زمانی که به موضوعی علاقه مند می شویم، متر بهتر به یاد می آورد. تلاش کنید.
الزون یک مقداری درباره‌ی آن می دانیم و می دانیم که به اطلاعاتی در آینده نیاز خواهیم داشت.

- Find the most important information and organize it. Your brain can process only a limited amount of information at one time, so don't try to remember every detail. When studying a textbook, look for titles, headings, and illustrations to show you the main ideas.
مهمترین اطلاعات را پیدا و سازماندهی کنید. متر شما می تواند فقط یک مقدار محدود شده از اطلاعات را در یک زمان پردازش کند. بنابراین سعی نکنید هر جزئیاتی را به یاد بیاورید. حفظی که یک کتاب درسی را مطالعه می کنید. عناوین، سر فصل و تصاویر را برای نمایان کردن ایده‌های اصلی به خواننده جستجو کنید.

- Make the new brain connections stronger. One technique is to recite the ideas out loud in your own words. This is the most powerful way to transfer information from short-term to long-term memory. Another method is drawing a picture of the information, to activate the visual part of the brain.
ارتباطات مغزی جدید را قوی تر سازید. یک تکنیک از حفظ خواندن اطلاعات با صدای بلند یا تلفظ خودتان است. این قدرمندترین روش برای انتقال اطلاعات از حافظه کوتاه مدت به حافظه بلند مدت است. روش دیگر نقاشی کشیدن از اطلاعات است. برای فعال کردن قسمت بصری مغز، تصویر، دیراسی

- Give the new material time to soak in your brain that has to build new physical connections. For this reason, it's better to study for several short sessions than one long one. And cramming the night before a big test doesn't help.
زمان به مغز (زحمت برده) بچونبات جدید که ارتباطات فیزیکی جدید ایجاد کرده است در مغزتان لغز کند (بنشینند) به این دلیل که مطالعه در طول چندین جلسه کوتاه بهتر از یک جلسه طولانی است.
و یادگیری با سبک (سرهم درس خواندن) در شب قبل از یک امتحان بزرگ کمک نمی کند. حشرده با سبک

By understanding how the brain works, and following these four tips, you can make this your most successful academic year ever.
با فهمیدن اینکه مغز چگونه کار می کند و پیروی از این چهار نکته، شما می توانید بهترین سال تحصیلی که تا به حال داشته اید.

Unit 5: For Better Grades Use Your Brain

Reading Comprehension Exercises

A. Read the sentences below. State whether they are true or false.



1. When we learn new facts, we save them in our sensory memory. f
2. You remember better if you study a short time before a big test. T
3. Our brains change physically when we learn new information. F
4. Saying new information out loud is a good way to remember it. T
5. You need to remember all the small details to really learn a subject. F

B. Read the passage again and answer the questions. Circle your answers.

1. What is the main idea of the passage?
 - a. How to create a word web
 - b. How to improve our learning ✓
 - c. We have three different kinds of memory
 - d. Recent discoveries in brain research



2. When we look up a phone number, we put it in our memory and when we want to remember information for a test, we must put it in our memory.
- a. Sensory – short
 - ✓ b. Short- long
 - c. long - short
 - d. short – short
3. Which of the following points ^{توصیه نشده، گویز نشده است} is not recommended in learning?
- a. Reading aloud
 - b. Drawing a picture
 - c. Organizing the materials
 - ✓ d. Silent reading
4. When we learn something new, our brains build new inside.
- a. information
 - ✓ b. connections
 - c. changes
 - d. process

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توشه ای برای موفقیت

C. Answer the following questions.

1. How does the brain save a phone number?
2. How does your brain save new information?
3. How does the brain make new connections?
4. Retell the passage using your own words.



D. After you read, answer the questions below.

Share your answers with a partner.

1. What's another component of a healthy life?
2. Can you recommend some other effective ways to study?

My WORD Vocabulary Exercises

A. Fill in the blanks of the following sentences with the most appropriate words from the box below.

فرودیدن در آب موثر، کارآمد حس
soak cram effective activates sense
زیاد خواندن فعال کردن

1. I have to for my chemistry test tomorrow.
مجبورم
2. The less expensive drugs were just as effective in treating arthritis.
درمان آرتروز
3. To achieve a better result in washing, one should the dress in soapy water.
دست یافتن
4. Dogs have an incredibly keen sense.... of smell.
بسیار تیز بریایی
به طور مبالغه‌آمیز
5. This button activates.. the car's alarm system
دکمه سیستم هشدار

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توشه ای برای موفقیت

B. The words in italics are vocabulary items from the reading. Read each question or statement and choose the correct answer.



1. Some مؤلفه‌ها *components* of a healthy life are

- ✓ a. exercise and a good diet دریغ
- b. smoking and drinking alcohol

2. Two of our *senses* are

- a. walking and talking
- ✓ b. seeing and tasting

3. If you *transfer* your money at the bank, you

- a. save it in one place
- ✓ b. move it from one account to another

4. If you make تلاش *an effort* with something you

- ✓ a. try hard
- b. are lazy

5. If you use *effective* ways to study, your grades will be.....

- ✓ a. good
- b. poor

6. If you *activate* something, you

- ✓ a. make it ready to use
- b. stop using it

7. One *technique* for remembering new English words is

- ✓a. writing them in a notebook
- b. to take an exam

8. You *look up* the spelling of a word. You
فقاء کردن

- a. say it aloud
- ✓b. find it in your dictionary

C. Find a word in the reading which means:

- 1. maybeprobably..... (para. 1)
- 2. جز parts ...components..... (para. 3)
- 3. useful ...effective..... (para. 6)
- 4. find out ...discovere..... (para. 6)
- 5. study too muchyam..... (para. 10)





D. Complete each sentence with the correct word on the left. Make changes if necessary.

- activate (v) a. This button ...activates the car's alarm system. activates ^{بوم شخص}
- active (adj) b. Jamie is a very ...active... little kid. active → صفت
- activity (n) c. There are extracurricular ...activities... at the school. → اسم
- illustrate (v) a. Pictures illustrate some of the ways in which rocks are formed. ^{عنوان بر نامه نشان می دهد}
- illustration (n) b. When studying a textbook, look for headings and illustrations... to show you the main ideas. ^ا
- illustrative (adj)
- effect (v) a. The less expensive drugs were just as effective in treating arthritis. ^{صفت}
- effect (n) b. ^{بر خلاف بسیاری از دانشوران دانشگاه} Unlike many academics, she can communicate her knowledge effectively. ^{استقال دهد}
- effective (adj) c. Most people are aware of the harmful ...effects... of smoking. ^{آز جمله بودید که استیم}
- effectively (adv) d. His job ...effect... his life. ^{صفت + ا}

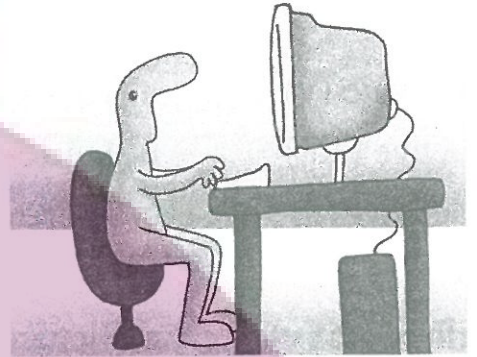
E. Find a Persian equivalent for the following idioms.

مجبب كن و متن از تو خواستن مجبب كنى

1. Speak when you are spoken to.

2. What is done cannot be undone.

آءنءه اءءام مءءءه نءءءونه اءءام نءءءه



اىرآن ءقوئءه

Unit 6

مقنار به شكلات Addicted to Chocolate



پیش خواندن Pre-Reading

A. Think about these questions!

1. How often do you eat chocolate?
2. Is it healthy to eat chocolate?

کلمات را با تعاریف یا مترادف آنها مطابقت دهید.

B. Match the words with their definitions or synonyms.

- | | | | |
|--------------|----------------|---|--|
| اعتیاد | 1. addiction | b | رها کردن چیزی به بیرون یا اجازه دادن چیزی به رفتن |
| مواد شیمیایی | 2. chemicals | e | عادت، معمولاً مضر (خطرات) که شخصی می تواند متوقف کند انجام دادن آنها |
| آزاد کردن | 3. release | a | cannot stop doing |
| تمایز | 4. distinctive | c | به آسانی قابل تشخیص |
| معادل | 5. equivalent | f | در ارتباط با ویتامین ها، مواد معدنی، پروتئین و غیره |
| غذایی | 6. nutritional | d | در غذا |
| | | | مواد با خواص متمایز که می توانند موجودات زنده را تحت تأثیر قرار دهند |
| | | | affect living things |
| | | | همان به معنای چیزی دیگری |
| | | | f. the same as something else |



C. Scan the passage quickly to answer.

Positive effects of chocolate.....

Negative effects of chocolate

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saturated = اشباع شده

contribute = کمک کردن ، همکاری در کند کردن

Unit 6: Addicted to Chocolate

lift = احساس شادمانی

Temporary = موقت

Addicted to Chocolate

How often do you eat chocolate? If you answered "every day" you may be addicted to chocolate, but is this addiction damaging your health?

Eating too much chocolate is often thought to be the cause of tooth decay, weight gain, headaches, and skin problems such as acne.

On the other hand, chocolate is known to make people feel happier. Eating chocolate releases a distinctive flavor that gives us a pleasant, positive feeling. What is it that causes this feeling?

Chocolate contains over three hundred known chemicals like a drug; these chemicals stimulate areas of the brain that enable us to feel pleasure. The most well-known chemical is caffeine, which is also found in coffee, tea, and some types of soda. Theobromine, a weak stimulant, is present in higher amounts than caffeine. It is believed that the combination of these two chemicals causes the temporary "lift" we experience after eating chocolate.

However, does eating too much chocolate cause any real health risks? The popular opinion of chocolate is that it is a fattening food that gives you spots, and contains no nutritional qualities. The fact is that chocolate does contain saturated fat. This type of fat can contribute to heart disease by increasing levels of bad cholesterol in the blood.

On the other hand, scientists at the University of California have discovered that chocolate also contains high levels of chemicals called phenolic, also

proof =

اثبات، دلیل، برهان

cavities =

کرم خوردگی دندان، حفره

General English Through Reading Disease = خطر

همچنین در انگور قرمز، قهوه و چای یافت می شود.
 found in red grapes, coffee, and tea. Some phenolic, if consumed in small amounts, are believed to lower the risk of heart disease.

شواهدی که خوردن شكلات باعث آنه می شود از دو مطالعه به دست می آید.
 Evidence that eating chocolate does not cause acne comes from two studies: one by the Pennsylvania School of Medicine, the other by the

U.S. Naval Academy. Their research showed some interesting results.
 آن ها در یافتن هیچ تفاوتی در وضعیت پوست وجود ندارد. بین شرکت کنندگان در آزمایش - They found that there was no difference in the skin condition between the

study participants who did, or did not, eat chocolate. There is also no

proof that chocolate is the cause of tooth decay. In fact, it is believed that

در واقع باور شده است که کرم کاکائو در شكلات یک پوشش زبر دندان ها تشکیل می دهد که ممکن است به محافظت کردن آن ها کمک کند. شکر در شكلات می تواند باعث کرم خوردگی دندان شود. اما نه بیشتر از شکری که وجود دارد در دیگر غذاها یا نوشیدنی ها.
 the cocoa butter in chocolate forms a coating over teeth that may help to protect them. The sugar in chocolate can cause cavities, but no more than sugar in any other food or drink.

مصرف کاکائو در سراسر جهان در حال حاضر تقریباً بیش از سه میلیون تن در سال می رسد.
 Consumption of cocoa around the world now amounts to almost three million tons a year. That's equivalent to 500 grams of cocoa for every person on earth! No one has ever died of eating too much chocolate, so

this is one addiction that might be okay to have.

بنابراین این یک اعتیاد است که شایع و اشتها بخش خوب باشد.

consumption = مصرف

participant = شرکت کننده



Reading Comprehension Exercises

A. Read the sentences below. State whether they are true or false.



1. Eating chocolate usually makes people feel unhappy and angry. F
2. Chocolate ^{دربردارد} contains chemicals that slow the brain. F
3. There is real evidence that eating chocolate causes health risks. F
4. It is a popular opinion that chocolate contains saturated fat. T
5. Eating chocolate causes tooth decay and cavities, so you shouldn't eat it. F

B. Read the passage again and answer the questions. Circle your answers.

1. Which of the following is not part of the eating too much chocolate?

- a. Weight gain
- b. Skin problems
- c. Headaches
- ✓ d. Stomachaches (دل درد)



2. How many chemicals does a chocolate have?

- a. 300
- ✓ b. 500
- c. 200
- d. 100

3. How much cocoa does a person consume a year?

- a. 300 grams
- √ b. 500 grams
- c. 200 grams
- d. 100 grams

X4. Can we find phenolic in chocolate?

- √ a. Yes
- b. No

X5. Read the passage again and put the main ideas from each paragraph into the correct order (1-6).

.....6..... People eat a lot of chocolate, but this is not harmful.

.....4..... The chemicals in chocolate have both bad and good effects on our hearts.

.....5..... Chocolate does not have negative effects on skin or teeth.

.....1..... Is eating chocolate every day bad for your body?

.....2..... People believe that chocolate causes health problems, but it also makes us feel good.

.....3..... Some chemicals in chocolate make us feel pleasure.

X/C. Answer the following questions.

1. How many chemicals does a chocolate contain?
2. Where can we find caffeine?
3. How much cocoa is consumed around the world annually?





D. After you read, answer the questions below.

Share your answers with a partner.

1. In your opinion, how often is it healthy to eat chocolate?
2. If this article appears in a national newspaper, what effect do you think it will have on people's diets?
3. If people don't like chocolate, should they start eating it to improve their health? Explain your answer.

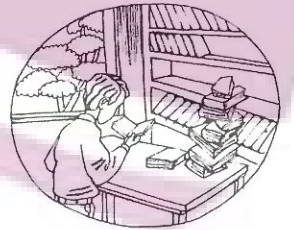
My WORD Vocabulary Exercises

A. Fill in the blanks of the following sentences with the most appropriate words from the box below.

مجزا distinctive	اعتیاد addiction	لمد کردن contribute	مغذی nutritional
---------------------	---------------------	------------------------	---------------------

- Smoking is an addiction..... that millions of people die from each year.
- This dish has a very distinctive.... taste.
- One way to ...contribute.... to a conversation is by asking people about themselves.
- Fresh fruit and vegetables have much higher nutritional value than candy and French fries.

B. Find a word in the reading which means:



- feeling of happiness ...pleasure... لذت..... (para. 3)
- known about by many ...popular... مشهور..... (para. 4)
- animal fat cholesterol ~~saturated~~..... (para. 4)
- evidence سابقه ...proof..... (para. 5)
- the same ...equivalent..... (para. 6)

Unit 6: Addicted to Chocolate



تب زرد = yellow fever

C. Complete each sentence with the correct word on the left. Make changes if necessary.

addict (v)

a. His addiction to alcohol ruined his life. *عادت ملامی*

addiction (n)

b. My kids are addicted to video games. *عادت*

addicted (adj)

c. Many addicts refuse to go to treatment centers. *عادت*

addict (n)

صفت شکارش
اسم صاع
امتناع کردن
خودطاری کردن
 Contributory

contribute (v)

a. A poor diet may be a contributory fact in the disease. *اسم*

contribution (n)

b. Yellow fever is a contribution to Mary's early death at age 19. *صفت*

contributory (adj)

c. The ships are Portugal's contributory to the

multinational force. *صفت*
کمالیت بین راه که اولی جاندار است

nutrition (n)

a. Women tend to be more conscious of good nutrition. *زنان به واردتر بودن (آشنا تر بودن) به غذای خوب تمایل دارند.*

nutritional (adj)

b. Chocolate contains no nutritional qualities. *صفت*

nutritionally (adv)

nutritional

ایران توفته

D. Find a Persian equivalent for the following idioms.

1. Smell a rat. → بولردن موس

2. Love at first sight.

عاشق شدن در یک نگاه



ایران توتنه

توشه ای برای موفقیت

Unit 7

Heart Attack



Pre- Reading

A. Think about these questions!

1. What do you do if you think someone has had a heart attack?
2. What are the heart attack symptoms?

B. Match the words with their definitions or synonyms.

1. Mild (d) ^{ملا م}

2. Onset (c) ^{شروع}

3. Pressure (a) ^{فشار}

4. Shed e

5. Cut down (b)

a. strain ^{فشار}

b. reduce ^{کاهش دادن}

c. start ^{شروع}

d. not having a serious or severe effect ^{نداشتن یک اثر جدی یا شدید}

e. get rid of ^{فلاص شدن از چیزی}

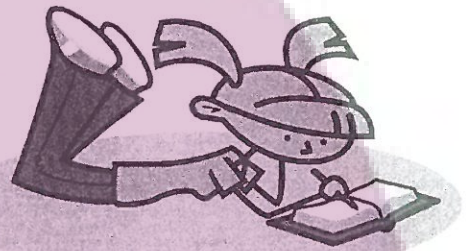


C. First guess the answer. Then scan the passage quickly to check your answer.

Heart attack could be confused with very severe

a. sore throat

b. indigestion ✓



ایران توتنه

توشه ای برای موفقیت

LIOT = کته خون

indigestion = سوء هاضمه

SUPPLY: تامین کردن

severe = شدید

onset = شروع

obstruct: مسدود کردن، بستن

casualty = مصدوم

Unit 7: Heart Attack

Heart Attack

یک حمله قلبی در کاهش خون رسانی در عضلات قلب ایجاد می شود.
 A heart attack is caused by a reduction in the blood supply to the heart muscles. This is most commonly caused by a blood clot obstructing an artery in the heart. Heart attacks can be mild or severe. If you suspect that someone has had a heart attack call for medical help immediately.

Signs of a heart attack

One sign of heart attack is the sudden onset of pain in the center of the chest. The pain will be vice-like, crushing. It could be confused with very severe indigestion. It may spread upwards and outwards to the throat, jaws and arms.

- Shortness of breath phrase
- The pulse rate may become faster or weak and irregular
- The casualty will become pale and sweaty and show signs of shock

Action to take

Call an ambulance. Check the heartbeat and breathing. If it has stopped, then commence external chest compression and mouth-to-mouth ventilation immediately. If the casualty is conscious, move him/her gently and as little as possible into a comfortable position. A semi-recumbent position is the best. It is easiest for the casualty to breathe in this position and takes some of the strain off the heart.

Loosen any clothing around the neck and reassure that help is on its way. Monitor heart rate and breathing regularly until help arrives. If the person becomes unconscious move him/her to the recovery position.

جلوگیری از یک حمله قلبی
Preventing a heart attack

سیگار نلش
Stop smoking

آن به بزرگ ها و گردش خون
Smoking is the major cause of heart disease. It damages the arteries and the circulation of blood. Stop immediately.
دلایل اصلی بیماری قلبی است.
فوراً ترک کنید.
آنها متوقف کنید.
به طور منظم ورزش کنید.

Take regular exercise

ورزش مداوم و منظم بسیار مفید است.
Steady and regular exercise is very beneficial. Walking is a good form of exercise.
پیماده روی روشی خوب
برای ورزش است.

فشار خون خود را چک کنید.
Check your blood pressure

فشار خون بالا می تواند موجب یک حمله قلبی شود.
High blood pressure can cause a heart attack. Ask your doctor to check your blood pressure.
از دکترتان بخواهید فشار خونتان را چک کند.

خوردن یک رژیم غذایی معقول
Eat a sensible diet

میزان غذاهای چربی را که شما می خورید کاهش دهید.
Cut down on the amount of fatty foods that you eat. Cut fat off meat.

وزن خود را پایین نده دارید.
Keep your weight down

اگر شما اضافه وزن دارید.
If you are overweight, this puts an extra strain on the heart. Shed those excess pounds now!
این یک فشار اضافی روی قلب قرار می دهد.
الان آن پوندهای اضافی را کم کنید. (از این بپزید)

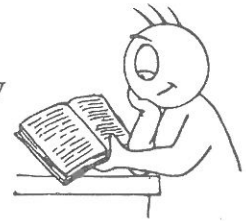
جلوگیری از استرس غیر ضروری
Avoid unnecessary stress

خودتان را به اهداف غیر واقعی نینورزید (ادست نلند)
Do not push yourself to unrealistic targets. Be sensible about the amount of work you do each day.
درباره ی مقدار کاری که شما هر روز انجام می دهید، منطقی باشید. (آگاه باشید)

ایران تونته

Reading Comprehension Exercises

A. Read the sentences below. State whether they are true or false.



1. Avoid moving the casualty more than necessary. T
2. A semi-recumbent position strains the heart. F
3. Walking is not a good exercise for preventing a heart attack. F
4. High blood pressure can cause a heart attack. T

B. Read the passage again and answer the following questions. Circle your answers.

1. What causes a heart attack?

- a. Too much blood getting to the heart muscle
- ✓ b. Not enough blood getting to the heart muscle
- c. An artery in the heart
- d. An obstructed heart muscle



2. Which of the following is not a sign of a heart attack?

- a. Pain in the center of the chest
- ✓ b. Indigestion
- c. Breathing difficulties
- d. Fast or weak and irregular pulse rate

3. If someone has had a heart attack, first should be got.
- a. comfortable position
 - b. enough blood supply
 - ✓ c. medical help
 - d. mouth-to-mouth ventilation
4. After calling an ambulance, check the casualty's
- a. blood pressure
 - ✓ b. heart rate
 - c. recovery position
 - d. sensible diet
5. Circulation of blood can be hurt by
- a. blood pressure
 - ✓ b. smoking
 - c. steady exercise
 - d. targets

Answer the following questions.

1. How should we put the patient?
2. How can we prevent heart attack?
3. What are signs of heart attack?





D. After you read, answer the questions below.

Share your answers with a partner.

1. How can we prevent heart attack?
2. Does heart attack cause other physical problems?

ایران توتنی

توشه ای برای موفقیت

My WORD Vocabulary Exercises

A. Fill in the blanks of the following sentences with the most appropriate words from the box below.

shed	cut down	sensible	onset	obstruct
------	----------	----------	-------	----------

1. You smoke too much- you should try to *cut down*.
2. Fallen trees *obstruct* the road.
3. Sam is a *sensible* person .
4. I'd like to *shed*.... a few pounds.
5. Doctors can slow the *onset*..... of the disease with drugs.

دسترهایی تواند شروع بیماری را با دارو ها کند کند.

B. Find a word in the reading which means:



1. ^{نوده نیمه جامد} half - solid lump *clot* (para. 1)
2. start of something unpleasant *Sudden* (para. 2)
3. useful *beneficial* (para. 6)
4. get rid of something *shed* (para. 9)
5. goals *target* (para. 10)



C. Complete each sentence with the correct word on the left. Make changes if necessary.

beneficial (adj) ^{منفید}

a. Fresh air is beneficial to one's health.

beneficially (adv) ^{سودمند}

b. He was the main beneficiary of his father's will.

beneficiary (n) ^{دستخوار، دارای بهره}

c. New regulations will greatly benefit the region's poorest residents.

benefit (v) = بهره بردن

benefit (n)

ساکنان فقیرترین مناطق از آسین نامه جدید تا حد زیادی بهره خواهند برد.

comfort (n)

a. I am so comfortable in my new house.

comfortable (adj)

b. The mosquitoes are not here, so you can sleep comfortably.

comfortably

c. The chairs are designed for comfort and style.

(adv)

comfort (v)

آسایش دادن

همگی را به ساز قبل و بعد اسم

suspect (v)

a. Four men were arrested for their suspect roles in the bombing.

suspect (n)

b. Two suspects were arrested today in connection with the robbery.

صفت شکارشی

نقش های مشکوکشان در ارتباط با سرقت

suspect (adj)

c. I suspect it's going to be a pretty difficult day.

suspected (adj)

قرار است

یک روز بسیار سخت

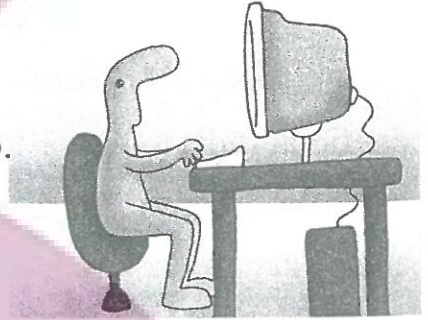
suspect :

مظنون، مورد شک

شک داشتن، گمان کردن

D. Find a Persian equivalent for the following idioms.

1. When one door shuts, another opens.
2. When you are in Rome, do as Romans do.



ایران توتنه

توشه ای برای موفقیت

Unit 8

Internet



Pre- Reading

A. Think about these questions!

1. How often do you use computer?
2. How do you use internet?

ایران توشه
توشه ای برای موفقیت

enormous : عظیم

General English Through Reading

B. Match the words with their definitions or synonyms.

- | | |
|--|-----------------------------------|
| 1. hazardous (e) ^{خطرناک} | a. ubiquitous ^{هرجا} |
| 2. huge d ^{بزرگ، عظیم} | b. special |
| 3. found everywhere (a) ^{جناح، فراوانی} | c. different |
| 4. particular (b) ^{درجه، خاص} | d. enormous ^{بزرگ، عظیم} |
| 5. various (c) | e. dangerous |



C. First guess the answer. Then scan the passage quickly to check your answer.



Internet became popular in ..1990s.....

- a. 1990s ^{دهه ۹۰} b. 1980s

ایران توتنه

توشه ای برای موفقیت

ubiquitous = موجود در همه جا ، فراگیر ، همه جا حاضر

Via = از راه ، از طریق

Envisaged = تصور شد ، تجسم شود

not only... but also = نه تنها بلکه

Unit 8: Internet

Internet

تقریباً هر کسی با یادون یک کامپیوتر آگاه است از آخرین تحولات تکنولوژیک به منظور
 Almost everyone with or without a computer is aware of the latest technological revolution destined to change forever the way in which humans communicate, namely, the Information Superhighway, best exemplified by the ubiquitous internet. Already, millions of people around the world are linked by computer simply by having a modem and an address on the "Net", in much the same way that owning a telephone links us to almost anyone who pays a phone bill. In fact, since the computer connections are made via the phone line, the Internet can be envisaged as a network of visual telephone links. It remains to be seen in which direction the Information Superhighway is headed, but many believe it is the educational hope of the future.

The World Wide Web, an enormous collection of internet addresses or sites, all of which can be accessed for information, has been mainly responsible for the increase in interest in the Internet in the 1990s. Before the World Wide Web, the "Net" was comparable to an integrated collection of computerized typewriters, but the introduction of the "Web" in 1990 allowed not only text links to be made but also graphs, images and even video.

A web site consists of a "home page", the first screen of a particular site on the computer to which you are connected, from where access can be added to other subject related "pages" at the site and to thousands of

promoting = ترویج دادن، ترویج کردن

criticized : مورد انتقاد

hazardous = خطرناک

General English Through Reading perception = برداشت

این به وسیله یک فرآیند که ابرمتن نام دارد کامپیوتر دیگر در سراسر جهان.
other computers all over the world. This is achieved by a process called
"hypertext". By clicking with a mouse device on various parts of the
screen, a person connected to the "Net" can go traveling, or "surfing"

through a web of pages to locate whatever information is required.

با شبکه خود، موسسه خود محصولات شرکت خود یا هر کسی می تواند یک سایت راه اندازی کند
Anyone can set up a site; promoting your club, your institution, your
company's products or simply yourself, is what the Web and the Internet

وب و اینترنت چه چیزی است به سادگی خودتان را ارتقا دهید
company's products or simply yourself, is what the Web and the Internet
is all about. And what is more, information on the Internet is not owned

or controlled by any one or any organization. It is perhaps, true to say
that no-one and therefore everyone owns the "Net".
این شاید درست باشد زیرا همه افراد مالک اینترنت هستند یا هیچ کس مالک اینترنت نیست

به دلیل آزادی نسبی دسترسی به اطلاعات، اینترنت توسط رسانه به عنوان
Because of the relative freedom of access to information, the Internet
has often been criticized by the media as a potentially hazardous tool in

با این حال ثابت شده است این برداشت تا حد زیادی نادرست است.
the hands of young computer users. This perception has proved to be
largely false however, and the vast majority of users both young and old

که آن (اینترنت) طراحی (ایجاد) شده بود. کشف ولذت
get connected with the Internet for the dual purposes for which it was
intended-discovery and delight.

majority = اکثریت

vast = عظیم

vast majority: اکثریت قریب به اتفاق

was intended : در نظر گرفته شده بود

بالقوه

ایران بوشه

توشه ای برای موفقیت

revolution:

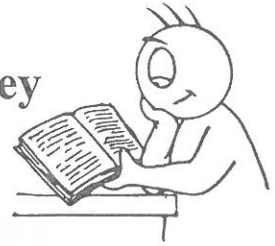
تغییر اساسی دادن

revolutionize:

کاملاً در لرون کردن

Reading Comprehension Exercises

A. Read the sentences below. State whether they are true or false.



1. The interest in internet increased in the 1990s. T
2. The vast majority of internet users were young people. F
3. Discovery and delight are the two purposes for which the internet was intended. T
4. Internet does not have educational value. F

B. Read the passage again and answer the questions. Circle your answers.



1. What is the main point of the first paragraph?
 - a. Almost everyone has heard of the information superhighway
 - ✓ b. The internet will revolutionize the way people communicate
 - c. You need a modem and an address to use the internet
 - d. No-one knows where the information superhighway is headed
2. What would the next paragraph to follow the passage probably be about?
 - a. The future of the internet
 - b. Advertising on the world wide web
 - ✓ c. Abuse of the internet by youth
 - d. The cost of using the internet

3. What do the following pronouns in the passage refer to?

- a) it ...internet....
- b) which address....
- c) this ...homePage

~~C.~~ Answer the following questions.

1. What is World Wide Web?
2. Why has the internet been criticized?
3. Retell the passage using your own words.



~~D.~~ After you read, answer the questions below.

Share your answers with a partner.

1. How often do you use internet?
2. What is your favorite web site?
3. Discuss the advantages and disadvantages of the using internet for youth?

ایران تونش

توشه ای برای موفقیت

My WORD Vocabulary Exercise

A. Fill in the blanks of the following sentences with the most appropriate words from the box below.

ubiquitous طبعاً سبباً	envisaged تصور کردن	majority الغریب	hazardous خطرناک
---------------------------	------------------------	--------------------	---------------------

1. The changes have been greater than we ever envisaged.

2. Plastic containers are ubiquitous nowadays.

3. Smoking is hazardous to your health.

4. A vast majority of people use internet.

B. Find a word in the reading which means:



1. a machine linking computers modem (para. 1)

2. found everywhere ubiquitous (para. 1)

3. different various (para. 3)

4. dangerous hazardous (para. 5)

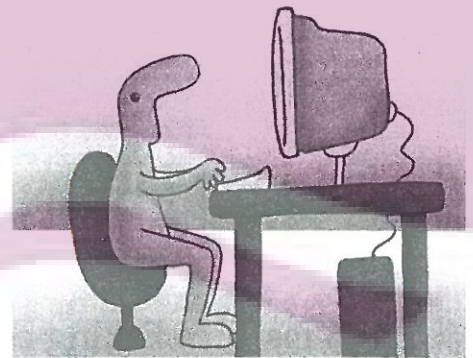


C. Complete each sentence with the correct word on the left. Make changes if necessary.

- hazard (n) a. Gaining weight is hazardous for your health. *نشان دهنده استن زنگار صفت + فعل ربطی*
- hazard (v) b. Ice on the road is a major hazard in winter. *صفت*
- hazardous (adj) c. I don't really know, but I could hazard a guess. *فعل اصلی + فعل گمانی*
- enormous (adj) a. America's Hispanic population has grown enormously in recent years. *صفت استثنای زبانان آمریکا*
- enormously (adv) b. Their house is enormous. *فعل*

D. Find a Persian equivalent for the following idioms.

1. No use crying over spilt milk. *گریه روی سر ریخته دیده معایره ندارد.*
2. Big fish. *ماهی کبده*

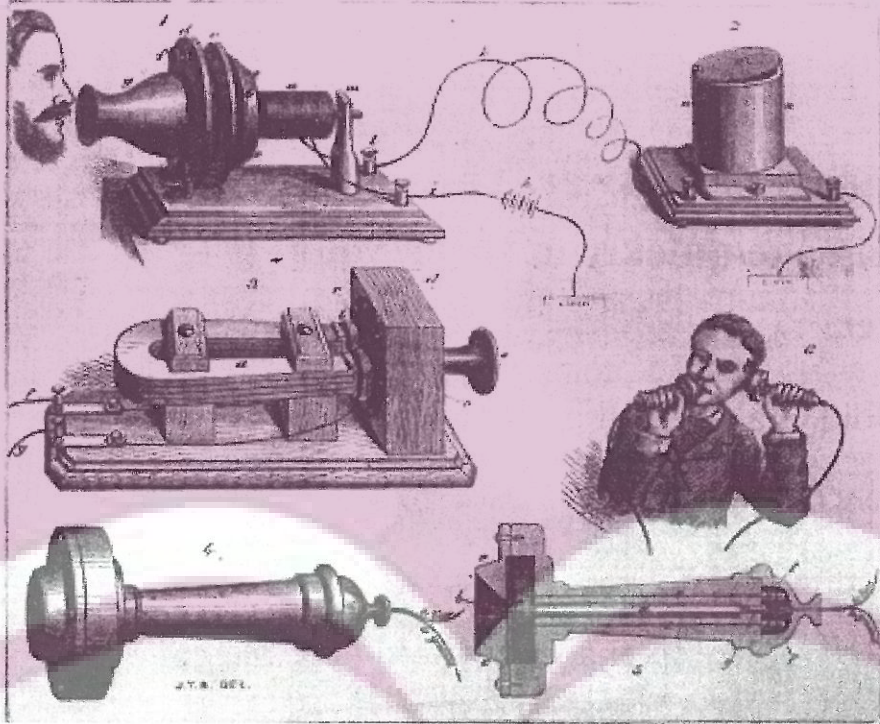


ایران تونته

توشه ای برای موفقیت

Unit 9

Alexander Graham Bell



Pre- Reading

A. Think about these questions!

1. Who invented telephone?
2. How did she/he invent it?

B. Match the words with their definitions or synonyms.

1. discover (c)

a. start

2. valuable d

b. relating to the voice

3. deaf (e)

c. find out

4. begin (a)

d. worthy, helpful

5. vocal (b)

e. unable to hear anything

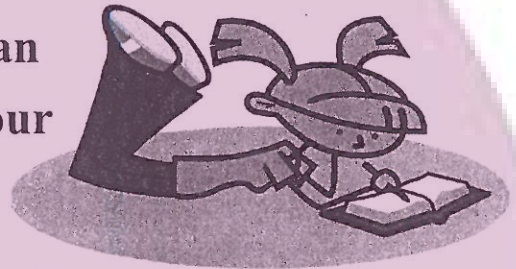
مربوط به صدا
کشف کردن، بی بردن

از ز شمنند

عاجز (ناتوان) برای شنیدن هر چیز



C. First guess the answer. Then scan the passage quickly to check your answer.



When did Graham Bell invent telephone?

(a) March 7th, 1876

b. March 10th, 1876

جو find → found
pre past

found → founded
pre past

راه اندازی، تأسیس کردن

ایران توشه

توشه ای بی برای موفقیت

wheat: گندم anatomy: کالبدشناسی visible: قابل رویت

deaf: ناشنوا illustrated: نشان داد assistants: دستیاران

plucked: کنده، به صدا درآمده Unit 9: Alexander Graham Bell

patent: حق ثبت اختراع vocal: آوایی

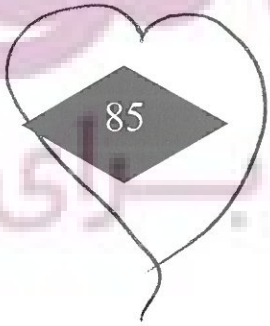
Alexander Graham Bell

Alexander Graham Bell was born in Edinburgh, Scotland on March 3, 1847. When he was only eleven years old, he invented a machine that could clean wheat. Graham studied anatomy and physiology at the University of London, but moved with his family to Quebec, Canada in 1870.

Bell soon moved to Boston, Massachusetts. In 1871, he began working with deaf people and published the system of Visible Hearing that was developed by his father. Visible Hearing illustrated how the tongue, lips, and throat are used to produce vocal sounds. In 1872, Bell founded a school for the deaf which soon became part of Boston University.

Alexander Graham Bell is best known for his invention of the telephone. While trying to discover the secret of transmitting multiple messages on a single wire, Bell heard the sound of a plucked string along some of the electrical wire. One of Bell's assistants, Thomas A. Watson,

was trying to reactivate a telephone transmitter. After hearing the sound, Bell believed that he could send the sound of a human voice over the wire. After receiving a patent on March 7, 1876 for transmitting sound along a single wire, he successfully transmitted human speech on March



the + adj
the deaf
اشاره به کل گروه ناشنواگان

precursor: پیشرو issued: صادر شده transmit: فرستادن، انتقال دادن
 magazine: مجله journal: روزنامه، مجله optic: نور
General English Through Reading beam: پرتو

ثبت اختراع تلفن بل یکی از باارزش ترین حق ثبت اختراعاتی بود که تاکنون صادر شده.
 10th. Bell's telephone patent was one of the most valuable patents ever issued. He started the Bell Telephone Company in 1877.

بل ادامه داد به اختراع نمونه نخستین از دستگاه‌ها تلفن امروزی و وسیله ای به نام "تلفن بل" که صدای را به اسباب یا فن روی پارچه ای از نور قادر می ساخت و سیستم های ارتباطی and a device called a "photo phone" that enabled sound to be transmitted on a beam of light and which today's fiber optic and laser communication systems are based. In 1898, Alexander Graham Bell and his son-in law took over the National Geographic Society and built it into

one of the most recognized magazines in the world. Bell also helped found Science Magazine, one of the most respected research journals in the world.

Alexander Graham-Bell died on August 2, 1922. On the day of his burial, in honor of Bell, all telephone services in the United States were stopped for one minute.

went on : ادامه دادن

Condition: به شرایط دنوازه و نشر کردن رساندن

conditionar: تقویه

precursor: نمونه نخستین از چیزی

ایران توانمند

توشه ای برای موفقیت

Reading Comprehension Exercises

A. Read the sentences below. State whether they are true or false.



1. Alexander Graham Bell died on August 2, 1922. T
2. Alexander Graham Bell started the Bell Telephone Company in 1898. F
سال ۱۸۷۷
3. Alexander Graham Bell transmitted human speech on March 10th. T
4. Alexander invented his first invention when he was 11 years old. T

B. Read the passage again and answer the following questions. Circle your answers.

1. Where was Alexander Graham Bell born?

- a. England
- b. Quebec
- c. Scotland
- d. Boston



2. What did Alexander Graham Bell do in 1872? He

- a. invented a machine for cleaning wheat
- b. started a school of deaf people
- c. invented the telephone
- d. studied at the University of London

3. What happened FIRST?

- a. Bell invented the telephone
- b. Bell moved to Canada

- c. Bell published the Visible Hearing system
d. Bell moved to Massachusetts
4. What was Thomas A. Watson doing when Alexander Graham Bell heard the sound of a plucked string over electric wire?
- a. Transmitting multiple messages over a single wire.
b. Transmitting the human voice over the single wire.
c. Starting the Bell Telephone Company
d. Reactivating a telephone transmitter
5. What is the best definition for "transmit" in this passage?
- a. to block by stopping
b. to send
c. to make larger
d. to disturb
6. Which of the following was NOT Alexander Graham Bell involved with?
- a. National Geographic Magazine
b. Science Magazine
c. Photo phone
d. Teaching blind people
7. What is a photo phone?
- a. A device that can transmit a message on a sound wave.
b. A device that can transmit a message on a wire.
c. A device that can transmit a message on a beam of light.
d. A device that can transmit a message on a telephone.

8. The phone was most important to what industry?

- a. Fiber optics and laser communication systems
- b. Telephone
- c. Air-conditioning
- d. Publishing

9. On the day of his funeral, American telephone services were stopped for how many minutes?

C. Answer the following questions.

1. When was Alexander Graham Bell born?
2. What did he study?
3. How did he invent telephone?
4. When did he die?
5. Retell the passage using your own words.



D. After you read, answer the question below.

Share your answers with a partner.

In your opinion, what is the best invention's features? Discuss.

My WORD Vocabulary Exercises

A. Fill in the blanks of the following sentences with the most appropriate words from the box below.

patent invented founded honor transmitted

1. Electricity was *invented* by Edison.

2. In 1884 Richards received a/an *patent* on a new type of bicycle.

3. The U.S. Open will be live via satellite. *transmitted*

4. He *founded* his company in 1995.

5. Winning tomorrow's game is a matter of national *honor*....

ایران توتنه

توشه ای برای موفقیت

Unit 9: Alexander Graham Bell



B. Find a word in the passage which means:

1. to make or design something *invent* (para.1)
2. a suffix ^{پسوند} which means knowing a knowledge ... *logy* (para. 1)
3. established ^{تأسیس کرد، بنا نهاد} *founded* (para. 2)
4. activate it again *reactivate* (para.3)
5. concerning ^{در مورد} the eyes *optic* (para.4)



C. Complete each sentence with the correct word on the left. Make changes if necessary.

- invent(v) a. He is a/an *inventor* ^ا
- invention (n) b. The dishwasher is a wonderful *invention* ^{صفت +}
- inventor (n) c. When Graham Bell was eleven years old, he invented a ^{فعل +} machine that could clean wheat.

- bury (v) ^{به خاک سپردن ، دفن کردن} a. On the day of his burial all telephone services in the USA were stopped for one minute.

- burial (n) b. Uncle Bill was buried in the Milk River Cemetery. ^{صفت + P.P}

- discover (v) ^{یافتن، کشف کردن} a. Police discover 500 pounds of dynamite in the house. ^{فعل + فاعل}

- discovery (n) b. Einstein made an important discovery about the nature of energy. ^{اسم + صفت}

D. Find a Persian equivalent for the following idioms.

ببر است فعل کن از ایله سئل و سئل با سئل
1. Better a lock than doubt.

2. Speak the truth and shame the devil.

حقیقت را بگو و دشمن (شیطان) را سرزنش کن



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توشه ای برای موفقیت

Unit 10

Christopher Columbus



v10012b047 fotosearch.com



Pre- Reading

A. Think about this question!

Who is Christopher Columbus?

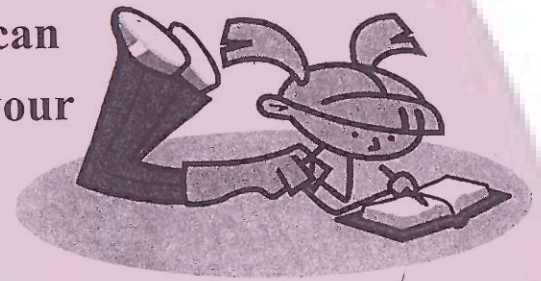
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B. Match the words with their definitions or synonyms.

- | | |
|--------------------------------|------------------------|
| ساکن | بازگشت، برگشت |
| 1. inhabitant (c) | a. return |
| بالاخره ، در نهایت ، سرانجام | مواجه شدن ، رو برو شدن |
| 2. eventually (d) | b. face |
| بازگشت | ساکن ، مقیم |
| 3. come back (a) | c. resident |
| برخورد ، روپارویی ، رو برو شدن | بالاخره سرانجام |
| 4. encounter (b) | d. finally |



C. First guess the answer. Then scan the passage quickly to check your answer.



When is Columbus Day?

- a. In August b. In October

به عنوان AS: نوجوان teenager: اکتشاف exploration: شغل، حرفه career:
 درخواست کرد، متوسل شد: appealed: سرانجام، بالاخره eventually:
 سرزمین هند Indies: یک سفر به سوی غرب: a westward trip: حمایت مالی finance:
 نتایج بی ثمر: fruitless results: تلاش های زیاد: monumental efforts:
 به امید کسب ثروت عظیم: in the hopes of acquiring great wealth:
 به سمت غرب رهنمون شدن: headed westward:

acquiring: کسب

ترجمه درس ۱۲ + خلاصه ۱۱

Coast: ساحل

Unit 10: Christopher Columbus

Christopher Columbus

کریستوفر کلمبوس در سال ۱۴۵۱ در جنوا ایتالیا متولد شد.
 Christopher Columbus was born in Genoa, Italy in 1451. His career in exploration started when he was very young. As a teenager he traveled the seas and eventually made Portugal his base. He appealed to the kings of Portugal, France and England to finance a westward trip to the Indies, but all denied his request. After ten years of monumental efforts but fruitless results, King Ferdinand and Queen Isabella of Spain agreed to finance Columbus in the hopes of acquiring great wealth. On August 3, 1492, Columbus and three ships, the Nina, Pinta, and Santa Maria, left Palos, Spain and headed westward.
 پس از توقف در جزایر قناری سواحل آفریقا، کلمبوس و خدمت خود را از آنجا رها کرده و در دریاهای آزاد رسیدند.
 After stopping in the Canary Islands, off the coast of Africa, Columbus' ships hit the open seas. Covering about 150 miles a day, the trip was long and arduous. The crew was afraid of sea monsters and grew more restless every day and land was not sighted. Columbus offered a reward for the first person to sight land. On October 12, a crew member aboard the Pinta sighted one of the Bahama Islands. Columbus set foot on what he believed was one of the Spice Islands, a group of islands in Asia (now known as Indonesia); where valuable spices and riches came from.

او نام زمین جدید را سان سالوادور نامید.
 He named the land San Salvador. Columbus failed to find the riches he expected, and continued to search for China. He next visited Cuba and Hispaniola (Dominican Republic). He encountered native people whom he named "Indians" because he believed they were inhabitants of India. Columbus returned to Spain a hero. He was named viceroy of the Indies. He soon returned to the New World but never found the riches he expected. Some began to believe that Columbus had found "a new world" rather than a shortcut to the Indies.

بیشتر یک دنیای جدید پیدا کرده تا یک میانبر به هندها.
 indians: هندها

توشه ای برای موفقیت

continent = قاره

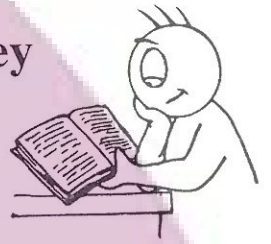
commemorate = بزرگداشت

instrumental = ابزاری

General English Through Reading

کریستوفر کولومبوس آمریکای شمالی را یکی از بزرگترین کشفیات در تاریخ جهان شناخت.
Christopher Columbus made one of the greatest discoveries in the history of the world - North America. Though he probably wasn't the first explorer to see the continent, and he believed until his death that the islands he encountered were in the Asian continent, his discoveries were instrumental in the establishment of Spanish colonies in North America. Today, we celebrate Columbus Day in October to commemorate his discoveries.
امروز، ما روز کولومبوس در اکتبر را برای بزرگداشت کشفیات او جشن می‌گیریم.

A. Read the sentences below. State whether they are true or false.



1. Christopher Columbus was born in U.S.A. **F**
2. Columbus received three ships and a crew from the King and Queen of Spain. **T**
3. Columbus encountered Indians in this trip. **T**
4. Columbus found a shortcut to the Indies. **T**

B. Read the passage again and answer the questions. Circle your answers.

1. Christopher Columbus thought he could find a shortcut to the Indies by sailing.....

- a. West
- b. East
- c. South
- d. North



2. In what year was Christopher Columbus born? 1451

3. Which of the following is closest in meaning to "fruitless"?

- a. Without success
- b. Broken promise
- c. Without fruit
- d. Without any cost

4. Select all of the places that Columbus visited on his voyage.

- a. Cuba
- b. Florida
- c. Canary Islands
- d. Dominican Republic

5. Which of the following was not a ship that went on the voyage?

- a. Santa Maria
- b. Pinta
- c. Nina
- d. Santa Monica

6. On October 12, 1492, where did Columbus think he was?

- a. Dominican Republic
- b. Africa
- c. North America
- d. Asia

7. What country eventually agreed to finance Christopher Columbus' trip?

- a. France
- b. England
- c. Spain
- d. Portugal

8. About how many miles did the ships travel every day?

C. Answer the following questions.

1. When was Christopher Columbus born?
2. Why did king Ferdinand agree with his trip?
3. Whom did he encounter in his trips?
4. Retell the passage using your own words.



D. After you read, answer the questions below.

Share your answers with a partner.

How did Christopher Columbus find the America continent?

graduation : فارغ التحصیل
ceremony : مراسم

achievements : دستاوردها
Unit 10: Christopher Columbus

My WORD Vocabulary Exercises

A. Fill in the blanks of the following sentences with the most appropriate words from the box below.

دشوار arduous	جشن گرفتن celebrate	ساکنان inhabitants	هیولاها monsters
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1. The graduation ceremony allows students to celebrate their achievements with family and friends.
مراسم فارغ التحصیل به دانش آموزان اجازه می دهد
موقعیت هایشان را با خانواده و دوستان جشن بگیرند
2. The crew was afraid of sea ...monsters.
فرمانده از هیولاهای دریا ترسیده بود.
3. It was a/an ..arduous task. آن یک وظیفه دشوار بود
4. A city of six million. inhabitants

B. Find a word in the passage which means:



1. finally eventually (para. 1)
2. travel trip (para. 2)
3. difficult arduous (para. 2)
4. residents inhabitants (para. 3)
5. faced encountered (para. 3)



C. Complete each sentence with the correct word on the left. Make changes if necessary.

inhabit (v)

a. Tehran has 12 million inhabitants.
اسم عدد شمارشی

inhabitant (n)

b. They inhabit in Tehran.

believably (adv)

a. I can't believe that she is guilty.
فعل

believe (v)

b. Her story is not believable.
که اولنا هکار است

belief (n)

believable (adj)

c. It is my belief that scientists will find the cure to this disease within the next five years.
بدرصفت فعل ربطی صفت صفت

direct (v)

a. The post office is directly opposite the bank.
۵ سال آینده

direction (n)

b. They got lost because they went in the wrong direction.

directional (adj)

c. Can you direct me to the station please?

directly (adv)

D. Find a Persian equivalent for the following idioms.

1. Cleanness is next to godliness.

2. He went for wool, but came home shorn.

