

زبان انگلیسی یازدهم

Vision2-Lesson2

“Workbook”

“A Healthy Lifestyle”

“حسن خاکیور”

دبیر دبیرستان های نمونه تهران

@hassankhakupour

0912-721-14-18

“Telegram Channel”

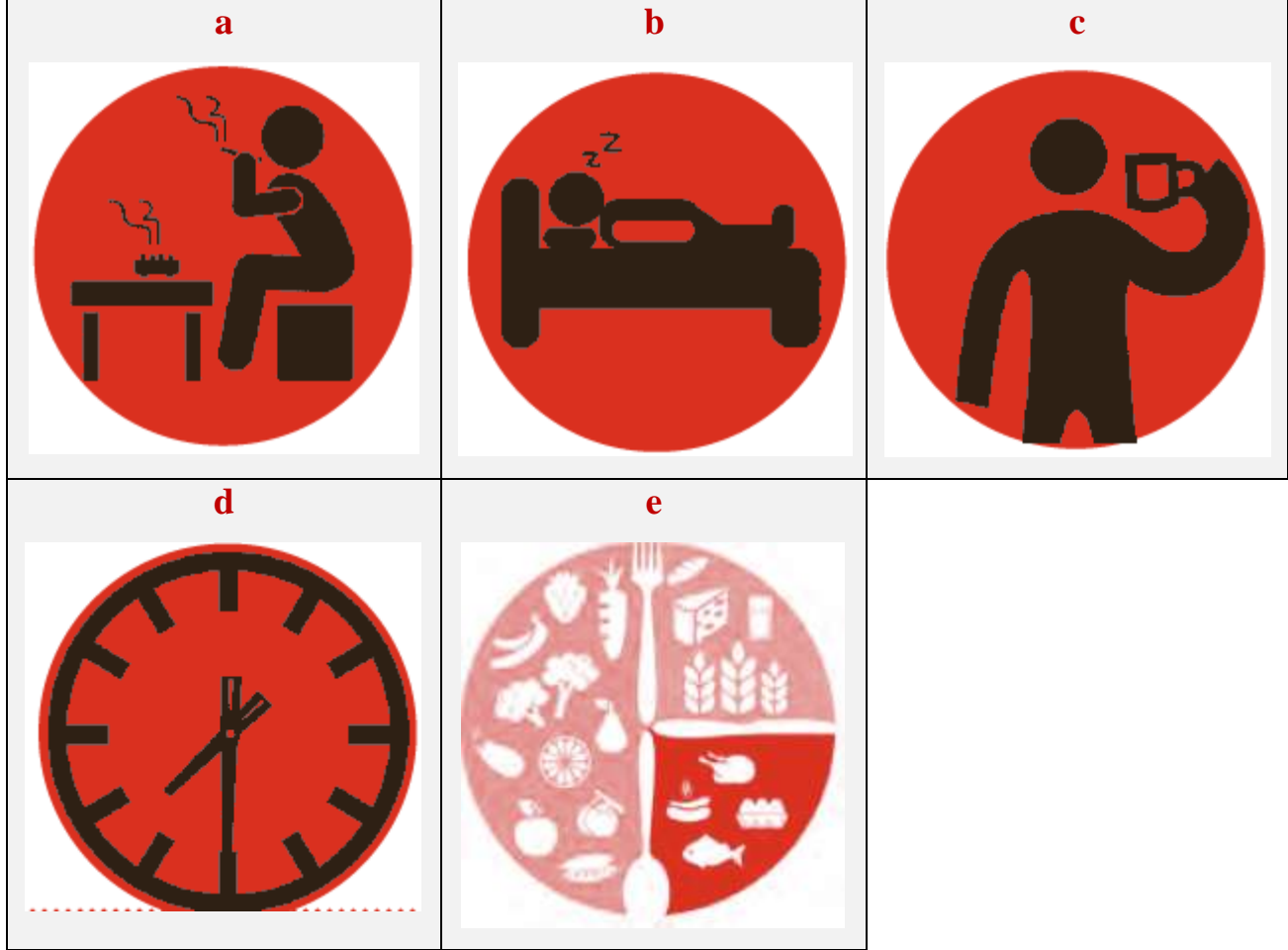
@EnglishVisionKhakupour

لغات مهم و جدید صفحات 26 الی 33 کتاب کار

proportion	modern	both ... and	positive
نسبت / سهم / بخش	مدرن / امروزی	هم ... هم	مثبت
negative	effect	enable	access
منفی	اثر / تأثیر	قادر کردن / امکان دادن	دسترسی / دستیابی
creative	experience	communication	comfortable
خلاق / خوش قریحه	تجربه کردن / تجربه	ارتباط / رابطه	راحت / آسوده
vacuum cleaner	as	miracle	time
جارو برقی	چون / زیرا	معجزه / اعجاز	زمانه / عصر / دوران
century	as well	harm	cause
قرن	همچنین / همین طور	صدمه زدن / آسیب رساندن	موجب شدن / به بار آوردن
nervous	headset	even	brain
عصبی / نگران	گوشی / هدفون	حتی	مغز
wrong	create	call	addict
اشتباه / نادرست	پدید آوردن / ایجاد کردن	نامیدن / صدا زدن	معتاد
serious	control	various	in particular
جدی	کنترل کردن / مهار کردن	مختلف / گوناگون	علی الخصوص / به ویژه
socialize	prefer	device	depressed
معاشرت کردن	ترجیح دادن / پسند کردن	دستگاه / وسیله	افسرده / محزون
impatient	specialist	cure	limit
ناشکیبا / بی تحمل	متخصص	درمان کردن / معالجه کردن	محدود کردن
regular	depression	definition	friendly
منظم / مرتب	افسردگی / حزن	تعریف / معنی	دوست داشتنی / مهربان
worthy	wellness	redo	unhappy
ارزشمند / گرانمایه	تندرستی / سلامتی	دوباره انجام دادن	غمگین / مغموم
indirect	disable	phrase	column
غیر مستقیم / کج	ناتوان کردن / عاجز کردن	عبارت	ستون
unhealthy	fill	vitamin	mineral
ناخوش / مریض	پُر کردن / پُر شدن	ویتامین	ماده ی معدنی
dish	almost	thought	ahead
یک بشقاب پُر	تقریباً / در حدود	فکر / اندیشه	جلو / پیشاپیش

Match sentences with pictures.

1. Eat balanced proportion of food. (e)
2. Drink enough water a day. (c)
3. Quit bad habits. (a)
4. Eat dinner before 7:30. (d)
5. Sleep enough. (b)



A. Write the name of five healthy food.

1. egg	2. milk	3. apple	4. tomato	5. fish
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B. Write the name of five sports.

1. swimming	2. boxing	3. wrestling	4. football	5. volleyball
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یاد داشت

Reading Comprehension (Part I)

The modern lifestyle has had both positive and negative effects on people's lives. Modern technologies have enabled us to have easy access to information, become more creative, experience fast communication, travel easier, and have a more comfortable life. Have you ever imagined a world without the Internet, tablets, mobile phones, airplanes, and vacuum cleaners? Most people cannot do that, as technology is the miracle of our time.

سبک زندگی امروزی، هم تأثیرات مثبت هم تأثیرات منفی بر روی زندگی مردم داشته است. فن آوری های امروزی ما را قادر ساخته اند دسترسی آسان به اطلاعات داشته باشیم، خلاق تر شویم، ارتباط سریع را تجربه کنیم، آسان تر سفر کنیم، و زندگی راحت تری داشته باشیم. آیا تاکنون دنیا را بدون اینترنت، تبلت ها، تلفن های همراه، هواپیماها، و جارو برقی ها تصور کرده اید؟ بیشتر مردم نمی توانند این کار را انجام دهند، زیرا فن آوری معجزه ی زمان ما می باشد.

But using new technologies has changed people's lifestyle in a harmful way in this century as well. Some technologies are dangerous to our health and can harm our body. Using mobile phones or surfing the Internet for long hours can increase people's blood pressure and cause sleep problems. Playing video games for long hours makes people nervous and harm their heart and nervous system. Listening to music by headsets can be harmful to one's hearing and even brain.

اما استفاده از فن آوری های جدید، سبک زندگی افراد را همچنین به طور زیان بخشی در این قرن تغییر داده است. بعضی تکنولوژی ها برای سلامتی ما خطرناک می باشند و می توانند به بدن ما آسیب برسانند. استفاده از تلفن های همراه یا جستجو در اینترنت برای ساعات طولانی می تواند فشار خون افراد را افزایش دهد و موجب مشکلات خواب شود. بازی کردن بازی های ویدیویی برای ساعات طولانی، افراد را عصبی می سازد و به قلب و سیستم عصبی آنها صدمه می زند. گوش دادن به موسیقی با هدفون ها می تواند برای شنوایی شخص و حتی مغز زیان بخش باشد.

Using technology in a wrong way has created bad habits and new types of addictions. It is not strange now to call someone an Internet or mobile addict. Technology addicts are people with serious problems to control themselves to use various kinds of technology, in particular the Internet, smartphones, tablets and laptops. Technology addicts do not like to socialize with people; instead, they prefer to be alone and spend lots of their time working with their devices. This makes them depressed and impatient.

استفاده از فن آوری به طور نادرست، عادات بد و انواع جدیدی از اعتیادها را به وجود آورده است. امروزه عجیب نیست که کسی را معتاد به موبایل یا اینترنت بنامیم. معتادین فن آوری، افرادی با مشکلات جدی در مهار خودشان برای استفاده از انواع گوناگون تکنولوژی، علی الخصوص اینترنت، گوشی های هوشمند، تبلت ها و لپ تاپ ها هستند. معتادین فن آوری دوست ندارند با مردم معاشرت کنند؛ به جای آن، آنها ترجیح می دهند تنها باشند و زمان زیادی از خودشان را با وسایلشان بگذرانند. این، آنها را افسرده و ناشکیبا می سازد.

Specialists have found different ways to cure technology addicts. To avoid this type of addiction, people should spend more time with their friends and family members, do daily exercise, and limit the time of working with technologies. They also need to enjoy nature more and have regular plans to travel.

متخصصان روش های متفاوتی برای درمان معتادین فن آوری یافته اند. برای اجتناب از این نوع اعتیاد، مردم باید زمان بیشتری را با دوستان و اعضای خانواده شان بگذرانند، ورزش روزانه انجام دهند، و زمان کار با فن آوری ها را محدود کنند. آنها همچنین باید از طبیعت لذت بیشتری ببرند و برنامه های منظمی برای سفر داشته باشند.

صفحه 29 کتاب کار

A. True or False

1. Technology has only negative effects. (False)
2. Listening to music is harmful. (False)
3. Technology may cause depression. (True)

B. Answer the following questions.

1. Who is a technology addict?

A technology addict is a person with serious problems to control himself/herself to use various kinds of technology, in particular the Internet, smartphones, tablets and laptops.

2. Are there any cure for technologies addicts?

Yes, they should spend more time with their friends and family members, do daily exercise, and limit the time of working with technologies. They also need to enjoy nature more and have regular plans to travel.

3. What types of technologies do you use?

I often use my mobile phone and surf the Internet.

C. Write the main ideas of paragraph 2 and 3.

Paragraph 2: Using new technologies for long hours is dangerous to our health.

Paragraph 3: New technologies can cause addiction to them.

D. Skim the text and write a topic for it.

“Effects of New Technologies on People’s Lives”

یاد داشت

Vocabulary (Part II)

A. Match the definitions with the words.

1. relating to the emotions (d)	a. physical
2. without worry (b)	b. calm
3. with all parts existing in the correct amounts (c)	c. balanced
4. happening or starting a short time ago (e)	d. emotional
5. relating to the body (a)	e. recently

B. One odd out.

1	a. create	b. increase	c. <u>prevent</u>	d. improve
2	a. <u>harmful</u>	b. valuable	c. friendly	d. worthy
3	a. percent	b. number	c. measure	d. <u>society</u>
4	a. depression	b. health	c. <u>diet</u>	d. wellness
5	a. always	b. usually	c. often	d. <u>rarely</u>

C. Match the columns to make new words.

Column A	Column B	Answer
re	possible	redo
un	direct	unhappy
im	night	impossible
in	happy	indirect
dis	do	disable
mid	able	midnight

D. Put the phrases under the correct columns.

Healthy lifestyle	Unhealthy lifestyle
checking general health	smoking
praying	playing too much video games
hanging out with friends	eating junk food
doing daily exercise	gaining weight

یاد داشت

E. Fill in the blanks with the given words.

depressed – diet – serving – heart attack – pressure

1. You need to have vitamins and minerals in your **diet**.
2. The dish has about 250 calories per **serving**.
3. The nurse will take your blood **pressure**.
4. You almost gave me a **heart attack** there!
5. I was **depressed** at the thought of all the hard work ahead.

F. Complete the following verbs with a noun, adjective, or adverb.

1. gain weight
2. increase stress
3. measure **blood pressure**
4. live longer
5. check family health history

Grammar (Part III)

A. Fill in the blanks with the correct form of the verbs.

1. Sheida **hasn't finished** (**finish**) reading the book yet.
2. Have you ever **read** (**read**) that storybook?
3. The workers **have worked** (**work**) in this factory for 25 years.
4. Reza **hasn't found** (**find**) a job yet.
5. I **have gone** (**go**) to school since ten years ago.

یاد داشت -----

B. Look at Amir's list of the things he has to do today.
Write what he has done and what he hasn't yet.

Pressing my shirt ✓	Washing my bike
Buying groceries ✓	Calling Ahmad ✓
Doing math exercises	Cleaning my room

Example: Amir has pressed his shirt. He hasn't washed his bike yet.

1. Amir has bought groceries. He hasn't done math problems yet.
2. Amir has called Ahmad. He hasn't cleaned his room yet.

C. Answer the following questions.

1. Have you ever traveled to Yazd.

No, I have never traveled to Yazd.

2. Have you ever read Shahnameh?

Yes, I have read it once.

3. Has your mother ever cooked any Indian food?





Yes, she has cooked Indian food several times.

4. Has your father ever been to Bushehr?

No, he has never been to Bushehr.

یاد داشت

C. Look at the pictures and fill in the blanks with appropriate two-word verbs using 'present perfect tense'.

<p>1. They yet.</p> 	<p>1. I <u>haven't given up smoking</u> yet.</p>
<p>2. I</p> 	<p>2. I <u>have checked into the hotel</u>.</p>
<p>3. He</p> 	<p>3. He <u>has listened to the radio</u>.</p>
<p>4. My brother yet.</p> 	<p>4. My brother <u>hasn't got up</u> yet.</p>

Pronunciation (Part IV)

Say the phrases with stress over both parts.

1. 'Look 'out!
2. 'Come 'back!
3. 'Sit 'down!
4. 'Go 'away!
5. 'Take 'care!

هنگام گفتن جملات داده شده، فراموش نکنیم که فشار صوت بر روی هر دو کلمه می باشد.

Writing (Part V)

A. Circle the gerunds.

- Reza is tired of **hearing** that old story.
- Mahsa was watching TV. (No Gerund)
- Don't worry about **washing** the dishes.
- Thank you for **coming** soon.
- He's going to the park now. (No Gerund)

B. Complete the following sentences.

- 1) Jane enjoys **planning** (plan) for the future.
- 2) He is good at **changing** (change) flat tires.
- 3) She goes **swimming** (swim) every other week.
- 4) Thank you for **coming** (come) soon.
- 5) Our teacher can speak two hours without **using** (use) notes.

C. Complete the following sentences with gerunds. Make the necessary changes.

read – paint – shut – stop – meet

1. My uncle is thinking of **painting** his house.
2. **Reading** that book was very interesting.
3. Do you mind **shutting** the window, please?
4. He drove two hundred miles without **stopping**.
5. I've really enjoyed **meeting** you.

"با آرزوی موفقیت برای تمامی دانش آموزان"

"حسن خاکپور"

"دبیر دبیرستان های نمونه تهران"