

Pre-reading Activities

A. Some Words that Work

drinks نوشیدنی beverage (n.)

chip in مشارکت کردن contribute (v.)

clever باهوش savvy (adj.)

process (v.)
تهیه کردن

غذای اصلی staple (n.)

boost (v.)

whopping (adj.)

any type of drink except water

help to cause or bring about

having practical knowledge or understanding of something; clever at doing something

to treat raw material, food, etc. in order to change it,
نگهداری
preserve it, etc.
Keep

a basic type of food that is used a lot

to make something increase, or become better or more successful

very big

B. Words in Context

neglect (v.)
سهل انگیزی

1. Medical negligence was said to have contribute to her death.

2. The company made a whopping 75 million dollar loss.

3. Most of the food we buy is processed in some way.

4. Getting that job did a lot to boost his confidence.

5. Aid workers helped to distribute corn, milk, and other staple.

6. Coffee has the most caffeine, tea somewhat less and the cola beverage least of all.

president / chancellor
school / college (BE)

۲۲۲۰۱۷۷۹
۱۴۴۰۰۴۵۱

7. He is a savvy manager. He has the ability to think about things in practical way and make reasonable decisions.

C. Discussion Questions

a. Think about the following questions. Then discuss each question in pairs or groups.

1. Should sugar be completely excluded from our daily diets? If yes why? not completely
کاملاً نه
2. What are top sources of added sugar? Pastry - ice cream
افزودنی شیرینی
3. How can we be healthier consumers? by eating much nuts
مصرف کنندگان

b. Now Scan the text and try to find the main idea. skim (300 words per minute)
طوطی وار خواندن

Reading

Read the following passage silently. Try to guess the meanings of the words.



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Do you know how much sugar is in your diet? See why added sugar is a concern and how you can cut back.

University → President / chancellor
school / college → dean
department → head / chair
manager → principal / headmaster

If you're like many people, you may be eating and drinking more sugar than ever because ^{sugar} it's added to so many foods and beverages. It's thought that added sugar may be one of the ^{It's refers to} factors in the rise in obesity and other health problems.

Does that mean you can or should avoid all sugar? Not necessarily. Sugar ^{found} occurs ^{exist} naturally in some healthy foods. But it's added to other foods and beverages. Desserts, sodas, energy and sports drinks are the top sources of added sugar in most American diets. Foods ^{which are} high in added sugar ^{*} do little more than contribute extra ^{calories} to your diet - and often are low in nutritional value. They ^{provide} can ^{set the stage} for potential health ^{They refers to} problems.

Learn more about added sugar, including the types of added sugar, where ^{added sugar} it's most commonly found and how you can cut = reduce back on added sugar in your diet. When you know more about added sugar, you can be a savvy consumer - and maybe a healthier one, too.
^{consumer}

Why sugar is added to so many foods

All sugar, ^{السكر} whether natural or processed, is a type of simple carbohydrate that your body uses for energy. Sugar ^{is found} occurs naturally in some unprocessed foods that are staples of a ^{basic foods} healthy diet - fruits, vegetables, milk and some grains. Sugar in ^{أنواع} various ^{different} forms that is added to foods and beverages is known as added sugar. Sugar is added to processed foods because it:

carbonated / fizzy ^{بب}

- boosts ^{flavor} flavour
- gives baked goods ^{سفت} texture and colour
- helps ^{نگهداری} preserve foods such as ^{جام} jams and jellies
- ^{increase} fuels fermentation, which enables bread to ^{بزرگتر کردن} rise
- serves as a ^{افزاینده حجم} bulking agent in baked goods and ice cream ^{عامل حجم}
- balances the ^{اسیدیته} acidity of foods containing ^{سرکه} vinegar

Why added sugar can be a problem

Added sugar is often found in foods that also contain solid fats. Together solid fats and added sugars - called SoFAS - make up a whopping 35 per cent of total calories in a ^{الگوی} typical ^{فرم} American diet. When you get so many calories from foods containing SoFAS, it's a sign that you aren't eating healthy foods that contain dietary fiber and ^{ضروری} essential vitamins and minerals. ^{احتمالی} Chances are that you're also getting too many calories, contributing to excess weight and obesity. ^{حیاتی}

Different names for added sugar

Sugar ^{has} goes by many different names, depending on its source and how it was made. This can make it confusing to ^{sugar} identify ^{know} This refers to---- added sugar, even when you read ^{لیست مواد تشکیل دهنده} ingredient lists and food ^{برچسب} labels. One easy way: check for ingredients ending in "ose"- that's the chemical name for many types of sugar, such as fructose. There's no natural ^{benefit} advantage for honey, brown sugar, fruit juice concentrate, or other types of sugar over white sugar.

The final analysis

By limiting the amount of added sugar in your diet, you can cut ^{reduce} calories without compromising ^{بخطراختن} on nutrition. In fact, cutting ^{کوت کردن} back on foods with added sugar and solid fats may make it easier to get the nutrients ^{مواد غذایی} you need without exceeding ^{فراتر رفتن} your calorie goal. So the next time you're tempted ^{وسوسه شدن} to reach for a sugary drink, grab a glass of water instead.

tempting لزد

Post-reading Activities

A. True/False Items

Based on the foregoing text decide whether the following statements are true (T) or false (F).

- 1. You should avoid all sugar since sugar may lead to obesity. ^F
- 2. Sugar is necessary to be included in our diet because it is high in nutritional value. ^F
- 3. Sugar is a simple type of carbohydrate that provides energy for our bodies. ^T
- 4. Sugar can be used to preserve all types of food. ^F
- 5. 35% of total calories in American diets include both solid fats and added sugars. ^T
- 6. How sugar is made and what source it is taken from will be used to determine its different names. ^T
- 7. One way to identify added sugar is to check for special suffixes. ^{سوفت}

Answer the following questions by choosing the correct answer from the options provided.

1. All of the followings are among top sources of added sugar except -----.

- a. desserts b. sodas ☒ c. milk d. energy drinks

2. Added sugar -----.

- b. is a complex carbohydrate
b. has high nutritional value
☒ c. can be found both in processed and unprocessed foods
d. can only be found in beverages

3. Sugar is added to processed foods because it -----.

- a. makes the taste of foods better
b. makes some foods bulkier
c. helps the process of fermentation
☒ d. all of the above

4. Obesity may occur as a result of -----.

- a. eating staples and minerals
b. consuming dietary fiber and vitamins
☒ c. eating foods containing SoFAS
d. drinking a lot of beverages

5. We can be a healthier consumer if we -----.

- ☒ a. learn more about added sugar
b. consume only natural sugar

- c. add natural sugar to processed foods
- d. balance the acidity of foods by adding sugar
- 6. One easy way to identify added sugar is to check for -----
 - a. sugar source
 - b. ingredient lists
 - ☒ c. ingredient affixes → پیشوند یا پسوند prefix
 - d. sugar chemicals
- 7. Cutting back on foods with added sugar -----
 - a. necessitates compromising on nutrition
 - ☒ b. facilitates getting the required nutrients
 - c. necessitates exceeding your calorie goal
 - d. facilitates tempting for sugary drink

C. Language Practice

Choose the best answer for the blank spaces.

1. You can ----- some foods for a longer time by keeping them in the refrigerator. = fridge
 - ☒ a. preserve
 - b. bake
 - c. ferment
 - d. contain
 2. People are ----- about all the different labels on food these days ^{since} as the labels are not clear enough to understand.
 - a. tempted
 - b. savvy
 - c. limited
 - ☒ d. confused
 3. During the history and in all societies bread has been among the -----
 - a. beverages
 - b. sodas
 - ☒ c. staples
 - d. textures
 4. The psychological treatments did a lot to ----- his confidence.
 - a. cut back
 - ☒ b. boost
 - c. put off
 - d. exceed
- 45 به تعویق انداختن
 procrastinate
 delay
 postpone

5. Wherever we live, water is ----- to our well-being.

- a. whopping b. bulky c. essential d. typical

6. The city is not very big and the population here doesn't -----200,000.

- a. grab b. exceed c. compromise d. boost

7. In a large salad bowl, mix together the salad -----including slices of cucumber, tomato, and onion.

- a. ingredients b. minerals c. nutrients d. calories

8. Using solid fuels such as coal can ----- your health over time.

- a. consume b. exceed c. confuse d. compromise
از یاد آوردن

D. Word Formation

Use the appropriate words given in the box in the following blanks.

Noun(s)	Verb(s)	Adjective (s)	Adverb(s)
avoidance	avoid		
contribution	contribute	contributory	
preservation	preserve	preserved	
Excess	exceed	excessive	excessively
concentrate concentration	concentrate		

1. Alcohol is a contributory factor in 10% of all road accidents.

2. Salt Preserves the food from decaying.
ناسازگار

3. If you drink excessively, this can lead to stomach disorders.
too much

4. Jams are made with fruit juice concentrate.

5. To avoid confusion, you have to use the standard system of categorization of diseases.

avoid from ~~avoid~~

E. Vocabulary

Match the words in the left column with their synonyms in the right column.

- | | |
|------------------------|---|
| j-1. essential | a. more than is necessary or acceptable |
| i-2. fermentation | b. have something inside it, or as a part of it |
| b-3. contain = control | c. a sweet fizzy drink |
| d-4. excess | d. make something bigger, thicker or heavier |
| f-5. avoid | e. any foods or substances that are combined to make a particular dish |
| 1-6. bulk | f. prevent something bad from happening |
| g-7. agent | g. a chemical or substance that produces an effect or a change |
| c-8. soda | h. use something, esp. fuel, energy or time; eat or drink something |
| n-9. consume | i. a chemical change because of the action of <u>yeasts</u> or bacteria |
| e-10. ingredient | j. completely necessary |

✓ Reminder: PARTICIPLES (-ING OR -ED) as ADJECTIVES

A. Position

Present past

We often use -ing and -ed participles as adjectives. We usually use them in the same positions as other adjectives.

- A win, even by only one goal, would be a **satisfying** result.
- I never find fast food very **satisfying**.
- Recommendations from **satisfied** customers were really useful.
- We follow up every complaint from customers **dissatisfied** with our service.

B. Use

When we use participles as adjectives, **-ing participles** have an active meaning and **-ed participles** have a passive meaning:

- I always seem to play for the losing team. (= the team which is losing)
- She found the lost ring under the sofa. (= the ring which had been lost)

We often use participles as adjectives to describe feelings or opinions. We use **-ing participles** to describe a feeling that something causes:

- It was a frightening film. (= it frightened us/it made us feel afraid)

We use **-ed participles** to describe a feeling that someone experiences:

- I felt frightened when I watched that film. (= I was frightened/I experienced fear)

Exercises:

A. Now find as many participle adjectives as possible in the reading selection in this unit and write them down in the following space.

B. Complete the sentences for each situation. Use the word in parentheses plus **-ing** or **-ed**.

- It's been raining all day. I hate this weather. (depress...)
 - This weather is depressing.
 - This weather makes me depress.....
 - It's silly to get depressed because of the weather.

2. Reza is going to India next month. He has never been there before.
(excite....)
- a. It will be an ...exciting... experience for him.
 - b. Going to new places is always ...exciting
 - c. He is really ...excited..... about going to India.

C. Choose the correct form of the verb.

- 1. Are you *interesting* / interested in watching TV?
- 2. I had never expected to get the job. I was really *surprising* / surprised when I was offered it.
- 3. I didn't find the situation funny. I was not *amusing* / amused.
- 4. Why do you always look so *boring* / bored? Is your life really so *boring* / bored?
- 5. He's one of the most boring / *bored* people I've ever met, he never stops talking and he never says anything interesting / *interested*.

Unit 6

Pre-reading Activities:

A. Vocabulary Preview

produce ^{to make} (v.)	to grow or bring into existence naturally, make
recommend ^{recomend = advise} (n.)	advice or suggestion
fit (v.)	to be suitable
principal ^{اصلی} (adj.)	main, the most important
component (n.)	part ^{جزء}
nutrient ^{ماده مغذی} (n.)	a chemical or food which provides what is needed for life or growth
dehydration (n.)	removing all the water from ^{به تدریج}
drain (v.)	to become <u>gradually</u> dry
beverage (n.)	a liquid for drinking ^{به خیرت}
temperate ^{متوسط} (adj.)	a <u>climate</u> free from very high or very low temperature
calculate ^{محاسبه کردن} (v.)	find out an amount especially by using numbers

talk about sth.

B. Discussion Questions

Think about the following questions. Then discuss each question in pairs or groups.

- 1- How much drink does everybody need during the day?
- 2- How much of the body's weight is water?
- 3- What is dehydration?

معرف کردن: pose

4- What is the replacement approach to water intake? (n)

مصرف

مصرف

ingest = take in (v)

Reading

Read the following passage silently. Try to guess the meanings of the words.

Water: How much water should you drink every day?

Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids. How much water should you drink every day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live.

Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Health benefits of water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and

حالت
عمل کردن
bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.
تغذیه
نوشیدن
مصرف کردن
تجديد کردن
fill again - to top up

So how much water does the average, healthy adult living in a temperate climate need? In general, doctors recommend 8 or 9 cups. Here are the most common ways of calculating that amount:

Replacement approach. The average urine output for adults is about 1.5 liters (6.3 cups) a day. You lose close to an additional liter (about 4 cups) of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace your lost fluids.
تغذیه
عرق کردن
نوشیدن
تجديد کردن
cause
provide
account for

approach = method

perspiration
=
sweating

Eight 8-ounce glasses of water a day. Another approach to water intake is the "8 x 8 rule" ounce glasses of fluid a day (about 1.9 litres). The rule could also be stated, "drink Eight 8-ounce glasses of fluid a day," as all fluids count toward the daily total. Although the approach really isn't supported by scientific evidence, many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink.
تغذیه
قانون
rule
تجديد کردن
Since
because
Which approach?

Dietary recommendations. The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.
تغذیه
almost
roughly
approximately

Even apart from the above approaches, if you drink enough fluid so except for that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more
تغذیه
seldom
almost never

of colourless or slightly yellow urine a day, your fluid intake is probably adequate. If you're concerned about your fluid intake, check with your doctor or registered dietician. He or she can help you determine the amount of water that's best for you.

Post-reading Activities

A. True/False Items

Based on the foregoing text decide whether the following statements are true (T) or false (F).

- F 1. The need to water intake is similar in all individuals.
- I 2. One's living place is important to the individual's need to water.
- I 3. More than half of the body's weight is water.
- F 4. Not all the body organs need water to function.
- F 5. Mild dehydration is as dangerous as severe one.
- I 6. In case water is not supplied enough to the body, it will be dehydrated.
- F 7. The body's need to water is not dependent on climate.
- F 8. The body's required fluid can be supplied through food intake as well as water.
- I 9. It is not easy to determine how much fluid our body needs through a day; only experts can recommend it.
- F 10. The recommended water intake for women is more than that for men.

B. Comprehension Check Questions

Answer the following questions by choosing the correct answer from the options provided.

1. Water constitutes ----- of our body's weight.
make up

a. most

☒ b. over half

c. all

d. a little

2. The amount of water our body needs -----

a. can be easily and properly estimated by every individual

b. does not depend only on our health

c. is not focused by experts

☒ d. has been variously recommended

به طرق مختلف

3. If one is dehydrated, -----

a. body organs can replenish it

☒ b. he/she will get bored due to lack of energy

c. a temperate climate is necessary to help him/her

d. he/she will sweat more

عرق کردن

4. Water is lost through all the following ways except:

a. urination

b. sweating

☒ c. replenishment

d. defecation → *مدونوع*

5. Water supply should be replenished in the body; otherwise, -----

- a. perspiration will be enhanced → *افزایش یافته*
b. bowel movement will stop
c. body functions will be deteriorated → *وضع شدن*
d. dehydration will be eradicated → *دفعه شدن*
- worsen - exacerbate*

6. "Many people use this easy-to-remember rule as a guideline ..." In which of the following statements does "AS" have the same meaning?

- a. Speaking as a teacher, I recommend the use of new methods.
b. We have hoped to finish it today, but as it is, we probably won't finish it until tomorrow. *in the way that*
c. As popular as he is, he did not succeed in winning the case.
d. As I said before, you cannot attend the class.

7. According to this passage, -----.

- a. the amount of our body's activity influences our needed water
b. the moisture produced by water is the factor that leads to dehydration
c. everybody's need to water is similar
d. water is a component in our body which is as essential as other fluids

C. Language Practice

Choose the best answer for the blank spaces.

1. The physician's ----- were followed by the patient. He soon recovered from the disease.

- a. intakes b. recommendations c. estimations d. perspirations

2. There is a growing gap between what the country produces and what it -----
-----.

space

- a. replenishes b. flushes c. registers ☒ d. consumes

3. The athletes ran for one hour and they were all----- after it.

- a. breathing b. estimated ☒ c. sweating d. remembered

جوشاندن

4. Boil the vegetables for 20 minutes and then ----- the water so that you can eat it; they should be consumed without water.

- ☒ a. drain b. replenish c. perspire ~~d. carry out~~

5. Everybody can pass these exams ----- studying hard.

- a. in spite of ☒ b. through c. during d. as well as

تا

6. Our office needs a/an ----- for the secretary who left.

- a. replenishment b. intake ☒ c. replacement d. approach

7. I feel ----- ill; there is no need to see a doctor. I think if I rest, I will get better.

- a. typically ☒ b. slightly c. principally d. properly

a little

8. The amount of rainfall ----- the size of the crop in different countries.

- a. produces b. perspires c. contains ☒ d. determines

تعیین کردن

9. A banana ----- most of the necessary nutrients for a 9 month old baby.

a. replenish

b. excludes

c. accounts for
provide

d. puts up

✓ Reminder: Conditional Sentences

There are three types of conditional sentences. In type 1, the action is probable to happen. Conditional sentences have two parts: the if-clauses and the main clauses. In type 1, in the if-clause the verb is in the present tense while the verb in the main clause is in the future tense.

EX: If it rains, he will get there on time.

Sometimes the conditional sentence is about a fact which is always true. In this case, in both clauses we use simple present tense.

EX: If water is heated up to 100C, it boils.

Put the verbs in the brackets in the correct form.

1. If the earth gets warmer, the ice at the North Pole ----- (~~melts~~) (melt)

2. If I see him, I will give (give) him a lift. *melts*

3. Someone will steal (steal) your car if you leave it unlocked.

4. If you don't go (not go) away, I will call the police.

5. He will be late for the train if he doesn't start (not start) at once. *immediately*

D. Match the words in column I with their equivalent in column II.

1- varying *(d)*

2- fit *(v)*

3- estimate *(d)*

a- to form an opinion of; judge

b- drink

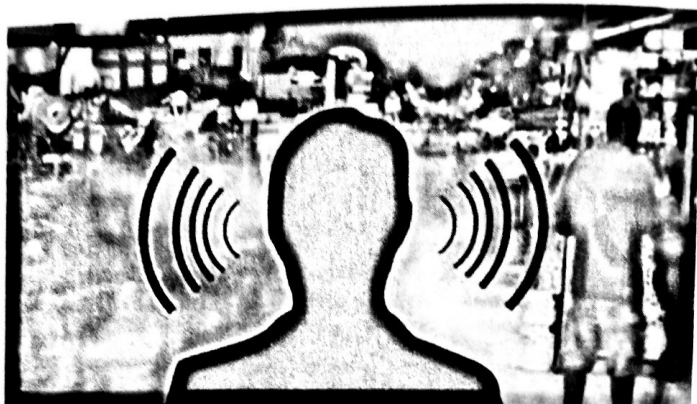
c- not severe

- 4- component (j)
- 5- beverage (b)
- 6- amount (f)
- 7- mild (c)
- 8- lack (i)
- 9- approach (e)
- 10- adequate (g)

- d- different
- e- way, method
- f- sum of money, a quantity of sth
- g- enough
- h- to be suitable for
- i- not have
- j- part

Unit 7

Sound Location

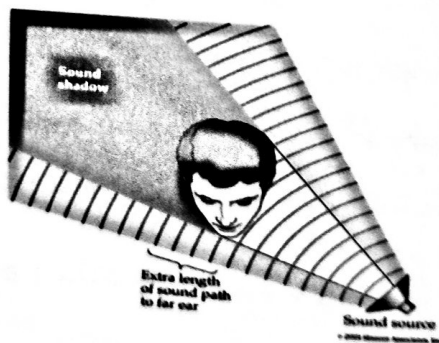


Human beings have two ears. Both ears can hear sounds. There are many sources of sound. Sounds from the same sources ^{get to} reach both ears. The brain can locate a sound source. It compares the sounds which arrive at each ear. People are usually good at ^{brain} locating sound sources. They can ^{reach} locate sources ^{correctly} accurately. In certain ^{kind location} circumstances normal people cannot locate sounds accurately.

موقعیت

به درستی
دقیق

Sound localization



Human beings can locate sound sources by comparing in the brain the sounds which arrive at each ear. Try a simple experiment. Ask a friend to sit in a chair and to close his eyes. Tell him to sit facing in one direction and not to move his head.

Make a sharp sound (for example, by clicking the fingers, blowing a whistle or ^{make a short sharp sound} striking ^{hit} a piece of metal) about two meters away from him. Get your friend to point to the source of the sound. Now make the sound at different places around him, still about two meters away. See how good he is at locating the sound. Make sure that the room is almost silent and ^{take stb attention away from sth} do not distract the ^{participant} subject by other noises. Note carefully his ^{کالین} performance with sounds in the ^{مکان} medial plane. The result will probably show one important factor in location; it is not very accurate when the sound source is at points ^{halfway} equidistant from the two ears. ^{Locating the sound}

Post-reading Activities

2) True/False Items

Based on the foregoing text decide whether the following statements are true (T) or false (F). ^{بالا / فوق} ^{لغوة / اظهار}

- ...F.... 1. Sounds should be from different sources to reach both ears.
- ...F.... 2. Normal people usually cannot locate sound sources accurately.
- ...T.... 3. The sound source will not be accurate if it is at equal distance from the two ears.
- ...F.... 4. In the above experiment, a sharp sound should be made to distract the subject.
- ...T.... 5. The subject in the experiment can locate sound sources made at different points about two meters away.

2) Comprehension check questions

Answer the following questions by choosing the correct answer from the options provided. ^{پرویدہ} ^{provide}

6. According to the passage, human beings locate sound sources by -----.

- e. closing their eyes while being faced in one direction
-  comparing the sounds which arrive at each ear in the brain
- g. placing the sound sources in the medial plane
- h. not moving his head and not being distracted

7. The purpose of the above experiment is to show -----.

- e. the type of a sound which can be located by humans
- f. how far the sound source should be to be located
- g. the people's posture when locating a sound source
-  when the ability to locate ~~locating~~ the sounds is not accurate

8. It is necessary for you and your friend to close your and his or her eyes in this experiment in order-----.

-  not to see where the location of the sound is
- f. not to be ~~distracted~~ by other noises
- g. to locate the sound sources more accurately
- h. to locate the sounds in the medial plane

9. Locating the sounds is not accurate when -----

-  the sound source is in the medial plane
- f. the sound is made at points not at equal distance from the ears
- g. a sharp sound is made about two meters away
- h. a subject closes his or her eyes facing in one direction

2) Language Practice

Choose the best answer for the blank spaces.

6. My friend couldn't ----- estimate the source of the sound, so I had to repeat the experiment.

- ☐ a. probably b. silently ☒ c. accurately d. sharply

7. We need to help ^{the needy} the poor in whatever ----- they are in.

- ☐ a. directions ☒ b. circumstances c. experiments d. points

8. My brother ----- on his coffee to cool it down.

- ☐ a. tapped ☒ b. blew c. clicked d. knocked

9. Your final grade will be partly based on your ----- on these tests.

- ☒ a. performance b. location c. distraction d. distance

10. Our sense of hearing allows us to identify and ----- objects in our path.

- ☐ a. strike b. blow ☒ c. locate d. click

بلowing → دھون
فد کھول



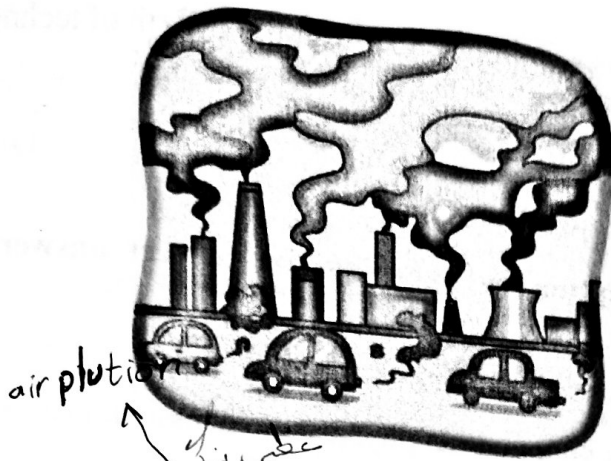
Man and his Environment

Throughout the history man has changed his physical environment in order to improve his way of life.

With the tools of technology he has altered many physical features of the earth. He has transformed woodlands and prairies into farmland, and made lakes and reservoirs out of rivers for irrigation purposes or hydroelectric power. Man has also modified the face of the earth by draining marshes and cutting through mountains to build roads and railways.

However, man's changes to the physical environment have not always had beneficial results. Today pollution of the air and water is an increasing danger to the health of the planet. Each day thousands of tons of gases come out of the exhausts of motor vehicles; smoke from factories pollutes the air of the industrialized areas of countryside. The air in cities is becoming increasingly unhealthy.

suburbs



The pollution of water is equally harmful. In the sea, pollution from oil is increasing and is killing enormous numbers of algae, fish and birds. The whole ecological balance of the sea is being changed. The same problem exists in rivers. Industrial wastes have already made many rivers lifeless.

Conservationists believe that it is now necessary for man to limit the growth of technology in order to survive on earth.

Post-reading Activities

3) True/False Items

Based on the foregoing text decide whether the following statements are true (T) or false (F).

..... 1. Man's changes to the physical environment have improved his way of life.

..... 2. Cutting through mountains to build roads and railways is an example of man's attempt to improve his way of life.

..... 3. The air in the countryside is becoming unhealthy mainly because of the exhausts produced by cars.

..... 4. The pollution of water is more harmful than air pollution.

..... 5. Pollution has changed the ecological balance of both seas and rivers.

.....F.... 6. The job of a conservationist is to limit the growth of technology.

3) Comprehension check questions

Answer the following questions by choosing the correct answer from the options provided.

1. The reason why man has changed his physical environment is to -----

- a. endanger the health of the planet
- b. make the rivers lifeless
- c. change the ecological balance of the sea

improve his way of life ✓

2. The ecological balance of the sea has been changed in all of the following ways EXCEPT:

- a. pollution from the oil
- b. wastes from industries
- ☒ c. enormous numbers of algae
- d. the growth of technology

3. Today pollution is an important problem since -----

- a. the physical environment has not been changed
- ☒ b. it is a real threat to the health of the planet

- c. woodlands and prairies have been transformed
- d. it limits the growth of technology

4. "The same problem" in paragraph 4 line 3 refers to -----

- ☒ a. changes in the ecological balance

- b. the large numbers of fish
- c. the pollution of water
- d. the pollution from oil

5. ----- shows that man's changes to the physical environment are not always beneficial.

- e. Making reservoirs for irrigation
- ☒ f. Building industrialized areas in the countryside
- g. Cutting mountains to build roads
- h. Changing prairies into farmland

3) Language Practice

Choose the best answer for the blank spaces.

1. We haven't ----- our plans ^{علیه رغبت} despite the poor weather.
 a. polluted ☒ b. altered ^{inspite of} c. built d. improved
2. Many people are concerned about genetically- ----- foods and their effects on our health.
☒ a. transformed b. irrigated c. drained ☒ d. modified ^{اصلاح شده}
3. This country has a/an----- variety of wild life.
☒ a. enormous-huge b. lifeless ^{تسوع} c. harmful d. physical
4. It has been proved that sunshine is ----- to plants.
 a. harmful ☒ b. beneficial c. unhealthy d. equal
5. The air was dirty with the ----- fumes of thousands of cars.
 a. factory b. industry ^{درد} ☒ c. exhaust ☒ d. vehicle

Vary - تغییر دادن / مختلف
 various - تسوع / تسوع
 variety - تسوع / تسوع

Pre-reading Activities

A. Vocabulary Preview

connection	(n.)	link, the act or state of being connected
epidemic	(n.)	sudden rapid increase of a disease in a community
identify	(v.)	to find or discover, recognize
cope with	(v.)	deal with
author	(n.)	writer
psychiatrist	(n.)	a doctor who studies or treats mental illnesses
awareness	(n.)	knowing sth, knowing that sth exists
regulate	(v.)	to control or direct by a rule
key	(adj.)	most important
confusion	(n.)	A state of not being certain about what's happening, what you should do, what sth means

B. Read the following passage and answer the following questions.

1. What is dementia?
2. Is there a connection between alcoholism and dementia?
3. How does alcohol affect the brain?
4. Does dementia happen only in ages over 50?
5. Does alcohol bring about Alzheimer's?
6. What is Korsakoff's syndrome?

Reading

The adverse effects of drinking alcohol

Heavy drinking could be the cause of one in four cases

خبر

of dementia, a serious brain condition which leads to a loss of memory. Doctors have identified a connection between drinking alcohol and dementia in between 10 and 24% of the 700,000 people in the UK who have the disease. They say that binge drinking and increased use of alcohol will probably produce an epidemic of alcohol-related brain damage in the future, with drinkers beginning to experience serious memory problems in their 40s.

1. Women who drink a lot are in much greater danger than men of suffering problems because their bodies are less able to cope with the effects of alcohol.

susceptible/vulnerable
/prone
معرضه بودن

2. It is well-known that alcohol kills brain cells, but an article in the journal *Alcohol and Alcoholism* says that the problem may be much more common than people think. The increase in the amounts that people drink means "it is probable that the amount of alcohol-related brain damage is greater than we thought and may rise in future generations", say the authors of the article.

مقاله

3. Dr Jane Marshall, one of the co-authors of the report and a consultant psychiatrist at a hospital in London, said: "People think that dementia is something that happens to people over the age of 65. But a lot of those under 65 have got memory problems and a large number of the problems in that group are related to alcohol. Alcohol-related brain damage may be the cause of 10-24% of all cases of all forms of dementia. We know that alcohol is associated with serious problems. It reduces memory and general awareness," she added.

روان پزشک

نویسنده مشترک

related to

متعلق به

alcohol

4. These findings follow research in America last year which showed that drinking more than two drinks a day can cause Alzheimer's to begin by up to 4.8 years earlier. Two thirds of all the 700,000 people in the UK with dementia have

دوسوم

Alzheimer's, "Drink is more likely to cause dementia in women than men because women have more body water and less body fat, which means that they process alcohol differently and are in more danger as a result," said Marshall!

5. Women who drink the same as men are in more danger of loss of memory for that reason, in the same way that they are in more danger of getting alcohol-related liver disease. However, if a heavy drinker of either sex stops drinking alcohol, their brain cells will regenerate and there will be an improvement in key areas of brain activity.

6. Gayle Willis of the Alzheimer's Society said: "We know that the use of alcohol over a long period of time can lead to memory problems. Only one third of the people with Alzheimer's are actually diagnosed with the disease but the problem of under-diagnosis of people with alcohol-related memory loss could be even greater." But the society believes that only a few cases of dementia, perhaps as few as 3%, are directly caused by alcohol.

7. Marshall and her colleagues studied Korsakoff's syndrome, a rare form of dementia linked to alcohol use, which leads to short-term memory loss, changes in behaviour and confusion. It is becoming more and more common in Scotland and the Netherlands, especially among poorer people with poor diets. One study of people suffering from the condition found that half of them were under the age of 50.

8. Professor Ian Gilmore, president of the Royal College of Physicians, said: "It is a real worry that some clinical staff do not recognize the important link between alcohol and dementia, because if the early signs of the condition are diagnosed quickly, it is possible to treat it. It is very important that we improve understanding among doctors and nurses about the links between heavy drinking and damage to

the nervous system. It is equally important that people understand that alcohol-related brain damage can happen at any time of life."

A. True/False Questions

Read the following sentences. Put "T" for true and "F" for false statements. Justify your answers.

- ~~F~~ 1. Heavy drinking certainly leads to loss of memory.
- F 2. The majority of British people are drinkers who have dementia.
- T 3. Women's bodies are more sensitive to damages of alcohol as compared with men. *نعم، بل*
- T 4. Women are less able to withstand alcohol damages. *تقاوم*
- T 5. Alzheimer's disease can occur earlier in those who drink alcohol. *يحدث / يتطور*
- F 6. Those with fatty body might suffer the problems associated with alcohol more than lean people. *لا غير*
- T 7. Dementia and Alzheimer are not the only physical problems resulting from drinking alcohol.
- F 8. Korsakoff's syndrome is a very common disease among people.
- F 9. Dementia is an untreatable disease.
- T 10. Drinking alcohol may lead to dementia at any time in life.

B. Comprehension Check Questions

Choose a, b, c or d which best completes each item.

1. of dementia cases in the UK have occurred due to alcohol. *because of*
- a. The majority ☒ b. Most c. Less than half d. A great number

پیش بینی کردن

2. British physicians predict that in future.

- a. the epidemic of alcoholism is inevitable → اجبت - ناپیدا
b. a rapid increase in damage to the brain due to alcohol will occur
c. British people will be binge drinkers
d. a connection between dementia and alcohol will be identified

3. As to male and female drinkers,

- a. the former are more sensitive to problems of alcohol
b. both can cope with damages of alcohol similarly
c. the latter are less resistant to problems caused by alcohol
d. both are in danger equally

4. According to the passage, fat in the body, risk of Alzheimer's.

- a. the more/ the more
b. the less/ the more
c. the more/ the less
d. the less/ the less

علامت

5. All of the following are the symptoms of Korsakoff's syndrome except:

- a. short term loss of memory
b. confusion
c. behavioral problems
d. Alzheimer's

6. The phrase "lead to" can be replaced with all the following except:
- a. cause ☒ give rise to c. bring about ☒ give in to
- cause* *سبب شد*

7. Which of the following statements is false?

- a. Dementia is not a disease of old people.
- ☒ The damage to the brain cells as the result of heavy drinking is irreversible. *برعکس*
- c. Female drinkers get more liver disease as compared to men. *فقط*
- d. Korsakoff's syndrome is more common among those living in poverty. *فقر*

C. Choose a, b, c or d which best completes each item.

1. They are suffering injury (ies) after the accident; the doctors are worried about their survival.

a. slight *کمی*

b. trivial *not important*

c. negligible *insignificant*

☒ serious *سریع*

2. Some experts are trying to what is wrong with the present system in order to solve the problem.

☒ disregard *بی توجهی*

☒ identify

☒ diagnose

d. increase

3. All the students were before the interview; they were worried about the result.

☒ nervous

b. calm

c. diagnosed

d. satisfied

4. There has been a sharp in the number of people out of work; unemployment is a great problem at present

- a. fall b. drop c. rise d. steep

5. All the family members have a health problem; they need to develop a/an of the importance of eating a healthy diet.

- a. reduction b. behavior c. memory d. awareness

6. Once destroyed, the brain cells do not

- a. regenerate b. degenerate c. spread d. diffuse

7. They have promised to my application in a week.

- a. process b. produce c. experience d. lead

8. The made by the doctor shocked everybody; he has a dangerous disease.

- a. promise b. diagnosis c. connection d. impression

prognosis : آوند بیبوری یا عدم بیبوری

9. To avoid, please write the children's name clearly on all the school clothes.

- a. awareness b. understanding c. confusion d. link

10. Headache is a of stress; try to cope with your problems.

- a. damage b. sign c. link d. loss

D. Match the words in column I with their equivalents in column II.

a. improve

b. syndrome

c. colleague

d. actually

e. likely

f. consultant

g. damage

h. associated with

i. loss

a. related to

b. harm

c. really

d. a combination of symptoms

e. the state of losing

f. coworker

g. get better

h. a person with whom we consult

i. probable

F. Match the beginnings and endings to make a sentence about the text.

1. Dementia is a serious brain condition which

2. Doctors can treat dementia if

3. The number of people suffering from alcohol related damage

4. Women who drink a lot

5. Women are in more ~~damage~~ ^{danger} because

6. The use of alcohol over a long period of time can

~~a~~ ----- their bodies are less able to cope with alcohol.

~~b~~ ----- cause loss of memory.

~~c~~ ----- leads to a loss of memory.

~~d~~ ----- will probably rise in future generations.

~~e~~ ----- are in more ~~damage~~ ^{danger} than men.

~~f~~ ----- they diagnose the early signs of the disease quickly.

✓ **Reminder: Prepositions**

Prepositions are short words normally placed before nouns, pronouns or after verbs.

Prepositions of time and date are at, on, by, in, from, since, during, for, after, before.

Examples: by Friday
not later than

at six o'clock	in the afternoon	<u>on Sunday morning</u>
at noon	in the morning	<u>in May/June</u>
at midnight	in the evening	<u>in 2024</u>

Complete the sentences from the text using these prepositions.

- of in to
1. Binge drinking and increased use of alcohol will probably produce an epidemic of alcohol-related brain damage in the future.
 2. Drinkers ~~beginning~~ to experience serious memory problems in their forties.
 3. Heavy drinking could be the cause of one in four cases of dementia, a serious brain condition which leads to a loss ~~of~~ memory.
 4. It's found that half of the people suffering from dementia were under the age ~~of~~ 50.
 5. Drinking alcohol leads to serious problems
 6. Drinking more than two drinks a day can cause Alzheimer's to begin by up to 4.8 years earlier.

F. Complete the tables and make a sentence using each one.

verb	noun	adjective	adverb
lose			
connect			
improve	improvement	improved	improrably
behave	behavior	improvable	behaviorally
confuse	confusion	behavioral	
diagnose	diagnosis	confused	confusedness
		confusing	
		diagnosed	diagnostically

Unit 12

Pre-reading Activities

A. Vocabulary Preview

management	(n.)	the act of dealing with people or situations successfully
imply = state	(v.)	to suggest sth is true without saying so directly
goal = objective	(n.)	aim
alter	(v.)	change
accurate	(adj.)	correct and true
perception	(n.)	understanding <i>perceive (v) درک کردن</i>
impact	(n)	effect, influence
vulnerable	(adj.)	sensitive, prone
concept = notion	(n.)	an idea, belief or understanding of sth
effective	(adj.)	producing a successful result
<i>مدرس</i> instructor	(n.)	a person who teaches

Campus

B. Read the following passage and answer the following question.

1. What is "time management?"
2. Which skill is necessary for success in the university?
3. Why is time management difficult for university students?
4. What is "peer pressure"?

Reading

Time Management

When you think about "time management," what comes to mind? The word "management" implies taking an active role in choosing how time is used, as opposed to just letting things happen or allowing others to plan. It also implies that there is a

اولويت
↑
degree of decision-making involved which can include ^{stablish} setting goals and priorities, manipulating resources, monitoring progress, and taking responsibility for the outcome.

We can't change or alter time - every day has the same number of hours, every hour the same number of minutes, so the term "time management" isn't really an accurate term for this skill.

Time management really means self-management - we manage ourselves to make the most of time. Time management is

close to use our time in the best way
connected with learning and study issues at the university level. ^{achievements} It's probably the single most important skill

necessary for success at university. ^{time management} How you use your time has

a major impact on your academic ^{object} accomplishments, satisfaction, and stress level.

success
attainment

Challenges for University Students

University students are particularly vulnerable to difficulties with time management, ^{especially} and it's useful to understand the reasons why this is so: ^{why this is the case}

- Despite its importance in university and beyond, many high schools don't formally address time management; so many students arrive at university knowing little, if anything, about it. ^{point to} Consider the notion that the only difference between a high school student and an entering university student is the two months between June of Grade 12 and September of first semester. ^{think of} ^{comparatively}
- Many university students find they spend relatively few hours each day in classes and labs. This relatively unstructured learning environment is different from the way that the school day is organized in most high schools. Students must discover how much structure they need to work effectively, ^{find} and must create most of that structure for themselves, according to their needs and the demands of their courses.
- University students are expected to be more independent and "self-directed" when it comes to learning and ^{time}

studying than they were in high school. Instructors give less direction about what work to do. Students must usually decide for themselves what work to do, what is most important, how much to do, and when to do it.

- Some high-school students spread their university-level courses out over two years or more, sometimes combining a part-time course load with a job to get the highest marks they can. A full-time university course load can come as quite a shock, one for which these students are not well prepared.
- Even new students who have done a full-time course load may find that the amounts of work, and therefore the amount of study time expected of them is very different from high school. Once the ^{نیمسال} semester is underway, readings, assignments and labs may pile up faster than they can be completed.
- Because many university students study, live, and play in the same environment, setting the boundaries of "work" vs. ^{versus} leisure time is a challenge.
- In the university environment, particularly in residence, there is usually something more enjoyable to do than studying. Many activities compete for a limited number of hours in a week and studying can all too easily get pushed to file ^{the} bottom of the list. Some students struggle semester after semester to find the right balance between studying and socializing.

معاشرت کردن

dorm , خوابگاه

A. True/False Questions

Read the following sentences. Put "T" for true and "F" for false statements. Justify your answers.

T

1. In time management, one should feel responsible for the end result of his/her decision.

T

2. Time management actually refers to self-management.

T

3. Many students neglect proper management of their time.

T

4. The students' needs and the demands of university courses determine how much structure they need in their affairs.

F

5. Studying at the university is like that in high school.

F

6. University instructors usually force the students to study and manage things.

B. Comprehension Check Questions

Choose a, b, c or d which best completes each item.

1. Time management implies all of the following except:

- a. spending time requires the active role of the one who is deciding
- ☒ b. allowing other people help us in deciding about our time
- c. decision making is a component of time management
- d. determining what to do first and what to do later

2. The main idea of paragraph 2 could be

- a. time management and self-management are contrasting concepts
- b. time is not changeable
- c. we, as decision makers, can change time from a static phenomenon to a

dynamic one
☒ d. to manage our time successfully, we should manage ourselves

3. Which in paragraph 1 line 5 refers to

- a. degree ☒ b. decision making c. plans d. letting things happen

4. Time management affects all of the following except:

- a. attainment b. stress level c. feeling of satisfaction ☒ d. time perception

5. 'It' in the phrase 'about it' in (paragraph 4, line 4) refers to

- a. school b. university c. loss of time ☒ d. management of time

6. As to high school and university,

- a. both need the same skills and strategies on the part of the students
b. both address time management
c. the former needs the students to have an active role in making the structure of working while the latter does not

☒ d. the latter requires self-directed role of the students

7. "one for which these students are not well prepared". One and which in this sentence (paragraph 7) refer to

- a. university/ course
☒ b. course load/ course load
c. course load/ student
d. high school load/ university load

10. What is not a challenge in the university is.....

- a. making a balance between work and free times
- b. establishing work and leisure time boundaries
- c. making a balance between socializing and studying
- ☒ d. finding enjoyable activities in the university

C. Choose a, b, c or d which best completes each item.

1. The disease will be ----- if you don't take her to the hospital.

- ☒ a. worsened
- b. improved
- c. quitted
- d. approved

2. He is always working; he actually has no time to visit us.

- a. frequent
- b. wasted
- ☒ c. leisure
- d. remembered

3. I hope we are doing the thing; if not, please let us know.

- a. dangerous
- b. funny
- c. problematic
- ☒ d. right

4. She lives in a country which is for independence; people want to be free, with no dependence.

- ☒ a. struggling
- b. connecting
- c. happening
- d. coping

5. She her arms and the child ran toward her.

- a. improved
- ☒ b. spread
- c. reduced
- d. experienced

6. A course refers to the number and difficulty of courses taken in an academic setting.

a. peak

b. structure

c. load

d. direction

7. Her speech made a great on the audience; everybody was talking about her brilliant talk.

a. loss

b. link

c. impact

d. remedy

جواب: c

8. Young children will usually their mother's attention.

a. bring about

b. compete for

c. lead to

d. give up

9. Good parents always their children to see they are doing the right thing.

a. monitor

b. avoid from

c. compete with

d. identify

10. The good news was a for the family; she did not have a serious disease.

a. suffering

b. shock

c. pressure

d. relief

11. Destruction of environment is one of the most serious

a. thoughts

b. articles

c. challenges

d. reasons

✓ Reminder: Gerund

The gerund has the form of verb + ing. It is used as the subject of a sentence, after prepositions, and after certain verbs.

Example:

1. Reading French is easier than speaking it.
2. I enjoy playing music.
3. He is interested in studying.

Use the correct form of the verbs in the blanket. (Use infinitives or gerunds)

1. He stopped smoking..... (smoke)
2. He lost no time in getting..... (get) down to work.
3. You cannot make an omelet without breaking..... (break) eggs
4. I do not like working. (work) hard.
5. I hate borrowing... (borrow) money.
6. I arranged to meet..... (meet) them here.
7. I wish to see..... (see) you.
8. At dinner she annoyed me by smoking..... (smoke) between the courses. dish writing
9. Would you mind writing..... (write) your name here.
10. By working.. (work) day and night, he finally succeeded.
11. I am prepared to wait..... (wait) here all night.

Use the following prepositions in the sentences:

on at of from in about

1. You need to think about.. the problems quickly.
2. Most of.. the time, you need to manage your day.
3. Your behavior has a lot of impact on.. others.
4. My university is different from... yours.
5. at.. peak times in.... the university, work load is high.

Change the following words into a noun.

1. manage management
2. decide decision...
3. motivate motivation
4. connect connection

5. accomplish ... accomplishment
6. succeed ... success
7. instruct ... instructor - instruction
8. compete ... competition
9. struggle ... struggle
10. intend ... intention

D. Word Formation

Complete the following table. Then fill in the blanks using the words in the table.

Noun	Verb	Adjective	Adverb
manipulation	manipulate	manipulated	
importance	X	important	ly
instruction	instruct	instructive	ly
preparation	prepare	prepared	
assignment	assign	assigned	
relief	relieve	relieved	
competition	compete	competitive	ly
interest	interest	interested	

1. Money played a/an important role in his life.
2. There is a/an interesting movie on TV tonight.
3. You need to prepare well for the exam.
4. Three assignments were given to the students by the teacher.
5. It was a relief to hear that he is ok.
6. The students in a class usually compete for better grades.
7. He is well known as a good instructor.
8. We need to manipulate the data so that we could analyze them.

0, 4, 5, 11, 14