

“Oxford reading skills”

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A Preparatory Step toward Academic Reading Comprehension

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In the Name of God

This book is designed to help low intermediate students to improve their reading comprehension skills. The units are developed based on both task-based and structuralist approaches and contain a variety of activities (reading comprehension, vocabulary, and grammar) to achieve the intended goal. The task-based units are mostly adopted from the “Reading and Thinking” and “English in Focus” series developed by Widoson and adapted to the needs of low intermediate students and the goals of the course. This book is specifically designed as a pre-university English course at Shiraz University of Medical Sciences (SUMS) to prepare the students for the General English (1) course. However, it can be used by all lower intermediate students at universities or high schools or anyone interested in improving his/her reading skills.

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ence
nce
ce } shows noun

Unit 1

before

Pre-Reading Activities

A. Some Words that Work

are useful

incidence (n.)

the extent to which something happens

precisely (adv.)

exactly, accurately; carefully

inverse (adj.)

opposite in amount or position to something else

finance (v.)

to provide money for a project; fund

serving (n.)

an amount of food for one person

consumption (n.)

the act of using energy, food or materials

corroborate (v.)

to provide evidence or information that supports a

consume (v.) ⇒ مصرف کردن

statement or theory; confirm

back up = confirm

B. Words in Context

1. He was advised to reduce his fat

consumption

2. The building project will be by the government.

finance

3. Some believe that a person's wealth is often in proportion to his/her happiness.

inverse

4. It's not clear how the accident happened.

precisely

5. This recipe will be enough for four

serving

6. Some African countries are known for a high of malaria.

incidence

7. This theory has been by some new scientific evidence.

corroborate

C. Discussion Questions

Discuss ⇒ talk about

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

two by two

delicious / yummy / palatable

a. Can you name some tasty foods which may boost your health?

b. What are their benefits to our health?

c. What do you know about the benefits of eating avocados, tomato-based foods, and fish?

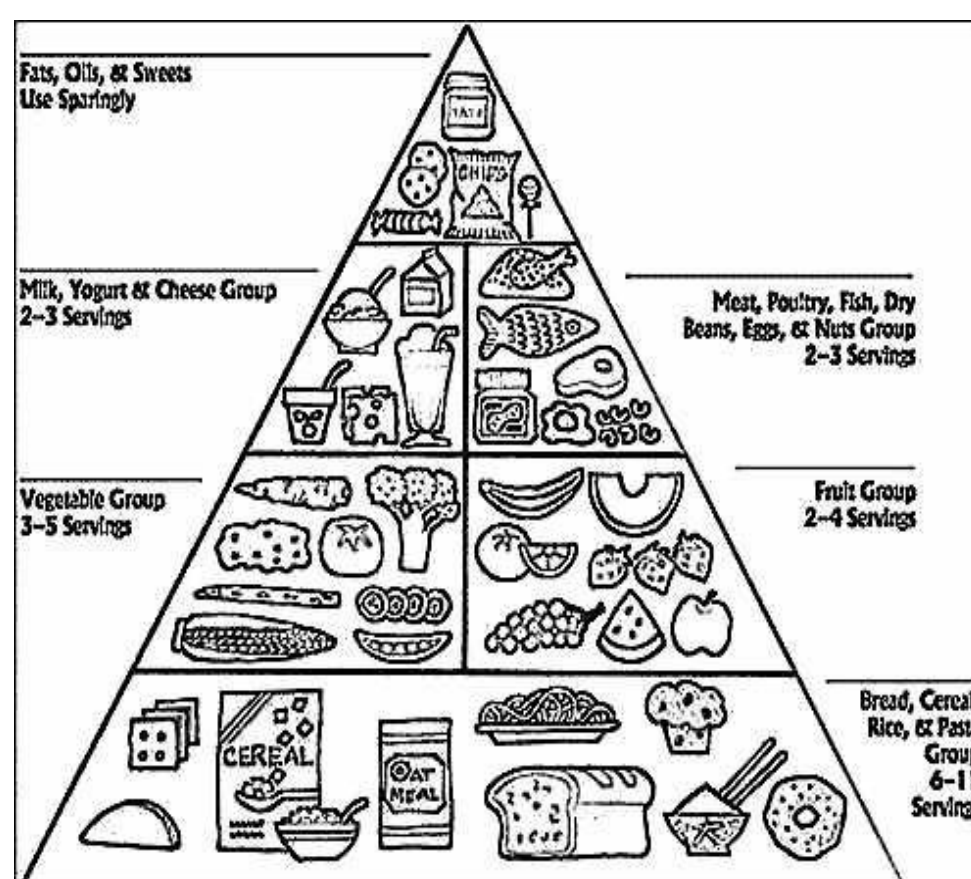
adj for foods

Reading

-Read the following passage silently.

-Try to guess the meanings of new words.

food pyramid = هرم غذایی



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Five Tasty Foods to Boost Your Health (1)

good, suitable

Proper nutrition can be a powerful medicine. But there's more to healthful eating than broccoli and oat barn. In recent years scientists have found that some foods frequently overlooked. Even some once considered bad for us may actually help prevent everything from cancer to heart problems. While no one food is a magic bullet for good health, you could benefit by adding one of the following tasty foods to your diet.

some time in the past
some refers to foods

Avocados. Long viewed as greasy and fattening, the avocado is gaining respect precisely because it is an excellent source of monounsaturated fat, the heart-healthy kind that lowers bad LDL cholesterol.

some thing that makes you fat
adj
explanation

it refers to ----
avocados

weight ^{noun} gain
weight ^{noun} loss

gain weight = lose weight

مقایسه

مربوطی اشباع شده

A recent Mexican study compared diets low in saturated fat.

During the first diet, volunteers ate avocados as their major source of fat. Then they ate the same diet without avocados. In both diets, bad LDL cholesterol levels decreased. However, the diet without avocado produced significantly lower levels of the good HDL cholesterol and higher levels of triglycerides.

The Australian Avocado Growers' Federation funded a similar study at the Dietary and Cardiology departments of the Wesley Hospital in Australia. Researchers there found that a three-week diet high in monounsaturated fat, which included between a half and 1 avocados per day, was just as effective in lowering bad LDL cholesterol as the low fat, high-complex-carbohydrate diet recommended by the American Heart Association. Still, dieters should beware, since avocados contain about 350 calories each.

Tomato Sauce. Love Italian food? Pour on the sauce, some researchers say. A six-year Harvard University study of 47,000 men found that men who ate at least ten servings a week of tomato-based food were 45 per cent less likely to get prostate cancer than those who had less than two servings a week. Men who ate four to seven servings cut their risk by 20 per cent.

Women benefit as well. An Italian study including both sexes reported that eating three or more servings of raw tomatoes per week significantly decreased the risk for stomach and rectal cancers.

Tomatoes are a unique source of lycopene, an antioxidant that may stop the cell damage that can trigger cancer. Other studies

How much do you weigh? I weigh 50 kg.

How tall are you? I'm 160 cm tall.

weight (n)
weigh (v)

Connected (ربط دادن)

have linked raw tomatoes and lower cancer risk, but the Harvard study found that cooked tomato sauce offered even better protection. Scientists believe that the heat bursts tomato cells so they release even more lycopene. And cooking them in oil dramatically increases the amount of lycopene the body can absorb. → افزایش

'that' refers to -
cell damage

'they' refers to -
tomato cells

Salmon. New research suggests that a once-a-week serving of salmon- containing beneficial omega-3 fatty acids- can dramatically cut your risk of coronary heart disease, something scientists have suspected for decades. That theory was corroborated last year when University of Washington researchers studied 827 Seattle-area residents, looking at their diets, and in some cases, their blood samples. The researchers found an inverse link between the risk of primary cardiac arrest and the levels of omega- 3 fatty acids in the diet and in the blood. Compared with those who ate no fish, the study participants who ate a serving a week had a 50-percent lower risk. Other university studies suggest that omega-3 fatty acids reduce the risk for cardiac arrest by strengthening our arteries, lowering blood-fat levels and preventing blood clots.

'that theory'
refers to New research

opposite

That's not all. Researchers in the Netherlands, who tracked the diets of 552 men over a 25-year period, reported that a weekly serving of any fish dramatically reduced the incidence of strokes. Still other studies have linked salmon consumption to lower rates of diabetes. ⇒ دایسیتیز

دنبال کردن : trace / follow هلند

significantly

سکته مغزی

yet

ربط دادن

diabetes ⇒ دایسیتیز

strength (n) قوت

strengthen (v) قوی کردن

strong (adj)

Post-reading Activities

A. True/False Items

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

-^T 1. Recently it has been found that even previously overlooked foods can be beneficial to our health.
-^F 2. Any kind of food is a magic ^{دماغ / راه حل}bullet for good health.
-^F 3. Since avocados are greasy, they can be fattening.
-^T 4. Mono unsaturated fat lowers bad LDL cholesterol.
-^T 5. A diet including avocados can be as effective as a low fat, high-complex-carbohydrate diet.
-^F 6. Eating tomato-based food is more beneficial to men.
-^F 7. Eating raw tomatoes per week can prevent getting most types of cancers.
-^F 8. Eating salmon may increase your risk of coronary heart disease because of its fatty acids.

B. Comprehension Check Questions

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

1. According to the reading selection, -----.
- a. the foods which are frequently overlooked have been proved to be bad for us
 - ☒ b. some foods once considered bad have been proved to be beneficial to our bodies
 - c. most foods can be magic bullets for good health if prepared properly

- d. most frequently overlooked foods are quite tasty and beneficial to our bodies
2. Avocado is getting more popular since I -----.
- a. is greasy and fattening
 - b. lowers the good HDL cholesterol
 - c. increases the levels of triglyceride
 - ☒ d. contains monounsaturated fat
3. Tomato-based foods can significantly decrease the risk of -----.
- a. prostate cancer
 - b. stomach cancer
 - c. rectal cancer
 - ☒ d. all the cancers mentioned
4. The risk of primary cardiac arrest and the levels of omega-3 fatty acids in the diet containing salmon are linked in that as -----.
- a. the former increases, the latter increases too
 - b. the former decreases, the latter decreases too
 - ☒ c. the latter increases, the former decreases
 - d. the latter decreases, the former increases
5. Omega-3 fatty acids reduce the risk of cardiac arrest through all of the following ways except -----.
- a. lowering blood-fat levels
 - b. preventing blood clots
 - c. strengthening the arteries
 - ☒ d. lowering the rates of diabetes
6. Studies have found that even cooked tomato sauce offers better protection against cancers because ----- lycopene.
- ☒ a. heat causes tomatoes release more
 - b. oil decreases the amount of
 - c. heat bursts the tomatoes and kills
 - d. oil decreases the absorption of

C. Language Practice

Choose the best answer for the blank spaces.

viewed = considered

overweight
= obese (adj)
= heavy
= fat

1. He eats sweets a lot. He seems to have ----- one important fact and that is his obesity (fatness).

- a. considered **b. overlooked** = ignore c. included d. viewed

2. These ----- chips are not healthful. They're very fattening.

- a. dramatic b. beneficial **c. greasy** d. rich

3. Lung cancer is the most ----- outcome of smoking cigarettes.

- a. likely** b. precise c. incidental d. inverse

4. Exposure to sunlight for a long time is closely ----- to skin cancer.

- a. adjusted **b. linked** c. added d. introduced

5. Please wear warm clothes that provide adequate ----- against the wind and rain.

- a. power b. respect c. benefit **d. protection**

6. This area in East Asia is a place with a high ----- of tuberculosis.

- a. serving b. resident **c. incidence** d. volunteer

7. It's dangerous to exceed the ----- daily amount of vitamins.

- a. recommended** b. overlooked c. saturated d. financed

8. Nowadays researchers can ----- the medicine taken by patients.

- a. corroborate **b. track** = follow c. protect d. finance

9. The new findings did not ----- what scientists had suspected about the role of vitamin A in the treatment of some mental disorders.

- a. contain **b. corroborate** c. respect d. recommend
b. confirm

D. Word Formation

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

Noun(s)	Verb(s)	Adjective (s)	Adverb(s)
fat چاق	fatten چاق کردن en: بسوزند فعل ساز	fat چاق fatty چرب fattening چاق کننده	X
benefit سود	benefit بهره مند شدن	beneficial سودمند	X
strength قدرت	strengthen تقویت کردن	strong قوی	strongly به شدت
serving وعده / پیرس غذا	serve	X	X

معرف معرف کشته	consumption consumer	consume معرف کردن	X	X
-------------------	-------------------------	-------------------	---	---

1. The new treatment will be beneficial to everyone who suffers from cancer.
2. Pour the tomato sauce over pasta and serve it immediately.
3. Gas and oil consumption always increases in cold winter. *refers to pasta*
4. These cakes are fatty. They are likely to make you fattening.
5. These exercises will strengthen your stomach muscles.

E. Vocabulary

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

- | | |
|---------------------------|---|
| <u>i</u> -1. greasy | a. to have an idea that something is probably true but without having proof |
| <u>e</u> -2. healthful | b. very specific or unusual <i>evidence</i> |
| <u>j</u> -3. dramatically | c. probable and expected |
| <u>a</u> -4. suspect | d. a person who does a job without <u>being forced</u> to do it <i>مجبور بودن</i> |
| <u>g</u> -5. actually | e. good for your health |
| <u>d</u> -6. volunteer | f. to make a connection; connect |
| <u>c</u> -7. likely | g. saying that something is really true |
| <u>f</u> -8. link | h. to break open especially because of pressure from inside |
| <u>b</u> -9. unique | i. covered in a lot of oil |
| <u>h</u> -10. burst | j. suddenly, very greatly and often surprisingly <i>ناگهانی</i> |

Reminder: Comparative and Superlative Adjectives

a. Form and use

We use comparative adjectives to compare two (or more) things or people, and superlative adjectives to distinguish one thing or person from a number of others. This table shows the forms of comparative and superlative adjectives and the basic patterns they are used in. Two syllable adjectives ending in -y, -er, -ar, -le take “**er**” and “**est**” for comparative and superlative forms.

Adjectives with one syllable: cheap	Comparative adjectives	Superlative adjectives
	Adjective+ -er (+than)	The +adjective+ -est
	The hamburger is cheaper (than the cheeseburger); This box is heavier than that one	The hotdog is the cheapest. This the heaviest box I have ever carried.
Adjectives with two or more syllables: expensive	More+ adjective	The most + adjective
	The hamburger is more expensive (than the hotdog).	The cheeseburger is the most expensive.
Irregular adjectives: good/bad far old	better/worse further/farther older/elder	The best/worst furthest/farthest oldest/eldest

We can use **than** to introduce a clause after a comparative adjective:

- Los Angeles is **bigger than** I expected it to be.

We can use other phrases between a comparative adjective and a *than* clause:

- Burgers were **more expensive** in this restaurant **than** in the others we visited.

2. as ... as

We can say that two things are equal by using **as + adjective + as**:

- The hamburger is **as expensive as** the fish burger.

We make this comparison more emphatic with just:

- We really shouldn't have gone; it's **just as bad as** I predicted it would be!

3. less and least

→ superlative
 ← comparative form

We use less and least as the opposite of more and most. We use these words with all adjectives including one-syllable adjectives:

- I prefer to order a hamburger; it's **less expensive than** the cheeseburger.
- The hot dog is **the least expensive**.

Exercises:

- a. Complete the sentences. Each time use the comparative form of one of the words below. Use than when necessary.

جدي serious early علاقه مند interested thin قابل اعتماد reliable big

1. Reza was feeling tired last night. So he went to bed earlier than usual.
2. I'd like to have a more reliable motorcycle. The one I've got keeps breaking down.
 I have → continues
3. Unfortunately my friend's illness was more serious than we thought at first.
4. You look thinner. Have you lost weight?
5. We want a bigger classroom. We don't have enough space here.
6. Unfortunately, he doesn't study very hard. He's more interested in having a good time.

- b. Complete the sentences using asas.

1. My income is high, but yours is higher. My income isn't as high as yours.
2. You know a bit about mechanics, but I know more. You don't know as much about mechanics as I do.
3. It's still hot, but it was really hotter yesterday. It isn't as hot as it was yesterday.
4. She still feels quite tired, but she felt a lot more tired yesterday. She doesn't feel as tired as she did yesterday.
 very much ←
5. I'm quite tall, but you are taller. I'm not as tall as you.

- c. Complete the sentences. Use a superlative (-est or most...) or a comparative (-er or more ...).

- to eat in a restaurant
1. We dined at...the cheapest restaurant in the town. (cheap)
 2. Our restaurant was...cheaper... than all the others in the town. (cheap).
 3. The United States is very large, but Canada is ...larger... (large)
 4. What's ...the smallest... city in the world? (small)
 5. I wasn't feeling well yesterday, but I feel a bit...better... today. (good)
 6. It was an awful day. It was ...the worst... time in my life. (bad)
 7. What is...the most popular... leisure activity in your country? (popular)
 8. Everest is ...the highest... mountain in the world. It is ...higher... than any other mountain. (high)
 9. My friends and I had a great vacation. It was one of ...the most enjoyable... holidays we've ever had. (enjoyable)
 10. I prefer this sofa to the other one. It's ...more comfortable... (comfortable)

terrible

Unit 2

before

Pre-reading Activities

A. Some Words that Work

تھوڑا: *throw* away (v.)

to throw something carelessly

دسته دسته کردن
cluster (v.)

to come together in a small group or groups

اغشّة كبرج
smear (n./v)

گسترش روی
(a substance) to spread on a surface of sth

gobble down(v.)

to eat something very fast, in a way that people

consider it rude = impolite

option / choice = alternative (n.)

a thing that you can choose to do or have out of two or more possibilities

محدود کردن
restrict (v.)

to limit the size, amount or range of something

nibble (v.)

to take small bites of something, especially food

≠ gobble down

B. Words in Context زلزله

1. In the time of earthquake, the children clustered in the corner of the room.

2. You can spread a Smear of jam on your bread.

3. When eating fruits, we usually ~~throw away~~ *toss away* some good parts, especially the skin which contains more fibers.

4. In the North, fog has restricted visibility. We can hardly see anything.

5. The fat child gobbled down all the sandwiches. He ate them so fast that

Completely = we couldn't quite believe what he did. *alternative*

6. Is there any healthful alternative to the harmful snacks such as chips?

7. If you nibble some olives per week beside the main meal, your health will boost.

Have you done your homework? ← اعلم شو ولی زماں اب مشغف سیت

Did you do your homework last night? ⇐ انجام شده یا نه؟ مشخص

C. Discussion Questions

Think about the following questions. Then ^{talk about} discuss each question in pairs or groups.

- a. What do you know about ^{the} benefits of eating oranges?
- b. What are some benefits of eating nuts?

Reading

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

especially مخصوص = in particular
specially مخصوص



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several : تعدادی

Five Tasty Foods to Boost Your Health (2)

Orange Marmalade. Oranges are a great way to get your vitamin C, ^{refers to vitamin C} which ^{have suggested} several studies have shown may ^{پوشش می دهد} reduce risk of lung, cervical and stomach cancers. But you may be ^{تossing away} tossing away some of the fruit's most ^{جمع پیدا کردن} healthful parts. Flavonoids ^{پوست / پوست} cluster in the orange's peel and in the ^{قسمت مغزدار / قسمت دانه} white, pithy part underneath. A smear of orange marmalade, made with ^{پوست ترکه مانند پرتقال} jellied orange peel, on your morning toast can give you a small amount of these healthful chemicals. ^{=> refers to Flavonoids}

* may is more probable than might.

gastric => relating to your stomach

^{ترکیب} A compound ^{شیره معده} formed naturally in the stomach's juices during ^{سبب} digestion is believed to be a factor ^{سبب} in gastric cancers. This is especially true among people who eat processed rather than fresh foods. In a study at Beijing Medical University, ^{capital of China} researchers gave 32 people two grams of a powder made from dried orange peel after each meal. The powder lowered the amount of these toxic compounds by 53 per cent in those with healthy stomachs and by 62 per cent in those who already had gastric cancer.

Nuts. Gobbling them down may not be a good idea if you're if you are careful about your weight ^{اش محدود} watching your weight- one serving (about an ounce) can pack about 175 calories. As an alternative to other snacks, however, ^{but} nuts can be a surprisingly good way to keep ^{prevent/control} cholesterol at bay ^{to prevent some thing from control having bad effects} and lower your risk of heart attack.

Researchers at Loma Linda University's Centre for Health Research near Los Angeles surveyed the eating habits of almost 26,500 Seventh-day Adventists, a religious group ^{گروه مذهبی} with little history of heart disease. The group has strict dietary rules ^{قوانین غذایی سخت} but does not restrict consumption of nuts. The study revealed ^{showed} a significant link ^{high/great} between nibbling five handfuls ^{یک مشت} of nuts per week and a lower risk of coronary heart disease.

Nuts are also a great source of fibre, protein and vitamin E. ^{particularlly/specially} Almonds, in particular, are one of the best non-dairy sources ^{منبع غیر لبنی} of calcium for preventing osteoporosis ^{پوکی استخوان}, or a weakening of the bones.

Post-reading Activities

bone (استخوان) = osteo

تکامل سنجی استخوان: bone densitometry

deteriorate ,exacerbate ⇒ worsen

peel (n) : پوست
peel (v) : پوست کن

A. True/False Items

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

- ...^F... 1. The best way to get your vitamin C is to eat oranges.
- ...^F... 2. Most people eat orange's peel to receive their daily vitamin C.
- ...^T... 3. Orange marmalade may give you a small amount of healthful chemicals.
- ...^F... 4. In some cases, eating orange marmalade may worsen gastric problems.
- ...^T... 5. The people who eat processed foods are more at the risk of gastric cancers.
- ...^F... 6. Nuts are not a good alternative to other snacks since they may endanger heart functioning.
- ...^F... 7. Among nuts, almonds may weaken the bones.
- ...^T... 8. There is a link between eating nuts and a lower risk of cardiac problems.

B. Comprehension Check Questions

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

1. According to the text, people toss away orange peel since -----.

- a. the white part underneath is not tasty
- b. it is not good for making orange marmalade
- c. orange peel contains no healthful chemicals
- d. they are unaware of its benefits

refers to people don't know

2. Based on this reading selection, gastric cancers may result from eating -----.

- a. orange-peel
- b. processed foods
- c. a powder made from dried orange peel
- d. orange marmalade

3. The orange peel contains ----- to lower the risk of gastric cancer.
- white pithy parts
 - a powder
 - flavonoids**
 - some juices
4. It is implied from the text that eating nuts may -----.
- contribute** to your weight gain
 - help you to lose your weight
 - be a good idea to watch your weight
 - be suggested to keep your weight balanced
5. Nuts are a great source of all the following except -----.
- calcium
 - protein
 - vitamin C**
 - fiber

C. Language Practice

Choose the best answer for the blank spaces.

1. We sat watching TV and ----- some nuts.
- surveying
 - digesting
 - clustering
 - nibbling**
2. Vegetable soup as a/an ----- to other foods is a very effective way for getting rid of cold and flu's.
- alternative**
 - meal
 - amount
 - compound
3. Don't ----- your food like that! It's considered very impolite.
- process
 - reveal
 - gobble**
 - restrict
4. The educational system has ----- the number of students per class to 15.
- clustered
 - restricted**
 - weakened
 - processed
5. Peel the skin of the fruit, but don't ----- its seeds. They're very healthful and delicious.
- gobble down
 - look for
 - serve out
 - toss away**
6. In order to decide about the patient's condition, the doctors ----- around his bed.

- a. surveyed ^{بررسی} b. clustered ^{جمع شدند} c. packed ^{بسته بندی} d. tossed

D. Word Formation

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

Noun(s)	Verb(s)	Adjective (s)	Adverb(s)
reduction ^{کاهش}	reduce ^{کاهش دادن}		
weight ^{وزن}	weigh ^{وزن کردن}	weighty = heavy	
significance ^{اهمیت}	signify	significant ^{قابل توجه}	significantly ^{به طور قابل ملاحظه ای}
weakness ^{ضعف}	weaken ^{ضعیف شدن}	weak ^{ضعیف}	weakly ^{ضعیف}

- His legs felt weak. He couldn't stand on his feet.
- In order to reduce the risk of heart disease, you should stop / quit smoking.
- This new drug has great significance for the treatment of the disease.
- A: "How much do you weight?"
B: "About 60 kilos."

E. Vocabulary

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

- | | |
|--|--|
| a-1. strict ^{سخت گیرانه} | a. that must be <u>obeyed</u> exactly ^{اطاعت کردن} |
| g-2. reveal ^{اشکار کردن} | b. the part of food that helps to keep a person healthy |
| i-3. significant ^{قابل توجه} | c. limit the size, amount or range of something |
| h-4. handful ^{مشتی از} | d. connect with the heart or heart disease |
| b-5. fiber | e. relating to a soft dry white substance inside the skin of oranges |
| d-6. cardiac ^{قلب} | f. connected with the stomach |
| f-7. gastric ^{معده} | g. make something known to somebody |
| e-8. pithy ^{فصاحت دارای دانه} | h. the amount of something that can be held in one hand |

9. restrict محدود کردن

10. survey بررسی کردن

i. large or important enough to have an effect or to be noticed ⇒ مورد توجه قرار بگیرد

j. study and give a general impression about something

✓ Reminder: Simple Present Tense

1. Present tense (active form):

The simple present is the most common way of expressing present time in English. The simple present describes things that are generally true. This unit looks at the present time uses.

1.1: General truths and facts

We often use the simple present to state truths and to describe things which we feel are facts or permanent situations:

- Things which are generally true:

British people **drink** a lot of tea, while Americans **drink** more coffee. *but / در حالی که*

- Facts:

Broken bones in adults **don't heal** as fast as they **do** in children. *refers to heal*

- Permanent situations:

Our body contains colonies of both friendly and unfriendly microorganisms. *96% up مفید و مضر*

1.2: Repeated events/actions

We use the simple present to describe things that happen on a regular basis: *به طور منظم انجام می‌شوند*

- As temperatures **fall** with the approach of winter, the soil **freezes** and **contracts**. *قال*

We often use the simple present with adverbs of frequency (**always, usually, often, sometimes, never**) and expressions of frequency (**every ..., once a ...**):

- I **usually** go away at weekends. *go away from home*
- Our two chefs **provide** an excellent choice of hot meals **every day**.

Seldom = rarely = به ندرت

2. Present tense (passive form):

We make the passive form of verbs in all tenses by using **be** in the appropriate tense plus the **past participle** of the main verb:

Active form: It's a big company. It has **employs** two hundred people.

Passive form: Two hundred people **have been employed** by the company.

More examples:

- Many accidents **are caused** by careless driving.
- I'm **often invited** to parties.
- How **is** this word **pronounced**?

Exercises:

1. Now complete the sentences using the following verbs:

Cause(s) drink(s) live(s) open(s) speak(s) take(s)

1. Ali ...speaks... English very well.
2. I don't oftendrink... tea.
3. The swimming pool opens.. at 7:30 every morning.
4. Careless drivingcauses..... many accidents.
5. My friends ...live..... in a very small flat.
6. The Olympic Games...take... place every four years. apartment

happen

یک روز در میان : every other day
یک هفته در میان : every other week

2. Put the verbs into the correct form.

1. Ali ...doesn't watch.....(not /watch) TV very often. غالب اوقات / غالباً
2. What time the restaurants close (the restaurants/close) here?
3. I've got a laptop, but I ...don't use..... (not/use) it much.
4. A:"Where ...does Ali come..... (Ali/ come) from?" B: "He's Iranian."
5. What ...do you do.....(you/ do) ? I'm an engineer.
6. Ittakes..... (take) me an hour to get to school. How long
...does it take for...(it/ take) you?

انتخابات ریاست جمهوری → presidential elections

3. Complete the sentences using one of these verbs in the correct passive form:

surround hold cause show make

1. Many accidents *are caused* by dangerous driving. ⇒ dangerous driving causes many accidents.
2. Cheese *is made* from milk.
3. A cinema is a place where films *are shown*.
4. In Iran, elections for president *are held* every four years.
5. You can't see the house from the road. It *is surrounded* by trees.

4. Write questions using the passive.

1. Ask about glass. (how / make?) *how is glass made?*
2. Ask about rivers. (how / form?) *how are rivers formed?*
3. Ask about gold. (what / use for?) *what is gold used for?*

5. Put the verb into the correct form, active or passive.

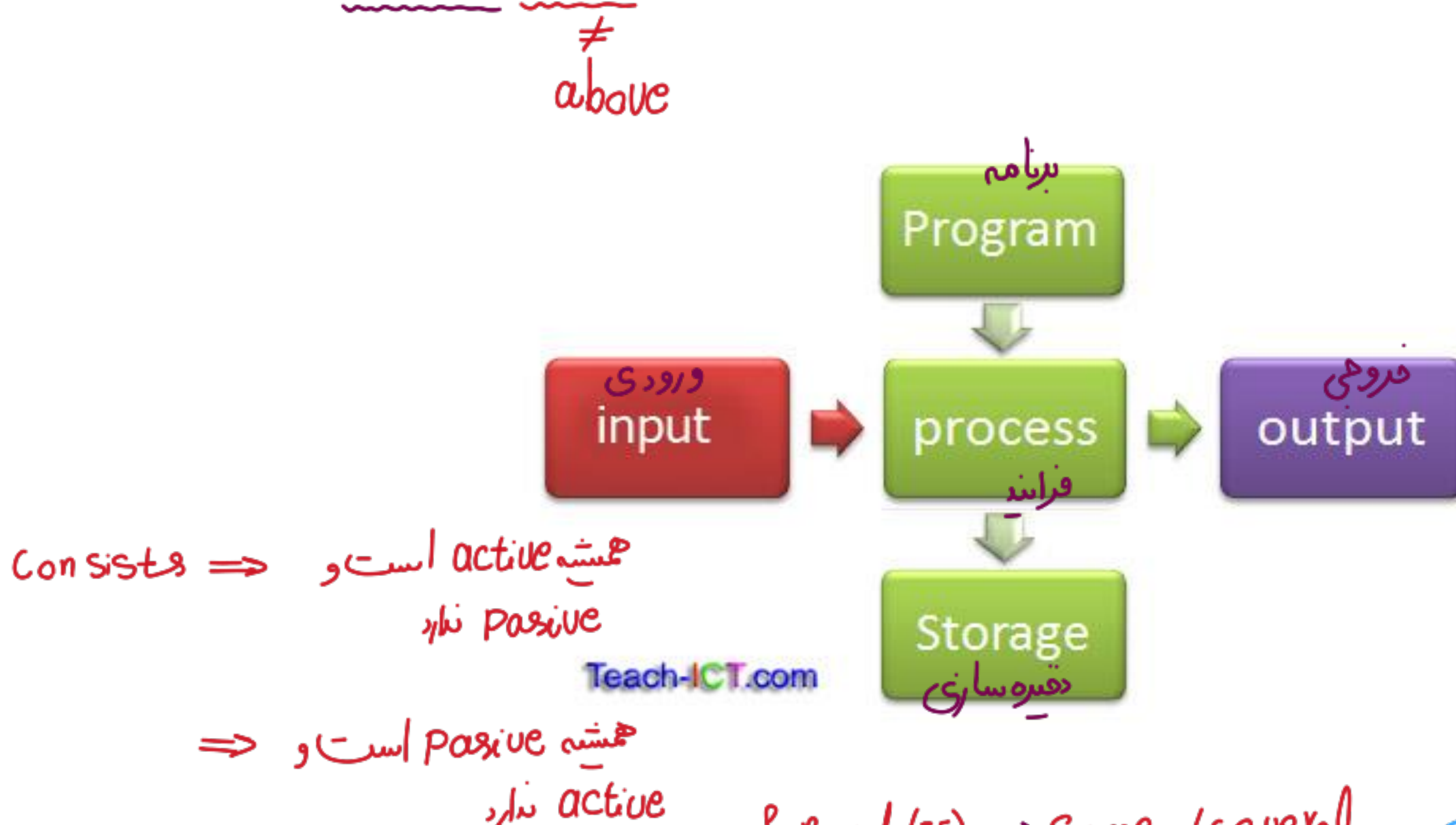
1. It's a big factory. Five hundred people *are employed* (employ) there.
2. Water *covers* (cover) most of the earth's surface.
3. How much of the earth's surface *is covered* (cover) by water?
4. The park gates *are locked* (lock) at 6.30 p.m. every evening.
5. Nurses *look* (look) ^{to cure} after patients in hospital.

* Patients are looked after nurses in hospital.

Unit 3

A COMPUTER SYSTEM

The diagram ^{= flow chart} below shows you the idea of a computer system in its most basic form. ^{refers to computer system}



A computer system is made up of a number of interconnected systems (subsystems). ^{the most important part} ^{formed (v) → some / several} ^{همه سیستمها} ^{toll → ابزار} ^{= changes}

The heart of the computer is the central processor (c.p.). An input device converts information into electronic pulses and passes the program and the data into the c.p. ^{refers to system}

In fact, a computer system is one that is able to take a set of inputs, process them and create a set of outputs. This is done by a combination of hardware and software. ^{refers to inputs} ^{mixture}

The c.p. ^{کامپیوتر} performs the necessary calculations and controls the input and output units. ^{does (افعال دادن)}

The c.p. is divided into three parts. The memory unit stores the data and the program. ^{part / compounded} ^{داده}

The control unit selects data and instructions from the memory unit, interprets them and controls the calculations. The arithmetic unit adds, subtracts and compares data. ^{انتخاب می‌کند} ^{جمع کردن} ^{تفریق کردن} ^{واحد حساب}

The output device converts electronic pulses back into information and presents the information to the user. ^{translates} ^{shows}

ساز

Post-reading Activities

1) True/False Items

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

-**T**..... 1. The input device, central processor, and the output device make up the subsystems of a computer system.
-**T**..... 2. The central processor is responsible for monitoring the input and output units.
-**F**..... 3. The central processor is the heart of a computer system since it is composed of the memory, control, arithmetic, input, and output units.
-**F**..... 4. The arithmetic unit performs and controls the necessary calculations.
-**T**..... 5. The electronic pulses are converted into the information presented to the user by the output device.
-**F**..... 6. An input device is responsible for passing the program and data into the computer screen.

1) Comprehension check questions

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

1. All of the following are performed by different units of c.p. EXCEPT:

a. controlling the input and output units

b. ^{دقیقه سازی}storing the data and the program

c. ^{تفسیر کردن}interpreting the data from the memory unit

d. converting information into electronic pulses

2. The control unit is responsible for

a. converting electronic pulses back into the information

b. presenting the information to the users

☒ c. interpreting the data and controlling the calculations

d. performing the necessary calculations

3. Which subsystem in a computer is responsible for passing the program and data to the c.p.?

a. The memory unit

☒ b. The input unit

c. The control unit

d. The output unit

4. The information is presented to the users through the

☒ a. output device

b. central processor

c. arithmetic unit

d. input unit

5. The underlined 'them' in the second paragraph refers to the

a. three units in the c.p.

b. data in the control unit

☒ c. data and instructions

d. necessary calculations

1) Language Practice

Choose the best answer for the blank spaces.

manual (adj) => done by hand

1. Please read these ----- carefully before using this computer, and save this
^{(n) کتابچه راهنما}
booklet = manual for future use.

- a. devices ^{وسایله‌ها} ☒ b. instructions ^{دستورالعمل‌ها} c. processors ^{پردازنده‌ها} d. pulses

2. Look at the means of ----- an image into digital computer data with a scanner or digital camera.

- a. dividing ^{تقسیم کردن} b. interpreting ^{تفسیر کردن} ☒ c. converting ^{تبدیل کردن} d. performing ^{doing}

3. You will need to ----- how much time working with this computer takes.

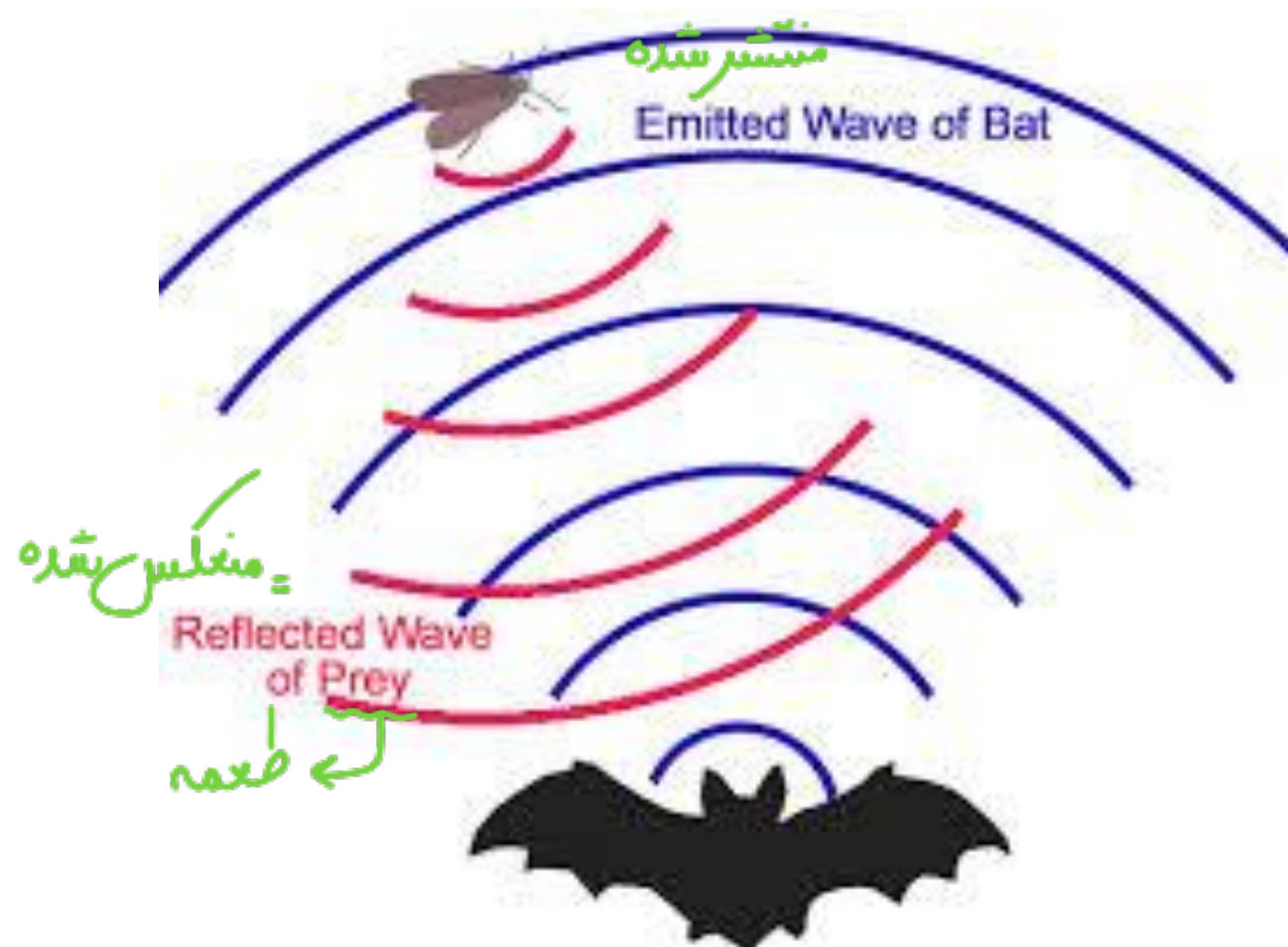
- a. perform b. interconnect ☒ c. calculate ^{اندازه گرفتن} d. create

4. We don't have the ----- software to run this computer program. In fact, without this software we can't do anything.

- ☒ a. central ^{مرکزی / اصلی} b. necessary c. peripheral ^{جانبی} d. secondary

5. You will need to ----- your paper in the forthcoming conference.

- ☒ a. present b. make up ^{آماده شدن} c. create d. subtract ^{تفریق کردن}



BATS

The bat is the only mammal that flies. Unlike birds, which are generally diurnal, bats are nocturnal and fly at night. They have very good hearing but poor eyesight. They cannot see well in the dark. They can see objects which are very near them but they cannot see distant objects. They can see moving objects but not stationary ones.

In order to avoid objects in their path, they use a type of radar system. They emit ultra-sonic sounds and are able to hear the echoes of these sounds. Their radar system enables them to know the position of the objects in their path and to avoid objects at night. They can estimate the distance of an object by using the sound echoes that bounce back to them. So, while bats may travel in total darkness, they “see” using sound. They are able to fly at great speed but are unable to walk fast on the ground.

These creatures can be found in many parts of the world. Bats live in cities, deserts, grasslands and forests. There are over one thousand two hundred bat species. Many people think bats are blind, but this is not true.

Post-reading Activities

True/False Items

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

.....F..... 1. Bats cannot avoid objects in their path.

.....T..... 2. Bats are able to hear the echoes of the sounds they emit.

.....F..... 3. Bats are not able to see the objects whether distant from or near to them.

.....^T4. Concerning the place they live, bats are adaptable animals.

.....^F5. It's commonly known that many bat species have very good eyesight.

.....^T6. "Estimate" in this passage means "guess".

.....^F7. "While" in the last sentence shows a type of logical relationship which is called "consequence". → result

.....^F8. We can infer ^{guess / understand} from the text that bats cannot find their ways at all in total darkness.

.....^T9. "Species" in the last line of the passage means types.

Comprehension check questions

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

درستی / غلطی: quality

1. According to the passage, all of the following are features of the bats

EXCEPT:

- a. good hearing sense
- ☒ b. inability to see the distant objects
- c. using a type of radar system

- d. flying at great speed
2. Bats emit ultra-sonic sounds in order to -----.
- see objects which are very near to them
 - hear the echoes of these sounds
 - ☒ locate the position of the objects
 - walk fast on the ground
3. Bats are adaptable mammals since ^{because} -----.
- ☒ they can be found in many parts of the world
 - there are over one thousand two hundred bat species
 - they are able to fly at great speed
 - there is a possibility for them to use ultra-sonic sounds
4. Which statement shows a fact regarding the bats?
- Bats are blind and cannot see at all.
 - They avoid objects at night since they are nocturnal.
 - ☒ The stationary objects are generally ^{usually} not seen by the bats.
 - At night bats can walk fast on the ground.
5. The underlined 'them' in the second paragraph refers to -----.
- objects
 - ☒ bats
 - echoes
 - paths

Language Practice

Choose the best answer for the blank spaces.

مفرد: leaf ←

1. Leaves or flowers that open in daylight and close at night are called -----.
- stationary
 - nocturnal
 - ☒ diurnal
 - moving
- 2/3. When we see the light of very -----2----- objects in the universe ^{الکائنات}, we are actually seeing light -----3----- from them a long time ago.
- near
 - ☒ distant
 - great
 - stationary

3. a. avoided b. estimated **c. emitted** d. found
4. We should think of a conservation area to protect endangered -----
adj: در معرض خطر
- a. objects b. deserts **c. species** d. echoes
5. The total number of the places where bats can live has been -----
 differently.
- a. estimated** b. emitted c. created d. bounced

to conserve : to protect

Unit 4

Pre-reading Activities

1. Where does mercury contamination come from?
2. Should we be worried concerned about mercury in fish?

Mercury Contamination

جيوه Pollution



Human industrial activities such as coal-fired electricity generation, smelting and incineration of waste, increase the amount of airborne mercury which eventually finds its way into lakes, rivers and oceans where it is gobbled up by unsuspecting fish and other marine life.

Recently, mercury in the fish is a big problem all over the world. Although fish has always been recognized as an excellent source of protein, the risk of mercury contamination has thrown some of its nutritional benefits into question. In fact, mercury contamination of fish is a definite concern for all individuals, and particularly for women considering pregnancy, pregnant women, and children. Once this mercury gets into the marine food chain, it "bioaccumulates" in the larger predators. That's why larger fish are generally riskier to eat than smaller ones.

Those of us who eat too much mercury-laden fish can suffer from a range of health maladies including reproductive troubles and nervous system disorders. The U.S. Environmental Protection Agency (EPA) reports that human fetuses that are exposed to mercury may be at an increased risk of poor performance on neurobehavioral

susceptible = prone = vulnerable

tasks, such as ^{moving parts of body that are very small}
fine motor function, language skills, visual-spatial abilities and verbal memory.

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. In industrial activities, the increase of mercury contaminates water before the air.
- ...^F... 2. According to the passage, mercury can only be eaten by wild fish and other sea animals.
- ...^T... 3. Pregnant women and children are more at risk of mercury contamination than others.
- ...^F... 4. Mercury contamination of fish is not related to the size of fish.
- ...^F... 5. According to the passage, exposure to mercury may affect pregnant women's language skills.

B) Comprehension check questions

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

1. All of the following are discussed in this passage Except:
- industrial activities that enhance mercury contamination
 - where mercury contamination comes from

- c. the benefits of the human industry in the world
- d. how we can prevent mercury contamination

2. It can be inferred from the first paragraph that

- a. people throw a large number of mercury in water
- b. mercury moves from the air to water due to human industrial activities
- b. people throw the waste materials in water
- d. people throw the industrial materials in water

3. According to the passage, **mercury contamination** is an/a..... issue in our life.

- a. trivial = not important بی اهمیت
- b. critical $\Rightarrow$ حیاتی
- c. satisfying $\Rightarrow$ pleastant خوشایند
- d. preventable

4. In the last paragraph, “mercury-laden fish” means fishmercury.

- a. carrying
- b. producing
- c. suffering from
- d. reproducing

5. It can be inferred from the last paragraph that human fetuses that are exposed to mercury may not be able to....

- a. speak
- b. walk
- c. see
- d. all the above

gross motor skills $\neq$ fine motor skills

C) Language Practice

Choose the best answer for the blank spaces.

1. The nutritionist متخصص تغذیه advised him not tofood since he may take in eat / ingest too many calories by eating quickly.

- a. smell b. incinerate c. gobble d. consume = use
 2. biologists are concerned about the effects of untreated sewage that is flowing into coastal waters.
 a. Reproductive b. Veteran c. Marine d. Environmental
 3. The patient is conscious and comfortable. There has already been a/animprovement in her condition.
 a. definite b. inconstant c. unsuspecting d. inconsiderable
 4. The doctor told me that my old bed could be the most likely cause of back
 a. trouble b. risk c. performance d. function
 5. The fish have to be protected from whales and other
 a. generations b. fetuses c. individuals d. predators

Post-reading Activities

Sources of energy

¹The fuels of the body are carbohydrates, fats and proteins. ²**These** are taken in the diet. ³**They** are found mainly in cereal grains, vegetable oils, meat, fish, and dairy products.

⁴Carbohydrates are the principal source of energy in most diets. ⁵**They** are absorbed into the bloodstream in the form of glucose. ⁶Glucose not needed for the immediate use is converted into glycogen and stored in the liver. ⁷When the blood sugar concentration goes down, the liver reconverts some of its stored glycogen into glucose.

⁸Fats make up the second largest source of energy in most diets. ⁹**They** are stored in adipose tissue and round the principal internal organs. ¹⁰If excess carbohydrate is taken in, **this** can be converted into fat and stored. ¹¹The stored fat is utilized when the liver is empty of glycogen.

¹²Proteins are essential for the growth and rebuilding of tissue. ¹³However, *but* they can, *in addition*, be utilized as a source of energy. ¹⁴Indeed, *واقع* in some diets, such as the diet of the Eskimo, *they* form the main source of energy. ¹⁵Proteins are first broken down into amino acids. ¹⁶*Then they* are absorbed into the blood and pass round the body. ¹⁷Amino acids not used by the body are *eventually* excreted in the *urine* *ادخال* in the form of *urea* *اموه*. ¹⁸Therefore, *as a result* proteins, unlike carbohydrates and fats, cannot be stored for future use.

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

1.*T*.... The fuels of the body are taken in the diet.
2.*F*.... Carbohydrates, fats and proteins are found only in cereal grains, vegetable oils, meat, fish and dairy products.
3.*T*.... Carbohydrates are found in the liver as glycogen.
4.*F*.... Proteins are the main source of energy in most diets.
5.*F*.... Amino acids which are not absorbed into the blood are excreted in the urine in the form of urea.
6.*F*.... Carbohydrates and fats cannot be stored for future use.

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

1. In general, the most important source of energy in most diets is..... .
 - a. fats
 - b.* carbohydrates
 - c. proteins
 - d. none of the above
2. It can be inferred from the passage thatcan be stored in the body for the future use.

- a. only carbohydrates
 - ☒ b. not only carbohydrates but also fats
 - c. either fats or proteins
 - d. carbohydrates, fats and proteins
3. Glucose is stored in the liver when..... .
- a. carbohydrates are absorbed into the bloodstream
 - b. there is only sufficient amounts of glucose for the immediate use
 - ☒ c. there is extra amount of glucose for the immediate use
 - d. carbohydrates are not absorbed into the bloodstream
4. According to the passage, proteins are.....
- a. the main source of energy for people
 - b. the second important source of energy for Eskimos
 - ☒ c. ^{بسیار ضروری} vital for human growth
 - d. not used when the liver is empty
5. In the first line, "These" refers to.....
- ☒ a. fuels
 - b. fats
 - c. carbohydrates
 - d. proteins

C) Language Practice

Choose the best answer for the blank spaces.

1. Recently, economic sanctions have had a great effect on exporting drugs.

The government must take action to lift them as soon as possible.

- a. unessential
- ☒ b. immediate
- c. internal
- d. unimportant

economy (n) ⇒ اقتصاد

economics (n)

37

economical (adj) ⇒ مقرون به صرفه

economic (adj)

مادرات → import

2. The number of nurses.....*to Islam* began to ^{increase} rise since they found it a *religion of peace*.
 a. changing b. exchanging c. converting d. belonging
3. Women more than 60 per cent of the students in Shiraz Medical School.
a. make up b. make of ^{inject} c. take in ^{Put on} d. take off
4. After a complete ^{معاینه} examination, she wasdiagnosed with a chronic heart condition.
 a. mainly b. principally c. essentially ^{finally} d. eventually
5. If Amino acids are not used by the body, they will naturally be the body.
a. excreted from b. stored in c. broken down ^{تجزیه و شکسته شدن} d. absorbed in

Unit 5

Pre-reading Activities

A. Some Words that Work

^{نوشیدنی} *drinks* = beverage (n.)

any type of drink except water

^{مشارکت کردن} contribute (v.)

help to cause or ^{=cause} bring about

^{زیرک} savvy (adj.)

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

process (v.)	افزودن ماده‌ای به ماده دیگر تستیه کردن	to treat raw material, food, etc. in order to change it, <u>keep</u> preserve it, etc.
staple (n.)		a basic type of food that is used a lot
boost (v.)		to make something increase, or become better or more successful
whopping (adj.)		very big

B. Words in Context

1. Medical negligence was said to have contributed to her death.
قصور پزشکی
2. The company made a whopping 75 million dollar loss.
سنگین اتاری
3. Most of the food we buy is processed in some way.
4. Getting that job did a lot to boost his confidence.
had a large impact
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.
to some extent
≠ most
7. He is a savvy manager. He has the ability to think about things in practical way and make reasonable decisions.
مفقی

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?
فارغ کردن
2. What are top sources of added sugar?

3. How can we be healthier consumers?

→ looking for specific
b. Now Scan the text and try to find the main idea.

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.

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

It's refers to ~~suger~~

Does that mean you can or should avoid all sugar? Not necessarily. Sugar occurs 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 high in added sugar do little more than contribute extra calories to your diet - and often are low in nutritional value. They can set the stage for potential health problems.

add
Pave the ground
فراهم کردن زمینه

They refers to foods high in added sugar

Learn more about added sugar, including the types of added sugar, where it's most commonly found and how you can cut 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.

refers to added sugar

reduce

refers to consumer

Why sugar is added to so many foods

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

basic foods

بعضی از غذاهای

basic foods

- boosts flavour
- gives baked goods texture and colour
- helps preserve foods such as jams and jellies
- fuels fermentation, which enables bread to rise
- serves as a bulking agent in baked goods and ice cream
- balances the acidity of foods containing vinegar

طعم و مزه

رنگ و بافت (باخت)

very large

ماده حجیم کننده

سرکه

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 typical 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 essential vitamins and minerals. Chances are that you're also getting too many calories, contributing to excess weight and obesity.

Different names for added sugar

Sugar goes by many different names, depending on its source and how it was made. This can make it confusing to identify added sugar, even when you read ingredient lists and food 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 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 calories without compromising on nutrition. In fact, cutting back on foods with added sugar and solid fats may make it easier to get the nutrients you need without exceeding your calorie goal. So the next time you're tempted to reach for a sugary drink, grab a glass of water instead.

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. You should avoid all sugar since sugar may ^{Cause} lead to obesity.
- ...**F**... 2. Sugar is necessary to be included in our diet because it is high in nutritional value.
- ...**T**... 3. Sugar is a simple type of carbohydrate that provides energy for our bodies.
- ...**F**... 4. Sugar can be used to preserve all types of food.
- ...**T**... 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 ^{decide on} determine its different names.
- ...**T**... 7. One way to identify added sugar is to check for special suffixes.

B. Comprehension Check Questions

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
 - 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.

- a. preserve b. bake c. ferment d. contain

2. People are ----- about all the different labels on food these days as the labels are not clear enough to understand. *Since, because*

- 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. reduce cut back b. boost c. delay put off d. exceed

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

- a. whopping b. bulky c. essential d. typical *being healthy*

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. *به مرور زمان*

- a. consume b. exceed c. confuse d. compromise *in danger your health*

during => در طول

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	avoidable ≠ unavoidable	
contribution	contribute	contributory	
preservation	preserve	preserved	
Excess	exceed	excessive	excessively
concentrate concentration	concentrate	concentrated	

- Alcohol is a contributory factor in 10% of all road accidents.
- Salt preserves the food from فاسد شدن decaying.
- If you drink excessively, this can lead to stomach disorders.
- Jams are made with fruit juice concentrate ⁽ⁿ⁾.
- To avoid confusion, you have to use the standard system of categorization of diseases.

E. Vocabulary

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

- | | |
|--------------------------|--|
| <u>j</u> 1. essential | a. more than is necessary or acceptable |
| <u>i</u> 2. fermentation | b. have something inside it, or as a part of it |
| <u>b</u> 3. contain | c. a sweet fizzy drink |
| <u>a</u> 4. excess | d. make something bigger, thicker or heavier |
| <u>f</u> 5. avoid | e. any foods or substances that are combined to make a particular dish |
| <u>d</u> 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
- ^b 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

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

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

consider / بنظر امدن

complain (v)

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...)
 a. This weather is*depressing*.....
 b. This weather makes me*depressed*.....
 c. It's silly to get.....*depressed*..... because of the weather.
- 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.

- Are you *interesting* / *interested* in watching TV?
- I had never expected to get the job. I was really *surprising* / *surprised* when I was offered it.
- I didn't find the situation funny. I was not *amusing* / *amused*.
- Why do you always look so *boring* / *bored*? Is your life really so *boring* / *bored*?
- 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 (v.) to grow or bring into existence naturally, make

recommendation (n.) advice or suggestion

fit (v.) to be suitable

main = principal (adj.) main, the most important

al ⇒ بسوزند صفت ساز

recommend (V) = advice

component (n.) part

مواد مغذی = nutrient (n.) a chemical or food which provides what is needed for life or growth

rehydrate ≠ dehydrate (v)

dehydration (n.) removing all the water from

به تدریج خشک شدن = drain (v.) to become gradually dry

نوشیدنی = beverage (n.) a liquid for drinking

معتدل = temperate = moderate (adj.) a climate free from very high or very low temperature

calculate (v.) find out an amount especially by using numbers

calculation (n.) ⇒ کاسبت

calculator (n.) ⇒ ماشین حساب

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?

4- What is the replacement approach to water intake?
راه / روش eat, ingest / مصرف

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, but needs vary by individual. These guidelines can help ensure you drink enough fluids. How much water
دستورالعملها but (n) differ ← مایعات

should you drink every day? It's a simple question with no easy answers. Studies have produced ^{different} varying recommendations over the years, but in truth, your water needs ^{بستگی دارد} depend on many factors, including your health, how active you are and where you live.

^{ولی} Although no ^{واحد / one} single formula fits everyone, ⁽ⁿ⁾ knowing more about your body's need for fluids will help you ^{guess} estimate how much water to drink each day.

^{advantage} Health benefits of water

Water is your body's ^{main} principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water ^{to clean by passing water} flushes ^{سم} toxins out of ^{very important} vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. ^{Vital organs => اندام‌های حیاتی}

^{کمبود} 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 ^{کاهش دادن} drain your energy and make you tired. ^{می} ^{کم / فقیف} ^{makes up = forms}

How much water do you need?

Every day you lose water through your breath, ^{تعریق} perspiration, ^{ادرار} urine and ^{کارکردن مناج / مدفوع کردن} bowel movements. For your body to function properly, you must ^{refers to body} replenish its water supply by consuming beverages and foods that ^{to make sth full again} contain water. ^{مینان آب از دست رفتن => (n)}

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

approach = method

Replacement approach. The average ^{مقدار ادرار} urine output for adults is about ^{one point five} 1.5 liters (^{six point three} 6.3 cups) a day. You lose close to an additional liter (about 4 cups) of water a day through breathing, ^{عرق کردن} 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) ^{together with / with / همراه با} along with your normal diet, you will typically replace your lost fluids.

Eight ^{= 28 gr} 8-ounce glasses of water a day. Another approach to water intake is the "^{x ⇒ multiplies} 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," ^{because} as all fluids count toward the daily total. Although ^{8x8 rule} the approach really isn't ^{confermed} supported by scientific evidence, many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink.

Which approach?

^{نقشه‌ها غذای} **Dietary recommendations.** The Institute of Medicine ^{recommends} advises that men consume ^{almost / about / nearly} 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. Even ^{به جز / جدا از} apart from the above approaches, if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of ^{زیاد} colourless or slightly yellow urine a day, your fluid intake is probably ^{کافی / enough} adequate. If you're concerned about your fluid intake, check with your doctor or registered ^{متخصص تغذیه} dietitian. He or she can help you determine the amount of water that's best for you.

except for

Post-reading Activities

A. True/False Items

(adv) slightly ⇒ a little

آب شیر ⇒ tap water
← نوشابه ← drinking water

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.
- T----- 2. One's living place is important to the individual's need to water.
- T----- 3. More than half of the body's weight is water.
- F----- 4. Not all the body organs need water to function.
- T----- 5. Mild dehydration is as dangerous as severe one.
- F----- 6. In case ^{if} 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.
- T----- 8. The body's required fluid can be supplied through food intake as well as water.
- F----- 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 ^{refers to recommended} that for water intake 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.

a. most

b. over half ⇒ بیش از نیمی از

- 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

3. If one is ^(adj) 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

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

- a. urination ⇒ ادرار
- b. sweating ⇒ تعریق
- ☒ c. replenishment
- d. defecation ⇒ مدفوع

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

- a. perspiration will be enhanced
- b. bowel movement will stop
- ☒ c. body functions will be deteriorated
→ completely removed / eliminated
- d. dehydration will be eradicated

deteriorate (v) = worsen

6. "Many people use this easy-to-remember rule ^{دستور العمل} as a ^{به عنوان} 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 ^{→ in the way that} as it is, we probably won't finish it until tomorrow.
- 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 ^{effects} 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 ^{doctor} physician's ----- were followed by the patient. He soon recovered from the disease.

- a. intakes
- b. ^{advices} recommendations
- c. estimations
- d. perspirations

2. There is a growing ^{space (فلاحة)} gap between what the country produces and what it -----.

- 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

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** ⇒ dry b. replenish c. perspire d. carry out ⇒ do ^{اخراج دادن}

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

- a. in spite of **b. through** ^{by} c. during d. as well as
^{despite} ← علی رغم

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** ^{a little} c. principally ^{mainly} ^{عمدتا} d. properly ^{well}

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

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

9. A banana ----- most of the necessary nutrients for a 9 month old ^{adj} baby.

- a. replenish b. excludes **c. accounts for** 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. ⇒ *نمونه ٢*

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. ⇒ *نمونه ١*

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 ride lift.
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) immediatly / فورا at once.

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

- | | |
|------------------------------|------------------------------------|
| 1- varying <i>d</i> | a- to form an opinion of; judge |
| 2- fit <i>h</i> | b- drink |
| 3- estimate <i>a</i> | c- not severe |
| 4- component <i>j</i> | d- different |
| 5- beverage <i>b</i> | e- way, method |
| 6- amount <i>f</i> | f- sum of money, a quantity of sth |
| <i>ضعيف</i> 7- mild <i>c</i> | g- enough |
| 8- lack <i>i</i> | h- to be suitable for |

9- approach *e*

10- adequate *g*

i- not have

j- part

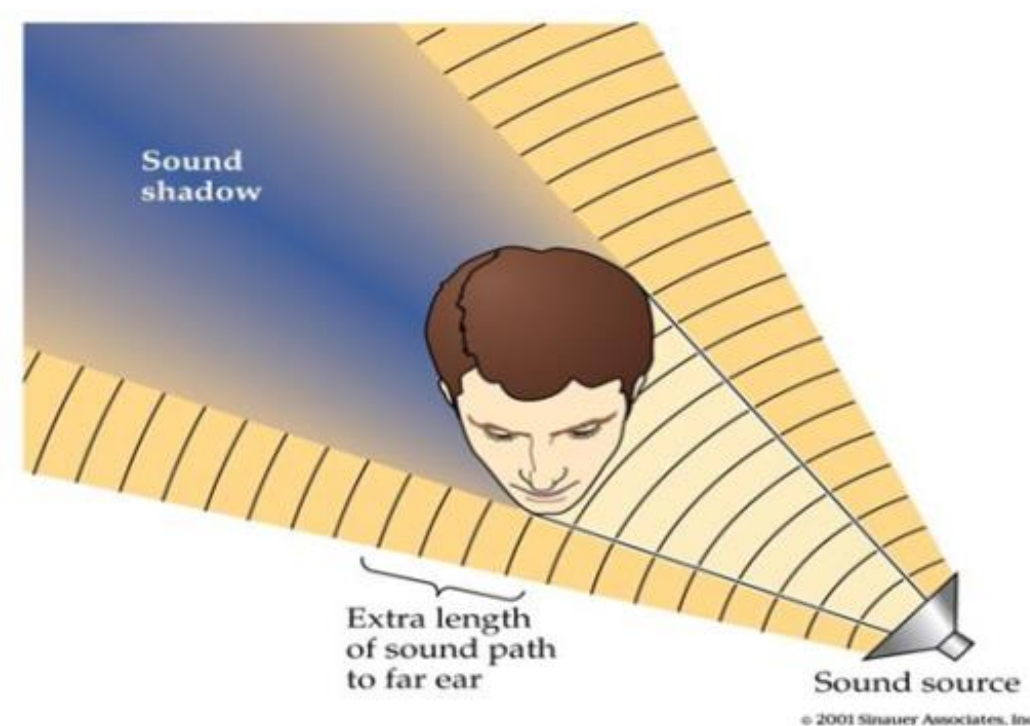
Unit 7

Sound Location



Human beings have two ears. Both ears can hear sounds. There are many sources of sound. Sounds from the same sources ^{به یک منبع} reach both ears. The brain can locate a sound source. It compares the sounds which arrive at each ear. ^{مقایسه می‌کند} People are usually good at locating sound sources. They can locate sources ^{درستی} accurately. In ^{فصلی} certain ^{Situations} circumstances normal people cannot locate sounds accurately.

Sound localization



Human beings can locate sound sources ^{از طریق} 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 ^{تیز} sharp sound (for example, by clicking the fingers, ^{سوت زدن} blowing a whistle or ^{ضربه زدن} striking a piece of ^{فلز} 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 ^{no sound} silent and do not ^{take the attention away} distract the ^{refers to friend} subject by other noises. Note carefully his performance with sounds in the ^{level} medial plane. The result will probably show one important factor in location; it is not very accurate when the sound source is at points ^{half way ← سطح میانی} equidistant from the two ears.

Post-reading Activities

2) True/False Items

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

-^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.

- 6. According to the passage, human beings locate sound sources by -----.
- e. closing their eyes while being faced in one direction

- ☒ f. 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
- ☒ h. when the ability to locate  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-----.

- ☒ e. 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 -----

- ☒ e. 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.

b. probably b. silently c. accurately d. sharply

7. We need to help the poor in whatever ----- they are in.

b. directions b. circumstances c. experiments d. points

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

hit lightly ← b. tapped b. blew *↳ blow* c. clicked d. knocked

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

not completely ← b. performance b. location c. distraction d. distance

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

b. strike b. blow c. locate d. click



مکتب زینت بشر Man and his Environment

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

With the tools of technology he has changed many physical quality (ویژگی / خصوصیت) features of the earth. He has change مکانها woodlands and چمنزار / دشت prairies into زمین کشاورزی farmland, and made دریاچه lakes and دریاچه مصنوعی reservoirs out of rivers for آبیاری (n) irrigation purposes or نیرو برق آبی hydroelectric power. Man has also change هدف modified the face of the earth by هشک کردن draining marshes and cutting through mountains باتلاقها to build roads and پل قطار railways.

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



harmless
≠

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).

.....T.... 1. Man's changes to the physical environment have improved his way of life.

.....T.... 2. Cutting through mountains to build roads and railways is an example of man's attempt to improve his way of life.

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

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

.....T..... 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 -----.

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

(d.) 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 despite the poor weather.

- a. polluted
- b. altered
- c. built
- d. improved

2. Many people are concerned about genetically-^{adj}----- foods and their effects on our health.

- a. transformed
- b. irrigated
- c. drained
- d. modified

3. This country has a/an----- variety of wild life. ⇒ حیات وحش

- a. enormous
- b. lifeless
- 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
- c. exhaust
- d. vehicle

Smoke / دود

but bamboo!’ Astonished by this he spoke to the foreman who explained that bamboo was much better to use than steel, iron or aluminum. There were three reasons: it was almost as strong as steel, but it was lightweight so easy to transport and set up, and very flexible too so that it bent in strong winds without breaking – ideal scaffolding material then for a country prone to typhoons. ‘With the added benefit of not getting too hot to touch in the scorching sun either!’ grinned Bob.

Finally it was in Japan that Bob found out how durable the plant was too. ‘There I discovered that some bamboo plants which had been growing near ground zero at Hiroshima in 1945 had survived the atomic blast and sent up new shoots within days.’

Bob also saw bamboo used for building bridges, for musical instruments and furniture. *passionate*

Inspired, he returned home and has been an ardent fan of bamboo ever since, growing it, writing books about it and studying it. ‘There are about 1,500 documented traditional uses for bamboo, from fishing baskets to flowerpots, from flagpoles to fences, from firewood to fodder,’ said Bob. ‘Which reminds me – come and have lunch with me.’

We went inside and sat down to eat. I wasn’t surprised that the food was presented in beautiful bamboo bowls. What I hadn’t expected was that to the vegetables he had added some bamboo - bamboo shoots! ‘They’re low in fat and calories, and a good source of fiber and potassium,’ said Bob. As I ate the crisp, tasty

انگلیسی پیشدانشگاهی

نویسندگان بترتیب حروف الفبا:

نسرین شکرپور

شاداب مصلحي

علي مهبودي