

## Lesson 2 – Reading (p.58-60)

### Before Reading: Practice 1: Complete the sentences in your own words:

1. I went to doctor to check my blood .....
2. I went to doctor to measure my heart .....
3. I am going to .....my height.
4. **A:** I want to know about how to have a healthy lifestyle.  
**B:** You can s..... the net and study about it.
5. **A:** Tom is a fit boy. He is not fat.  
**B:** Yes. He eats a lot but he doesn't g..... weight.
6. We saw a **small** house in the zoo. In this sentence "small " means t.....
7. Would you **quit** your job if you inherited lots of money? " Quit" means .....
8. I can't i..... a life without pizza or junk food.

### Before Reading: Practice 2: Complete the sentences with the words given:

despites- frequently-health - emotion- absolutely

1. Sitting a lot increases ..... risks.
2. I study English hard to speak it well and ..... ..
3. I couldn't stop eating. The food was ..... delicious.
4. Like a lot of men, he finds it hard to express his .....

### Before Reading: PRACTICE 3: Choose the correct answer:

1. There was a large (**plan, space, notice, abbreviation**) on the wall saying "No Parking".<sup>2</sup>
2. It is no surprise that Neil didn't learn much in that course; he actually didn't attend classes as (**really, necessary, emotionally, regularly**) as he should have.<sup>2</sup><sub>9</sub>
3. A proper diet, a balanced life style, practicing sport and avoiding (**fuels, chemicals, pleasures, addictions**) can help us live a healthy and long life.<sup>3</sup><sub>0</sub>
4. A person can gain (**size, weigh, illness, blood pressure**) fast by adding 500 calories to a daily diet, eating 180 grams of protein each day, and consuming high quality carbohydrates.<sup>3</sup>
5. This group of chemicals is known to be harmful ( **for, to, on ,with**) people with asthma.
6. He is fighting his addiction ( **for, to, on ,with**) alcohol.

## Lesson 2 – New words and expressions (p.55-57)

**PRACTICE 1:** Complete the sentence with the words given. There is one extra word.

measure- blood pressure–heartbeat -balanced diet – healthy diet - attack - neighbor

1. We need to educate people so that they understand the importance of a good, .....
2. She lay her head on my chest so she could listen to my .....
3. You must ..... the length by rule and line.
4. Exercise will not only lower ..... but possibly protect against heart attacks.
5. Before the enemy's ..... he crossed the river and alarmed the villagers.
6. In order to have a ....., it's important to have a set number of units from each group each day.

**PRACTICE 2:** Complete the sentence with the words given. There is one extra word.

harmful–neighbour – addiction- manner of- relate to- serving- habit

1. There are plenty of cafes and restaurants, many of them .....excellent food.
2. Food must be heated to a high temperature to kill ..... bacteria.
3. It's so hard to stop smoking when it's been a lifelong .....
4. How closely do its prices ..... its costs?
5. We know very little about the new candidate - what ..... man is he?
6. Our next door ..... is a real nosy parker. He always has to know everything about everybody on our street.

**PRACTICE 3:** Complete the sentence with the words given. There is one extra word.

emotional – behaves - a good relationship –prevent diseases – recent-emotion

1. A ..... study shows that most of the country-music audience is female.
2. My doctor said the problem was more .....than physical.
3. Going jogging in the mornings can .....
4. The secret of ..... is to accept the other's faults, and not try to make them change.
5. She always .....badly when her aunts come to visit.

**PRACTICE 7: Choose the most suitable one to complete each sentence: 1'**

1. We don't have \_\_\_\_\_ bread, so we'll have to buy some. ( **many / much** )
2. There aren't \_\_\_\_\_ students in my class. ( **many / much** )
3. He's very busy; he has \_\_\_\_\_ work to do. ( **a lot of / many** )
4. Iran has \_\_\_\_\_ interesting places to visit. ( **much / a lot of** )
5. I can't buy a new car. I don't have \_\_\_\_\_ money. ( **lots of / much** )

**PRACTICE 8: Choose the most suitable one to complete each sentence: 1'**

1. Hurry up! We don't have... time. ( **much / many** )
2. Your garden's got ... pretty flowers. ( **much / a lot of** )
3. There weren't ... people at the party. ( **much / many** )
4. "Do you have (**much / many**) friends?" "Not (**lots of/ many**) , but they're good friends."
5. I think you eat too ... sugar. ( **much/ many** )
6. He gave me ... chocolates and nice things. ( **a lot of/ much** )

**PRACTICE 9: Choose the most suitable one to complete each sentence: 1'**

4

1. I don't have ... experience. ( **much / a few/ a little / many** )
2. There are ... people waiting to buy tickets. About three or four.( **much / a few/ a little / many** )
3. Hurry up! I don't have ... time. ( **much / a few/ a little / many** )
4. There is ... money left over, but not much. ( **many/ much/a lot of/ a little** )
5. I need ... students to help me. Two or three will be enough. ( **many/ a few /a lot of/ a little** )
6. We should go now because there is only ... traffic at this time of the morning.  
( **many/ a few /a lot of/ a little** )
7. I only need \_\_\_\_\_ time to finish this. Wait a second. ( **much/a few/a little/ many** )

**PRACTICE 10: Fill in the gaps with "much" or "many":**

1. How \_\_\_\_\_ money do you have?
2. I don't have \_\_\_\_\_ close friends.
3. There isn't \_\_\_\_\_ petrol left in the car.
4. How \_\_\_\_\_ information have you got?
5. There are \_\_\_\_\_ glasses of water on the table.
6. Don't give him \_\_\_\_\_ money.



## *Lesson 1 – New words and expressions*

### **PRACTICE 1: Complete the sentences with the words given. One word is extra.**

**besides, continent, institute, native, region, sign, valuable**

1. Asia is the largest ..... In the world.
2. There are many other things to do on free time ..... playing game.
3. In the northwest ..... of the country you can find many factories.
4. As you know I always hate Spanish, but last week I enrolled in a language .....
5. **A:** When your uncle left Iran?  
**B:** About 30 years ago. And He has never come back to his ..... country again.
6. **A:** You don't know Chinese. How did you communicate with them in your travel to China.  
**B:** No. I don't know even one word. When I needed to talk to them I had to use ..... language to make myself understood .

### **PRACTICE 2: Complete the sentences with the words given.**<sup>5</sup>

**Continent- continent- native- exist- century**

Hello! My name is Carlos. I'm from Spain. The ..... language in my country is Spanish. Do you know where Spain is? Right, it's in Europe. Europe is called the green ..... because a lot of green forests ..... in it. It's not very large.

For long, I imagined travelling to Asia, the largest ..... in the world. Luckily, travelling is very easy in the twenty-first .....

### **PRACTICE 3: Complete the sentences with the words given.**<sup>6</sup>

**native, regions, popular, percent, varies, meet**

I choose Iran as my destination. I visited different regions of Iran from the South to the North. The weather ..... from very hot to very cold. In some regions, I talked to people by ..... of sign language. Local people couldn't speak an international language. I tried to learn some useful words from their ..... languages. I really enjoyed visiting Mazandaran; it's one of the best farming ..... of Iran. I think about 50 ..... live in villages and work on farms. I ate rice and fish. It's one of the most ..... dishes in Mazandaran. The rice they produce can ..... the needs of most people in Iran.

### **PRACTICE 4: Complete the sentences with your own word**

1. Deaf people use -----language to communicate.
2. North of Iran is one of the best farming-----.
3. Alice's mother ----- is Spanish.
4. I can speak English -----,without any pauses.