

# UNDERSTANDING PEOPLE

## **Get Ready**

achto .

interesting /' mtrəstıŋ/ (adj).....
 something that is interesting makes you want to know about it or take part in it

E She's an interesting new writer.

E That brings up an interesting point that we haven't talked about yet.

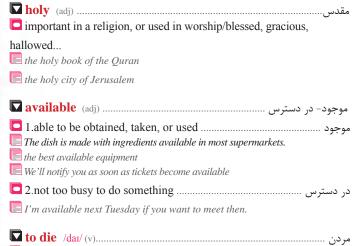
حقيقت، واقعيت
حقيقت 1. a piece of true information
They have simply attempted to state the facts.
<b>2</b> . things that are true or that really happened, rather than things that
واقعيت واقعيت
The story is based on historical fact.



محمعهكتابهاي لاللالا نارتجك

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written /'rɪtən/ (adj).....
 something that is written involves writing and not speaking or drawing
 written records



1. to stop being alive

	autin Mi
My grandfather died at the age of 86.	
die of/from She is dying of cancer.	مردن بخاطر
<b>die with</b> <i>1 in 3 people over 65 will die with dem</i>	
<b>die for</b> They were ready to die for their country	
die young/happy/poor	جوان، شاد یا در فقر مردن
die a sudden/violent/natural etc.	. death
Several people in the village have died	
die a millionaire/hero/coward	etc.
	ثروتمندانه مردن/ قهرمانانه/ بزدلانه



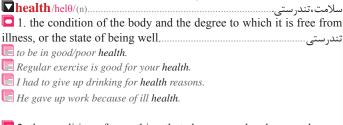


ÚGilo .

# A HEALTHY LIFE STYLE



### Get Ready



2. the condition of something that changes or develops, such as an organization or system.
 In the financial health of the business.



#### **ANT** unhealthy

درس دومر LESSON TWO

•	اللم
	She's a normal, healthy child.
	He looks healthy enough.
	سرحال 2. showing that you are strong and well
	The walk had given her a healthy glow.
	a healthy appetite.
	3. good for your health
	a healthy diet
	a good, healthy walk

تاسالم، ضعيف .....تاسالم، ضعيف ..... I not good for your health, or not strong and well: an unhealthy diet

▼ to improve /Im 'pru:v/ (v) ...... بهبودی یافتن to (cause something to) get better: He did a lot to improve conditions for factory workers.

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I thought the best way to improve my French was to live in France.

**to risk** /rɪsk/ (v)..... خطر کردن، به خطر انداختن ..... خطر کردن، به خطر انداختن ..... خطر کردن، به خطر انداختن ..... أ

خطر کردن خطر کردن It's dangerous to cross here." "I'll just have to risk it." I + -ing verb ] He risked losing his house when his company went bankrupt. 2. If you risk something important, you cause it to be in a dangerous situation where you might lose it:..... to be in a dangerous situation where you might lose it:.... Film not risking my life (INFORMAL neck) in that old car. She was prepared to risk everything on a last throw of the dice.

## **to increase ANT** to decrease



#### درس دومر LESSON TWO

#### the act or sound of laughing:

E She roared with laughter (= laughed very loudly). As we approached the hall we could hear the sound of laughter

# to laugh /læf/ (v) ..... to smile while making sounds with your voice that show you think something is funny or you are happy:

They laughed at her jokes. I couldn't stop laughing. She's so funny - she really makes me laugh. It was so funny, I burst out laughing (= laughed suddenly and loudly). Idiom

خنده بر هر درد بی درمانی دواست .....

To jog /dʒa:g/ (v) ......
to run at a slow, regular speed, especially as a form of exercise:
What do you do to keep fit?" "I jog and go swimming."

کشتن و چرخ زدن ..... کشتن و چرخ زدن ..... to hang out /hæŋ aʊt / (v)..... to spend a lot of time in a place or with someone:

I don't know why he hangs out with James, they've got nothing in common.
Haven't you got anything better to do than hang out at the shopping centre?



**ي junk food** /' dʒʌŋk ˌfuːd/ (v).....غذای ناسام، هله هوله..... food that is unhealthy but is quick and easy to eat: Potato chips are junk food.

snack /snæk/ (n)..... غذای سبک، چاشت، لقمه
 a small amount of food that is eaten between meals, or a very small meal:

I had a huge lunch, so I'll only need a snack for dinner.

I don't eat much for lunch - just a light snack.

📕 I have breakfast at 7.30, lunch at 1.00, and sometimes a snack in between.

Many snack foods are high in salt, sugar, and fat.

(food) pyramid / 'pir.ə.mid/ (n)
 a solid object with a square base and four triangular sides that form a point at the top
 2. a pile of things that has the shape of a pyramid:
 The acrobats formed a pyramid by standing on each other's shoulders.

carrot /'kærət/ (n) .....
 a long pointed orange root eaten as a vegetable





## Get Ready



artwork / a:rt.w3:k/ (n)
 the pieces of art, such as drawings and photographs, that are used in books, newspapers, and magazines:

#### درس سومر LESSON THREE •

All the artwork in the book has been done by the author.

Culture / kʌl.tʃə/ (n)
 [C or U] the way of life, especially the general customs and beliefs, of a particular group of people at a particular time:

- the ancient Iranian culture
- youth/working-class culture
- 🔚 She's studying modern Japanese language and culture.
- American culture has been exported all over the world.
- E Surely it is wrong to try to impose western culture on these people.
- خلاق، أفرينش گر ...... خلاق، أفرينش گر .....

### producing or using original and unusual ideas:

- a creative person/artist/designer/programmer
- *creative talents/powers/abilities*
- creative thinking
- She's very creative on the design front.

تجتماعی،خوش مشرب ...... اجتماعی،خوش مشرب also social, Sociable people like to meet and spend time with other people:

Rob's very sociable - he likes parties.

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I had a headache and I wasn't feeling very sociable.
I shall be a bit more sociable when my exams are over.
The sociable behavior of lions is considered atypical of the cat family.

Craft /kræft/ (n) ......
 [C or U] skill and experience, especially in relation to making objects; a job or activity that needs skill and experience, or something produced using skill and experience:

the craft of furniture making/sewing/glassblowing

E rural/ancient/traditional crafts

*craft workers* (= *skilled workers*)

🔚 I bought a wooden salad bowl at the local craft fair.

E They learned the craft of weaving.

handicraft /'hæn.di.kræft/ (n) ......
 a skilled activity in which something is made in a traditional way with the hands rather than being produced by machines in a factory, or an object made by such an activity

فرش، قالی، لایه و پوشش ......
 فرش، قالی، لایه و پوشش .....
 a shaped piece of) thick material used for covering floors:

درس سوم LESSON THREE

We've just had a new carpet fitted/laid in our bedroom.
 We've got fitted (= cut to fit exactly) carpets in the bedrooms.
 carpet shampoo
 a luxurious deep-pile persian carpet

🗖 2. [ S ] a layer of something that covers the ground:..... *a carpet of snow* our lawn is a carpet of daisies.

فرش، قالی..

E She's doing a pottery night class.

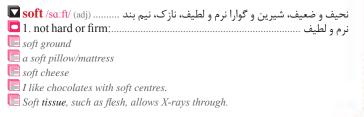
☑ tilework /tailw₃:k/ (n) ...... کاشیکاری، کفپوش یا دیوار پوش سفالی، پلاستیکی a thin, usually square or rectangular piece of baked clay, plastic, etc. used for covering roofs, floors, walls, etc.:
 ☑ roof tiles

floor tiles ceramic tiles carpet tiles

# calligraphy /kəˈlɪg.rə.fi/ (n) ..... (the art of producing) beautiful writing, often created with a special pen or brush:

E There's some wonderful calligraphy in these old manuscripts.

Inccessary /' nes.o.ser.i/ (adj)
 needed in order to achieve a particular result:
 He lacks the necessary skills for the job.
 I don't have much time so I won't be staying any longer than necessary.
 If necessary, we can always change the dates of our trip.





اقعال ہے قاعدہ 🛶

#### المحالي محالي محالي محالي محالي محالي المحالي محالي محالي

در جدول زیر مهمترین و رایج ترین افعال بیقاعده به همراه معنی آنها آورده شده است. البته، تعداد افعال یاد شده بیشتر از این مقدار است، اما چون یادگیری مابقی آنها فعلا برای دانش آموزان این پایه چندان الزامی نیست، از ذکر آنها خودداری شده است. موارد پر رنگ شده فراتر از کتاب پایه یازدهم ولی مناسب سطح کنکور است. توصیه میکنیم سعی کنید این فعل ها را درمتن و جمله والبته به صورت تدریجی

بياموزيد.

مصدر	گذشته ساده مصدر		معانی اصلی
arise arose		arisen	برخاستن، بلند شدن رخ دادن
awake	awake awoke		بیدار کردن، بیدار شدن
be was, were		been	بودن، وجود داشتن
beat beat		beaten	زدن، شکست دادن
become became		become	شدن، درخور بودن
begin began		begun	آغاز کردن، آغاز شدن

مصدر	گذشته ساده	اسم مفعول	معانی اصلی
bend	bent	bent	خم کردن، خم شدن
bet	bet	bet	شرط بستن
bid	bid	bid	پیشنهاد دادن،امر کردن
bite	bit	bitten	گاز گرفتن
bleed	bled	bled	خونریزی کردن
blow	blew	blown	دميدن، وزيدن
break	broke	broken	شکستن، قطع کردن
bring	brought	brought	آوردن، موجب شدن
broadcast	broadcast	broadcast	منتشر وپخش کردن اشاعه دادن
build	built	built	ساختن، بنا كردن
burn	burned/burnt	burned/burnt	سوختن، سوزاندن
buy	bought	bought	خريدن



اقعالبىقاعده

مصدر	گذشته ساده	اسم مفعول	معانی اصلی
catch	caught	caught	گرفتن، بدست آورد
choose	chose	chosen	انتخاب کردن، گزیدن
come	came	come	آمدن، رسيدن
cost	cost	cost	ارزیدن، ارزش داشتن
cut	cut	cut	بریدن، زدن، چیدن
deal	dealt	dealt	معامله كردن، رفتار كردن
dig	dug	dug	کندن، حفر کردن کاوش کردن
do	did	done	انجام دادن، (عمل) کردن
draw	drew	drawn	کشیدن، ترسیم کردن
dream	dreamed /dreamt	dreamed /dreamt	خواب ديدن، رويا ديدن
drink	drank	drunk	آشامیدن
drive	drove	driven	راندن، بردن

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مصدر	گذشته ساده	اسم مفعول	معانی اصلی
eat	ate	eaten	خوردن
fall	fell	fallen	افتادن، پايين آمدن
feel	felt	felt	احساس کردن، لمس کردن
fight	fought	fought	جنگ کردن، نزاع کردن
find	found	found	پيدا كردن
fly	flew	flown	پرواز کردن
forget	forgot	forgotten	فراموش كردن
forgive	forgave	forgiven	بخشيدن، عفو كردن
freeze	froze	frozen	منجمد شدن، يخ بستن
get	got	gotten	گرفتن، بدست آوردن
give	gave	given	بخشیدن، دادن (به)
go	went	gone	رفتن، رهسپار شدن
grow	grew	grown	رشد کردن، بزرگ شدن، روئیدن