

# LESSON 1

## Understanding People

@GambusGambarDarsi

## Get Ready

**A.** Find 6 languages below:

Asia, European,

Arabic, China,

Persian, American,

Italy, Spanish,

Japanese, German,

Egypt, Continent,

Russian Belgium,

Australia

**B.** Mark the regions  
where people mainly  
speak these languages.







- Get a good dictionary. A dictionary is your best friend while you're learning English.
- Read a lot. Reading is a great way of practicing your English in your own time. Books and newspapers are useful to improve your English.
- Label things in your house. Buy a pack of labels and then write the name of items on them, such as phone, window, etc. This is great for beginners.
- Practice English whenever you can. It's important that you don't leave your English learning inside the classroom. Make sure you never escape learning.
- Write every day. Try and write something every day using new words and grammar that you've learned.
- Watch television and movies and listen to good radio programs.
- Practice every day. Make yourself a study plan. Decide how much time a week you are going to study.
- Don't be afraid to make mistakes. Be confident when speaking or writing in English.
- Practice all four language skills: Reading, writing, speaking and listening.



**A. True or False**

- 1- Classroom is the only place to learn a foreign language. T  F
- 2- You can improve your English if you use different types of media. T  F
- 3- Writing the name of things on them is a useful way to learn new words. T  F
- 

**B. Scan and answer the questions.**

- 1- How many learning hints are suggested in this text? **..Nine hints are suggested**
- 2- Name two house parts mentioned in the text. **.....phone.. window...**
- 3- How many times did the word 'language' appear in the text? **..Seven times - 7**
- 

**C. Scan and answer the following questions.**

1. What is your best friend in learning a foreign language?

**My best friend is dictionary.....**

2. Which places are better to learn English?

**Classroom and any other places are good .**.....

3. Find four language skills in the text.

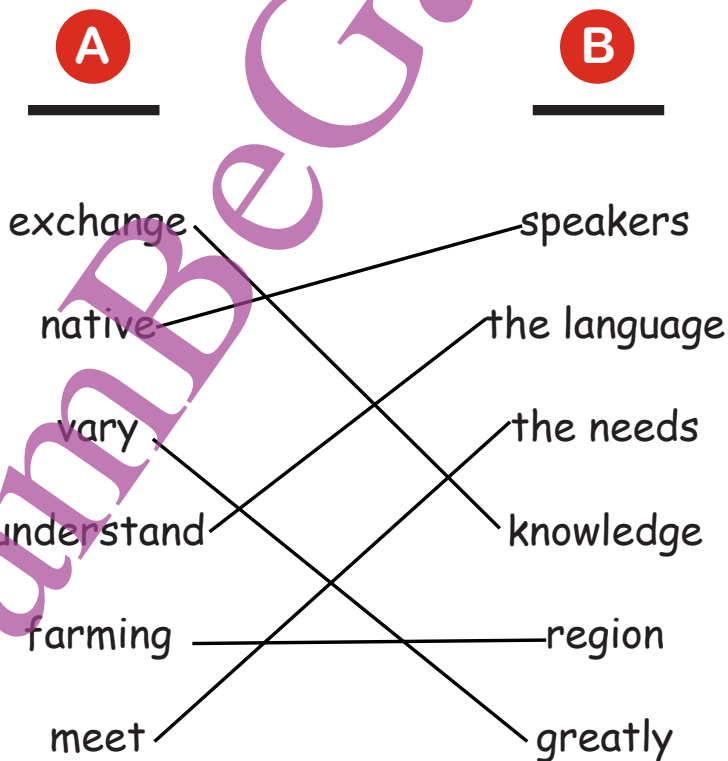
**..Reading , Writing , Speaking , Listening.....**

**Part II**  
**Vocabulary**

**A. One odd out.**

1. region, part, area, planet
2. China, Belgium, England, Europe
3. belief, brain, wish, feeling
4. moon, century, year, month
5. hundred, million, many, ten

**B. Match columns A and B.**



C. Put the words in three groups considering their meanings.

email, Persian, telephone, Africa, letter, Arabic,  
French, Asia, Europe, mobile phone, America,  
Spanish

..... Email .....	..... Arabic .....	..... Africa .....
..... Letter .....	..... French.....	..... Europe .....
..... telephone .....	..... Persian....	..... America .....
..... mobile phone .....	..... Spanish.....	..... Asia .....





**D.** These words are 'hello' in six different languages. Match the words with the maps and name their languages.

German / Spanish / French / Italian / Indian / Japanese

Bonjur ...French.....

Hola ...Spanish....

Hallo, guten tug ...German....

Ciao ...Italian.....

Namaste ..Indian.....

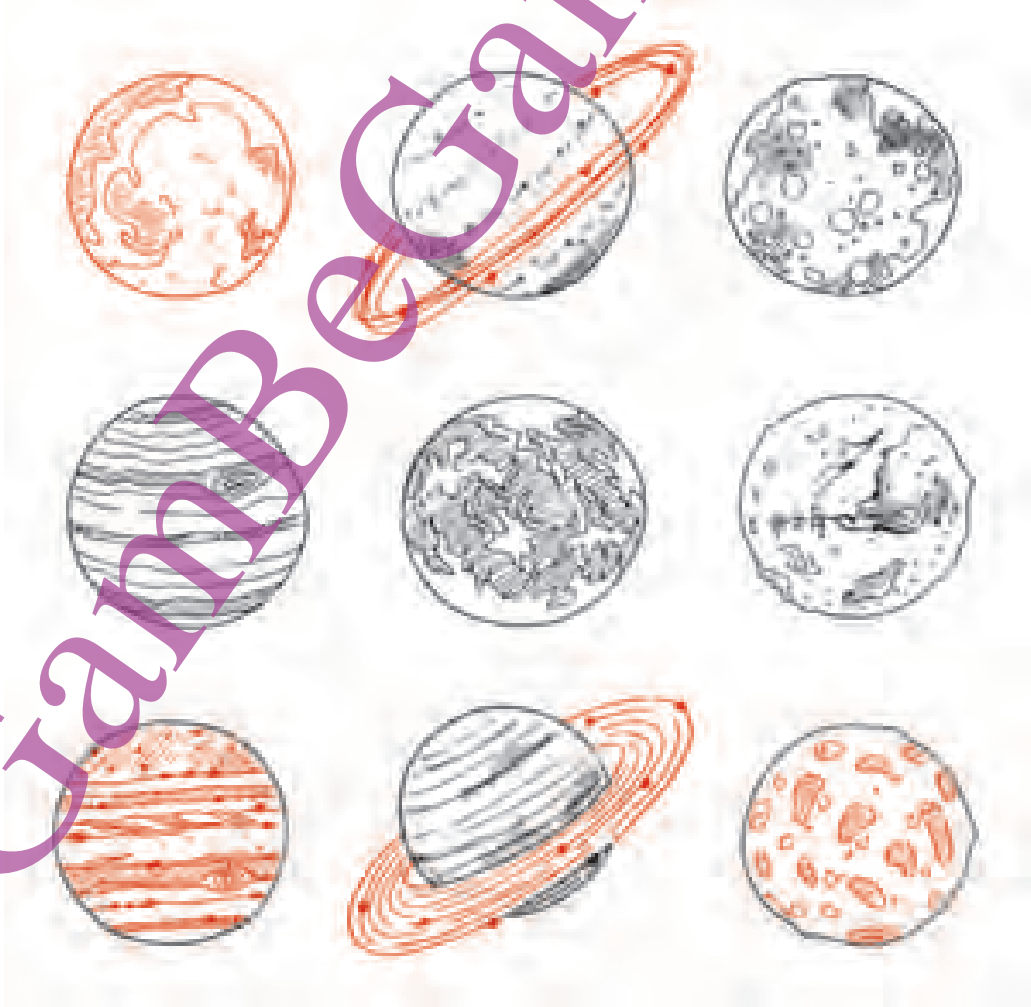
Konnichiwa Japanese....



**E. Fill in the blanks with the given words. Make the necessary changes.**

popular, exist, point, percent, region, range

1. In this shop, prices ... **in range** ... from 10 to 50 dollars.
2. This artist is quite ... **popular** ... among young people.
3. In winter, birds fly to Southern ... **region** ... of the country.
4. More than 80 ... **percent** ... of people have access to the Internet.
5. There is no sign that life ... **exists** ... on other planets.



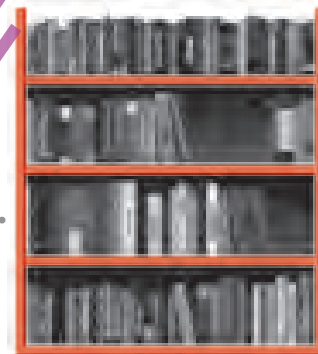
**Part III**  
**GRAMMAR**

**A. Look at the pictures. Complete the following sentences.**

1. I bought .. fifteen kilos of rice .....



2. There are .. four shelves of bookcases .....



3. There is .. a glass of water .....

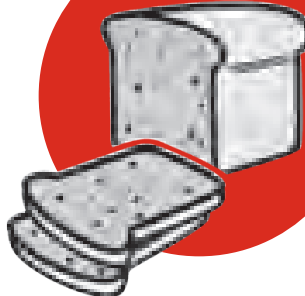
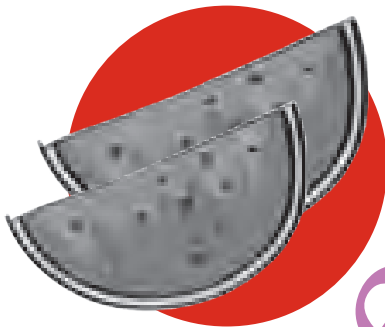


4. Mahsa is going to eat .. two pieces of cheese .....



**B. Complete the following sentences with appropriate units and measure words.**

1. I should drink ..... **eight glasses of water** ..... every day. (water)
2. I eat ..... **a pieces of cake** ..... every week. (cake)
3. My father buys ..... **a kilo of** ..... every month. (meat)
4. I eat ..... **two loaves of bread** ..... for breakfast. (bread)
5. She ate ..... **two slices of melon** ..... yesterday. (melon)



**Part IV**  
**Pronunciation**

**A.** Read the numbers with appropriate stress.

13

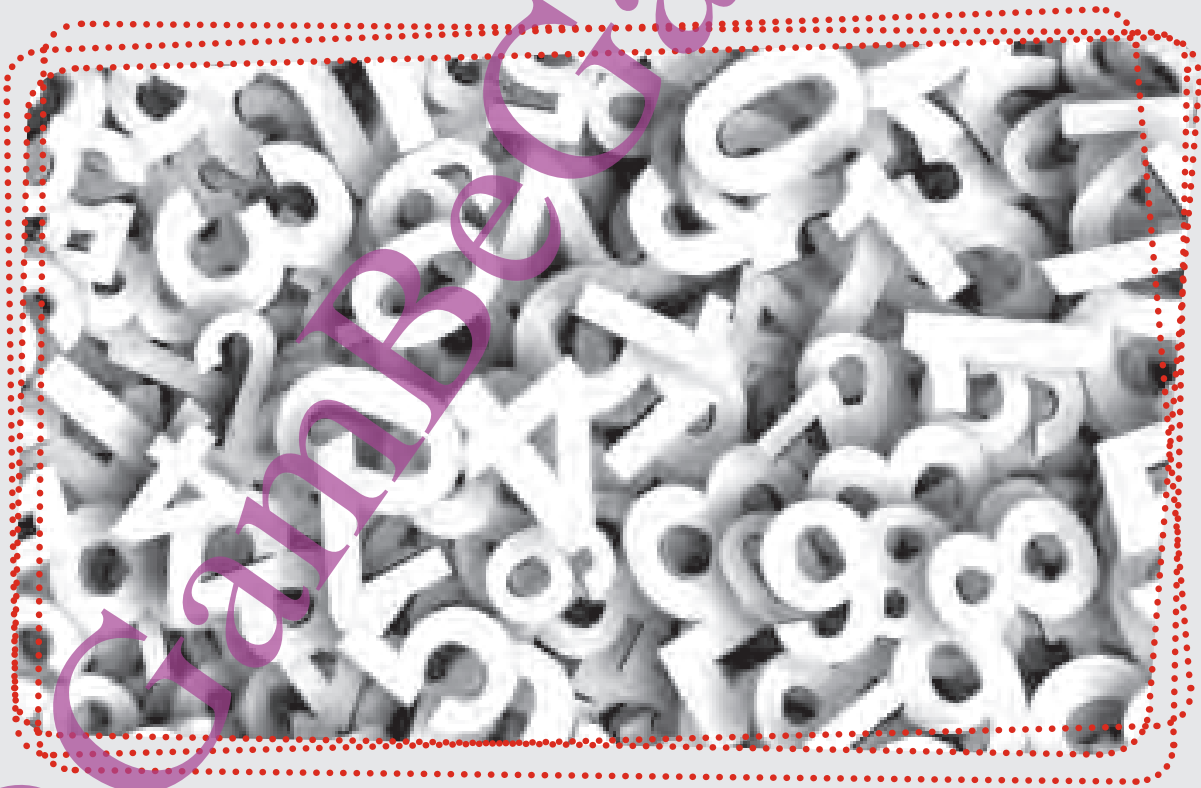
18

20

40

60

90



**Part V**  
**Writing**

**A.** Read the following sentences. Put (S) for subjects, (O) for objects, (V) for verbs and (Adv) for adverbs.

1. The man is eating lunch quickly.  
S V O Adv

2. We study English hard.  
S V O Adv

3. The old woman fell down.  
S V

4. The baby laughed very loudly.  
S V Adv

5. I cooked the cake in the kitchen last Sunday.  
S V O Adv Adv



**B.** Read the *Reading* in Student Book. Underline 5 subjects, circle 5 verbs and double underline 5 objects.

it's on you !

**C. Fill in the blanks with appropriate nouns and verbs.**

1. .... **He** ..... speaks ..... **English** ..... very well.
2. Shahin bought some ..... **books** ..... yesterday.
3. .... **Mehran** ..... wrote a ..... **letter** ..... to his brother.
4. Many ..... **birds** ..... live in ..... **rainforests** .....

**D. Unscramble the following sentences.**

1. bread / much / your mother / does / how / need?  
..... **How much bread does your mother need ?** .....
2. like / I / to drink / of / water / glass / a.  
..... **I like to drink a glass of water** .....
3. cars / are / lots / there / in / street / the / of ?  
..... **Are there lots of cars in the street ?** .....
4. has / she / two / thirty / classmates / her class / in.  
..... **She has thirty two classmates in her class** .....
5. my friends / saw / of / lot / a / chicken / the / in / yard.  
..... **My friends saw a lot of chickens in the yard** .....

**E.** Look at the pictures and write appropriate sentences for each one.

1. .... She wakes up for pray..... every morning.

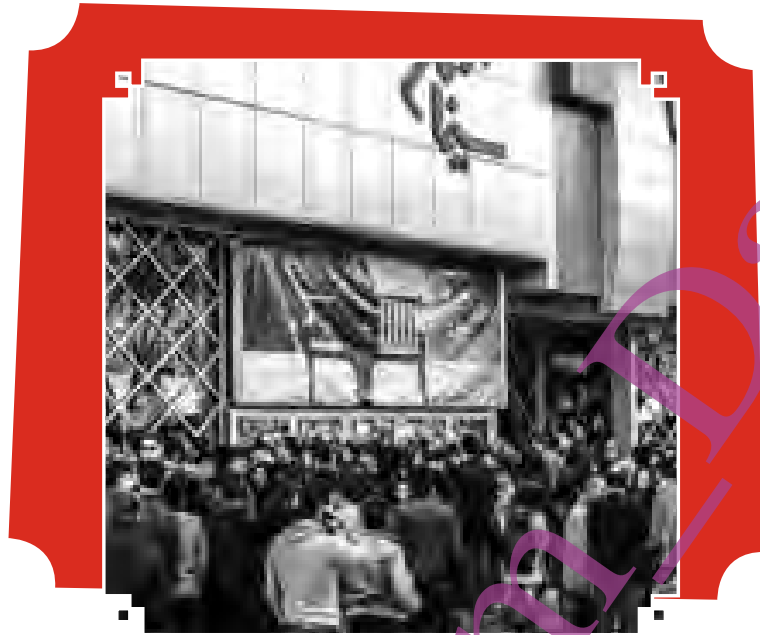


2. .... I'm learning English..... now.





3. .... We went to the Cinema ..... yesterday.



4. .... I will go to the trip ..... next Friday.



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LESSON

2

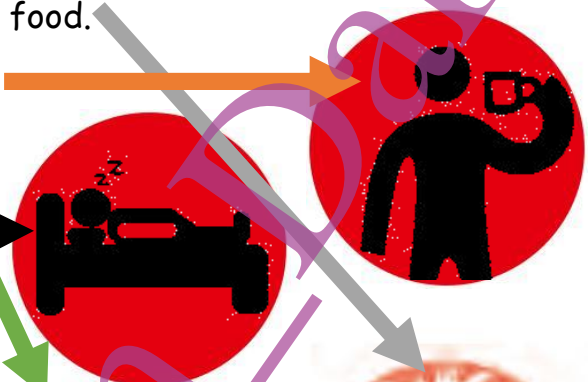
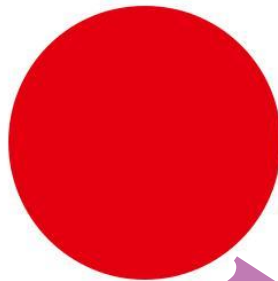
## LESSON 2

# A Healthy Lifestyle

## Get Ready

Match sentences with pictures.

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



**A. Write the name of five healthy food.**

Fruits (apple, orange, banana)      vegetables (spinach, broccoli)      grains (wheat, rice)

\_\_\_\_\_

Protein foods (chicken, meat, fish)      low-fat dairy (milk, yogurt, cheese)

\_\_\_\_\_

**B. Write the name of five sports.**

Cycling      boxing      racing      swimming      riding

\_\_\_\_\_

\_\_\_\_\_

## Part I

### Reading Comprehension

#### The Effects of Modern Lifestyle on People's Lives

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

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



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

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



**A. True or False**

1. Technology has only negative effects.

T  F

2. Listening to music is harmful.

T  F

3. Technology may cause depression.

T  F

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**B. Answer the following questions.**

1. Who is a technology addict? **Technology addicts are people with serious problems to control themselves to use various kinds of technology, in particular the Internet, smartphones, tablets and laptops.**

2. Are there any cure for technology addicts? **Yes,**

**Specialists have found different ways to cure technology addicts**

3. What types of technologies do you use? **I use**

**mobile phone and surf the Internet.**

**I use laptop and sometimes play video games.**

**C. Write the main ideas of paragraphs 2 and 3.**

**2-The harmful effects of using new technologies**

**3-Addiction to technology**



Four horizontal lines for writing the main ideas of paragraphs 2 and 3.



One horizontal line for writing the topic for the text.

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

**The Effects of Modern Lifestyle on People's Lives**



One horizontal line for writing the topic for the text.

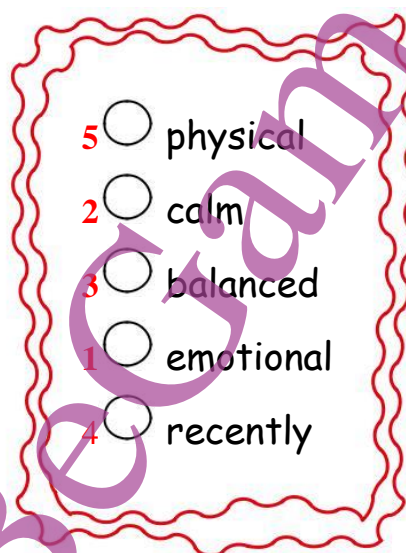
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## Part II

### Vocabulary

#### A. Match the definitions with the words.

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



#### B. One odd out.

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



**C. Match the columns to make new words.**

<b>A</b>	<b>B</b>
re	possible impossible
un	direct indirect
im	night midnight
in	happy unhappy
dis	do redo
mid	able disable

*(Note: Colored arrows indicate the following matches: re to do, un to happy, im to possible, in to direct, dis to able, mid to night.)*



**D. Put the phrases under the correct columns.**

checking general health  
smoking  
praying  
playing too much video games

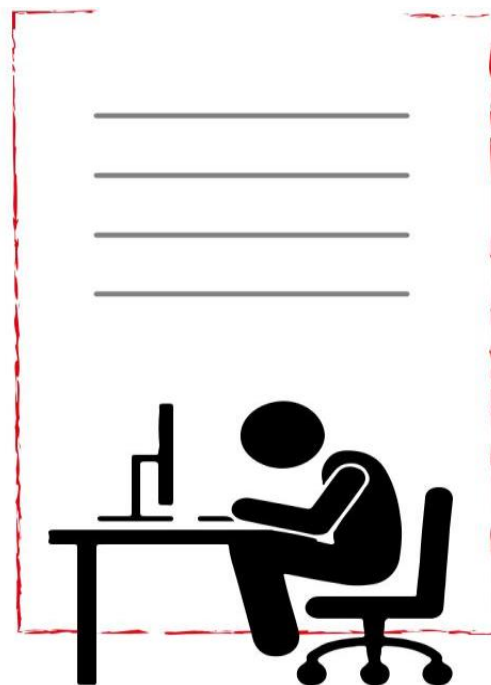
eating junk food  
hanging out with friends  
doing daily exercise  
gaining weight

**Healthy Lifestyle**

**Unhealthy lifestyle**

Checking general health  
Praying  
Hanging out with friends  
Doing daily exercise

smoking  
playing too much video games  
eating junk food  
gaining weight



**E. Fill in the blanks with the given words.**

depressed, diet, serving, heart attack, pressure

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



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

1. gain weight
2. increase the risk of heart attack / health risks
3. measure height and weight / blood pressure
4. live longer / healthy
5. check your general health/your blood pressure


## Part III

### Grammar

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

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

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



Pressing my shirt ✓  
Buying groceries ✓  
Doing math exercises



Washing my bike  
Calling Ahmad  
Cleaning my room

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

1. Amir has bought groceries.

He hasn't called Ahmad yet.

2. Amir has done math exercises.

He has not cleaned his room yet.

**C. Answer the following questions.**

1. Have you ever traveled to Yazd? ~~No, I have not ever traveled to Yazd.~~
2. Have you ever read Shahnameh? Yes, I have read it.
3. Has your mother ever cooked any Indian food? Yes, she has cooked some Indian food. / No, she has not ever cooked any Indian food.
4. Has your father ever been to Bushehr? Yes, he has been to Bushehr for two weeks. / He has been to Bushehr since Mehr.



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

1. They ~~have not given up smoking~~ yet.



2. I ~~have given back the key of the room.~~



3. He ~~has listened to the radio.~~



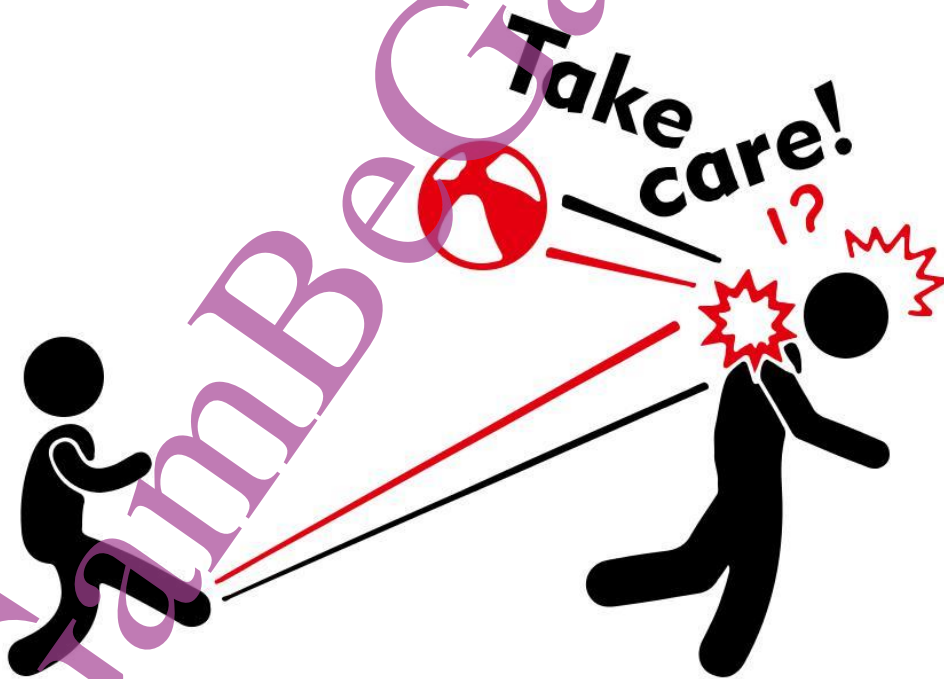
4. My brother ~~has not got up~~ yet.



**Part IV**  
**Pronunciation**

**A. Say the phrases with stress over both parts.**

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



## Part V

### Writing

#### A. Circle the gerunds.

- Reza is tired of **hearing** that old story.
- Mahsa was watching TV.
- Don't worry about **washing** the dishes.
- Thank you for **coming** soon.
- He's going to the park now.





**B. Complete the following sentences.**

1. Jane enjoys (plan) **planning** for the future.
2. He is good at (change) **changing** flat tires.
3. She goes (swim) **swimming** every other week.
4. Thank you for (come) **coming** soon.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
5. Our teacher can speak two hours without (use) **Using** notes
- \_\_\_\_\_
- \_\_\_\_\_



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

read paint shut stop meet

1- My uncle is thinking of **painting** his house.

2- **Reading** that book was very interesting.

3- Do you mind **shutting** the window, please?

4- He drove two hundred miles without **stopping** .

5- I've really enjoyed **meeting** you.



**D. Read the 'text' and find all gerunds.**

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

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# LESSON 3

**Art and Culture**

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## Get Ready

**A.** People greet each other differently around the world. In the following, you can see some ways of greeting. Now, match the pictures with their greeting actions.

handshaking



bowing



hugging



pressing one's palms together



**B. Where can you see these greeting actions?**

**Handshaking:** Germany- The United Kingdom- The United States

**Bowing:** Japan

**Hugging:** Iran- Argentina

**Pressing one's palms together:** India



**Part I**  
**Reading Comprehension**

## *Cultures and Lifestyles*

Culture is a system of shared beliefs that are common in a society. Often, we think of the food, music, clothing, and holidays that are common in a society as its culture, but these are only some of the elements. Other elements include customs, values, behaviors, and artifacts. Culture is, therefore, a combination of thoughts, feelings, attitudes, and beliefs.

With more than 190 countries and 7 billion people on earth, it is not hard to imagine that many cultures exist. No matter where you go around the world, you will face people, lifestyles and cultures that are different to what you have. People around the world have very different lives and ways of living . They have different beliefs and customs. So they usually live and behave according to what they believe to be right and wrong.







Learning to respect other cultures is important for having new experiences and learning about the world. One of the first steps to learn about other cultures is to simply accept that there are many different cultures exist other than our own culture. One of the most important ways to learn to become respectful of other cultures is to spend some time reflecting on our own. Then it is important to understand something about other cultures.

For those who want to learn about other cultures, but do not know where to start, a great place to start is reading about the cultures that interest them. In today's world if we all are able to know about other cultures, and respect them, life would be easier for most of us.

**A. True or False**

1. Culture is only a combination of food, clothing and holidays.

T  F  

2. Different people of the world may have different cultures and lifestyles.

T   F

3. Respecting other cultures often makes our lives easier.

T   F

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**B. Scan the 'text' to find the following information.**

1. How many countries are there in the world?

**There are more than 190 countries in the world.**

2. What are the elements of culture?

**Food, music, clothing, holidays, customs, values, behaviors, and artifacts are some of the elements of culture.**

3. How can we start learning about other cultures?

**We can read about the other cultures.**

**C. Find what these words refer to.**

1. its (paragraph 1): **society**

2. they (paragraph 2): **People around the world**

3. them (paragraph 4): **other cultures**

**Part II**  
**Vocabulary**

**A.** Read the 'text' and find antonyms for the following words.

- |                |                  |       |
|----------------|------------------|-------|
| 1. similar     | <b>different</b> | _____ |
| 2. false       | <b>right</b>     | _____ |
| 3. finish      | <b>start</b>     | _____ |
| 4. unimportant | <b>important</b> | _____ |



**B.** One odd out.

- |    |            |                  |                   |                   |
|----|------------|------------------|-------------------|-------------------|
| 1. | a. nation  | b. society       | c. country        | <b>d. economy</b> |
| 2. | a. produce | b. create        | <b>c. collect</b> | d. make           |
| 3. | a. vast    | <b>b. beauty</b> | c. great          | d. large          |
| 4. | a. right   | b. true          | <b>c. wrong</b>   | d. correct        |

C. Match the columns and write the correct forms of the words.

<b>A</b>	<b>B</b>	
culture	-al	<u>cultural</u>
simple	-ity	<u>simply</u>
skill	-ly	<u>skillful</u>
diverse	-ful	<u>diversity</u>
Iran	-ist	<u>Iranian</u>
tour	-ian	<u>tourist</u>



**D.** Scan the 'text' for the suffixes of -ing and -ly.

Feeling

living

usually

According

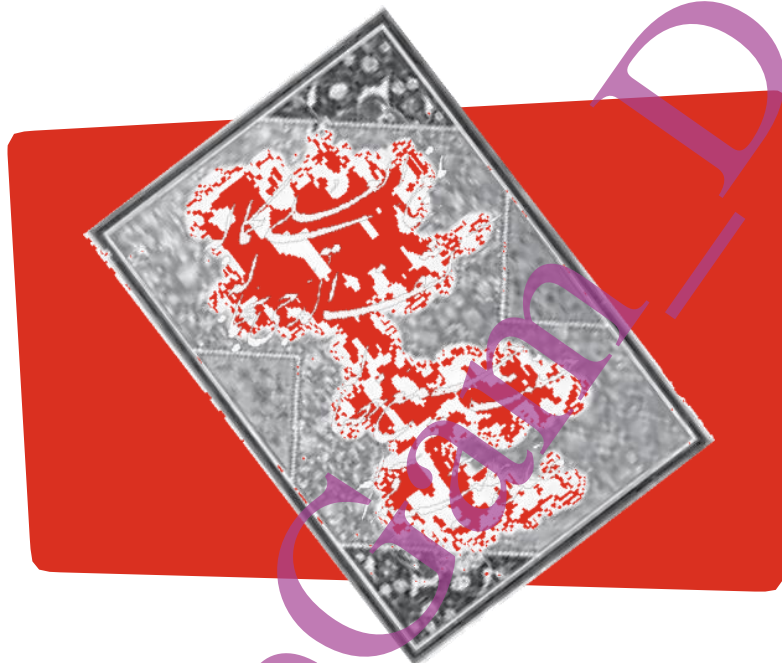
Learning

having

Simply

reflecting

reading



**E.** Complete the following verbs with a suitable noun.

1. respect the rights/ the law
2. reflect on your opinion/your experience
3. weave a rug/ a carpet
4. appreciate the art/its culture/ your honesty
5. name a foreign country/ the handicrafts of your country / Iranian hand-made products

## Part III

### Grammar

#### A. Complete the following sentences.

1. If my brother (go) goes out with his friends tonight, I (watch) will watch the football match on TV.
2. I (earn) will earn a lot of money if I (get) get a good job.
3. If Kate (hurry / not) doesn't hurry, she (miss) will miss the bus.
4. If we (meet) meet them tomorrow, we (say) will say your hello.
5. The air (be) will be clean if people (use) use public transportation.



**B. Complete the following conditional sentences.**

1. If I learn English well, **I can find a good job.** \_\_\_\_\_
2. If I see my first English teacher, **I'll be happy.**
3. I won't pass my exam if **I don't study my lessons.** \_\_\_\_\_
4. I will go to Mashhad if **I have enough money.**



## Part IV

### Pronunciation

Read the following sentences with the appropriate intonation.

1. If you study hard, you can pass your exam.
2. If it rains, we will stay at home.
3. You won't get the train if you don't hurry up.





## Part V

### Writing

A. Complete the sentences with the appropriate forms of the following verbs.

hope

agree

plan

begin

- Mark **began** \_\_\_\_\_ to learn Spanish when he was 40.
- I am **planning** \_\_\_\_\_ to go to Ardebil.
- The bank **has agreed** \_\_\_\_\_ to lend him fifty million Rials.
- Maryam is seventeen and she **will hope** \_\_\_\_\_ to be a translator.



**B.** Complete the sentences with infinitive forms of the following verbs.

see      swim      use      make

- It is not dangerous **to swim** \_\_\_\_\_ in the pool.
- I am surprised **to see** \_\_\_\_\_ my teacher again.
- My brother was really sorry **to use** \_\_\_\_\_ that mistake.
- It is easy **to make** \_\_\_\_\_ this machine.

Mistake

C. Different people want Amir to do different things. Complete the sentences.

write an essay

eat fast food

turn on the computer

go to the market with her

- The teacher told Amir to write an essay.
- His little brother asked him to turn on the computer.
- His parents advised him not to eat fast food.
- His grandmother wants him to go to the market with her.



**D. What do your parents want you to do/be in life?**

1. They want me to study my lessons.
2. They want me to learn about other cultures.
3. They want me to keep my room as neat as possible.
4. They want me to visit my grandparents.
5. They want me to read science books.
6. They want me to save money.



E. Read the 'text' and find all infinitives.

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*Be healthy and happy*



@GambBeGamb-DarSI