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*In the name of God*

بہ نام یگانہ خدای جهان  
کہ بخشایش و مهر او بیکران



# A Healthy Lifestyle

## Interesting Facts:

- People with higher education usually live longer.
- Our health improves when we visit our friends and family members.
- Sitting a lot increases health risks.
- Laughter is the best medicine for your health.

**Healthy** = سالم

**Lifestyle** = the way you live سبک زندگی

**facts** = حقایق

**education** = تحصیل

**improve** = بهتر شدن، بهبود یافتن

**members** = اعضا

**increase** = افزایش یافتن # **decrease**

**laughter** = laughing = خنده

**medicine** = دارو = drug

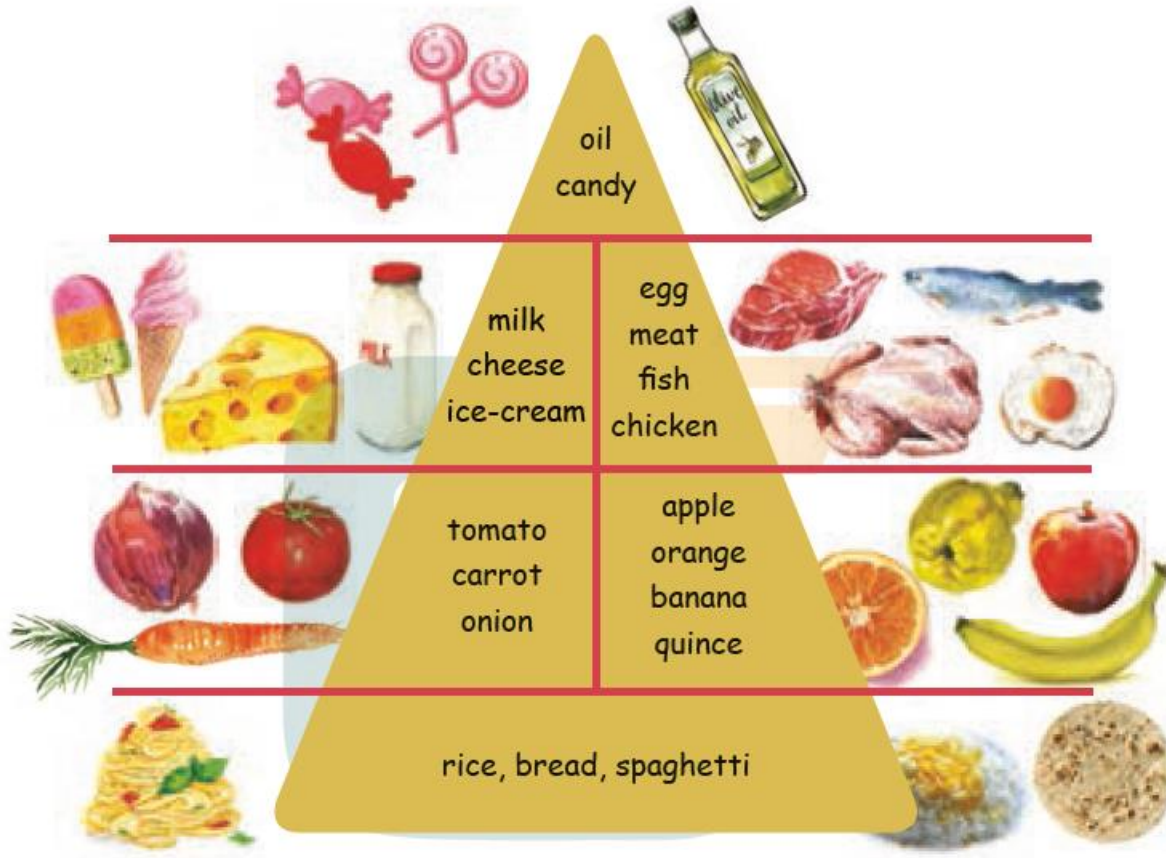


# نسیم الزهرا عفیفی



**To be healthy ,have a healthy snack.**  
**To be healthy, avoid too much eating.**  
**To be healthy, do daily excercise.**  
**To be healthy , don't sit a lot.**

**snack=میان وعده**  
**avoid=دوری کردن**  
**excercise=ورزش**



هرم غذایی = Food pyramid

چربی و قند = oil and sweet

گروه لبنیات = dairy group

گروه گوشت = meat group

سبزیجات = vegetables

میوه ها = fruits

گروه غلات = grain groups



rarely,  
couch potato,  
gain weight,  
depressed,  
You won!

Word Bank

**rarely=seldom=به ندرت**

**couch potato=lazy person=کنایه از فرد تنبل # sportsperson**

**gain weight=اضافه کردن وزن # lose weight**

**depressed=upset, very sad=افسرده # happy**

**You won!=successful=تو بردی، موفق شدی**



have not seen= ندیده اند

each other= یکدیگر

How is it going?= what's up?=How do you

do?= چ خبر؟ اوضاع چطور؟

most of the time= اکثر اوقات

surf=search= جستجو کردن

jogging= دویدن به طور آهسته

hang out with friends=spend time with

friends= وقت گذراندن با دوستان

I see= I know

prefer= ترجیح دادن

guess=think= حدس زدن، فکر کردن

a bit = a little= کمی

right= correct= صحیح

meet= ملاقات کردن

## نسیم الزهرا عفیفی



Sina and Behzad are old friends. They have not seen each other for about three months. Behzad has called Sina.

**Behzad:** Hi Sina. How is it going? I haven't seen you since Norooz.

**Sina:** Hi Behzad. Thanks for calling. I am home most of the time. I do different things like surfing the net and playing computer games.

**Behzad:** How about your free time? Going out, jogging, playing football,...?

**Sina:** Nope. I rarely go out and hang out with my friends.

**Behzad:** I see. Reza and I are going to Darband for climbing and walking this Thursday. We really like to see you. Will you come with us?

**Sina:** What?! Oh, no, I haven't been there for a long time. I prefer to stay home and watch my movies on the weekend. I've bought lots of things to eat, too.

**Behzad:** Come on! Stop being a couch potato! I guess you haven't exercised for a long time. I think you are a bit fat now.

**Sina:** Um... actually, you're right. I've gained five kilos in three months. I really do not like to move!

**Behzad:** See? I told you. Working with computers for a long time makes people sick and depressed. I've read about this somewhere.

**Sina:** All right. You won!... When and where should we meet?



# نسیم الزهرا عفیفی



Eating vegetables is an important part of a healthy **diet**.



The doctor is listening to my grandfather's **heartbeat**.



My uncle has high **blood pressure**.



My sister **measures** herself every month.

diet= رژیم

heartbeat= ضربان قلب

blood pressure= فشار خون

measure= اندازه گیری کردن

important= مهم

high= بالا # low پایین





# نسیم الزهرا عفیفی



Our neighbor had a **heart attack** yesterday.



One **serving** of rice is not enough for them.



Smoking is **harmful** to everyone.



Arash has a bad eating **habit**.



Today, **addiction** to technology is a big problem.

**heart attack**= **حمله قلبی**

**serving**= **پرس**

**harmful**= **مضر**

**habit**= **عادت**

**addiction**= **اعتیاد**

**neighbor** = **همسایه**

**enough**= **کافی**

**smoking**= **سیگار کشیدن**

**problem**= **مشکل**



**physical:** relating to the body

Swimming is a **physical** sport.

**calm:** without worry

My teacher has a very **calm** manner.

**balanced:** with all parts existing in the correct amounts

A **balanced** diet contains lots of fruits and green vegetables.

**recent:** happening or starting a short time ago

The price of bananas has increased in **recent** weeks.

**emotional:** relating to the emotions

Her doctor said the problem was more **emotional** than physical.

**prevent:** to stop something from happening

Daily exercise can **prevent** diseases.

**relationship:** the way in which two or more people feel and behave towards each other.

She has a very good **relationship** with her aunt.

**physical**=جسمی # **emotional**=احساسی = **of the heart** relating=مربوط

**calm**=آرام # **worry**

**manner**=حالت

**price**=قیمت

**balanced**=متعادل

**existing**=موجود

**behave**=رفتار کردن

**recent**=latest, **current**=اخیر

**amounts**=مقادیر

**prevent**=stop from=جلوگیری کردن

**contain**=شامل بودن

**relationship**=connection=رابطه

**a short time ago**=مدت کوتاهی قبل



## Having a Healthier and Longer Life

Have you ever thought of a healthy lifestyle to live longer? People can do many things to have a healthier life. Most people have a special diet or do lots of exercise; however, without a careful plan they may hurt themselves.

To have a healthier lifestyle, people need to do certain things. First they should check their general health. Measuring blood pressure and heartbeat is the most important thing to do. They also need to check their family health history. In this way, they understand if anyone in the family has had a special illness.

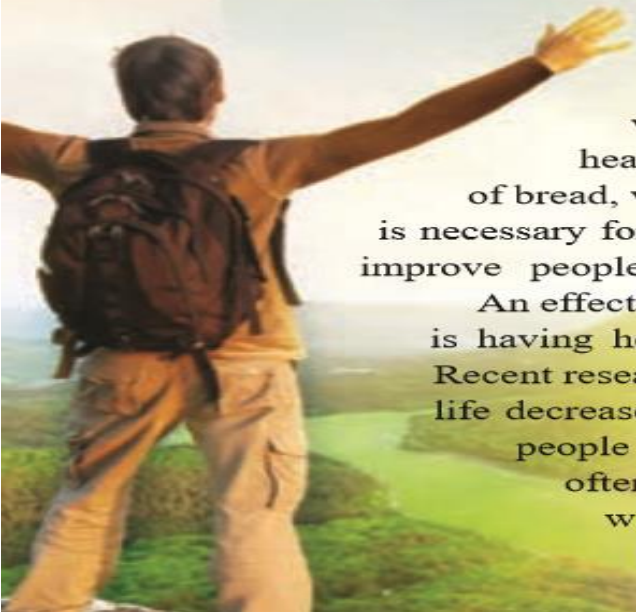
Another thing is paying attention to physical health. For example, eating healthy food helps people live longer and prevents diseases. Eating junk food makes people gain weight, and increases the risk of heart attack. Eating balanced servings of bread, vegetables, fruits, protein, and oil is necessary for everyone. Also, daily exercises improve people's health condition.

An effective way to enjoy a better lifestyle is having healthy relationships with others. Recent research has shown that a good social life decreases the risk of death. Sadly, some people do not visit their relatives very often these days. They are really busy with their work and usually use technology to communicate.

Bad habits and addiction can be harmful to health. One day of smoking can take around 5 hours away from the smoker's life. Addiction to technology such as using computers for a long time is also dangerous.

Above all, the most important thing to enjoy a good life is having emotional health. Praying decreases stress and gives people a calm and balanced life. People with this lifestyle have had a better life.

There are many other things people can do to live healthier and longer. The key point, however, is having a plan for the way they want to live and take care of their physical and emotional health.





## Reading words

have you ever thought= آیا تا به حال فکر کرده اید؟

most= اکثر

however= but= اما

careful= دقیق # careless

hurt= آسیب رساندن

certain= specific= خاص

general health= سلامت عمومی

family health history= تاریخچه سلامت خانوادگی

disease= illness= بیماری

junk food= غذای ناسالم، هله هوله

make= cause= باعث شدن

necessary=important= ضروری

effective=useful= مؤثر

condition=mood= حالت

enjoy= لذت بردن

research= تحقیق

sadly=unfortunately= متأسفانه

communicate= برقراری ارتباط

take away=take= گرفتن

dangerous= خطرناک

above all= از همه بیشتر

praying= عبادت

key point= نکته کلیدی



## پیشوندها و پسوندها

پیشوند، حرف یا گروهی که قبل از یک کلمه می آیند از حروف است. هر پیشوندی یک معنا دارد. به عنوان مثال:

**re=again**=دوباره

**un=not**=منفی میکند

**im=not**=منفی میکند

**in=not**=منفی میکند

**dis=not=opposite of**=منفی میکند

**mid=middle**=میانه، وسط

## PREFIXES AND SUFFIXES

A **prefix** is a letter or a group of letters that comes at the beginning of a word. Each prefix has a meaning. For example:

PREFIX	MEANING	EXAMPLE
re-	again	rewrite: write again
un-	not	unimportant: not important
im- in-	not	impossible: not possible incorrect: not correct
dis-	not/opposite of	dislike: not like
mid-	middle	midday: the middle of the day



پسوند یک حرف یا گروهی از حروف است که به انتهای کلمه اضافه می شود تا نقش کلمه را در جمله عوض کند. به عنوان مثال زمانی که یک پسوند فعل را به اسم تبدیل می کند آن پسوند، اسم ساز است.

**-er/-or** = اسم ساز

**-ness** = اسم ساز

**-ion/-tion/-sion** = اسم ساز

**-ful** = صفت ساز

**-ous** = صفت ساز

**-y** = صفت ساز

**-al** = صفت ساز

**-ly** = قید ساز

A **suffix** is a letter or a group of letters added to the end of a word to make a different word. For example, when a suffix changes a verb into a noun, it is a noun maker suffix.

SUFFIX	FUNCTION	EXAMPLE
-er /-or	noun maker	write + -er = writer translate + -or = translator
-ness	noun maker	happy + -ness = happiness
-ion /-tion /-sion	noun maker	create + -ion = creation
-ful	adjective maker	use + -ful = use <b>ful</b>
-ous	adjective maker	danger + -ous = danger <b>ous</b>
-y	adjective maker	rain + -y = rain <b>y</b>
-al	adjective maker	nature + -al = natur <b>al</b>
-ly	adverb maker	slow + -ly = slow <b>ly</b>



# Grammar

Technology **has influenced** the lives of people in this century. Working with computers and mobile phones **has changed** people's habits and lifestyles. Some people use their laptops and especially their mobile phones everywhere for no good reason. Some of them **have not read** a book for months. Some **have not visited** their relatives for a long time. Some even **have not slept** well or **have not eaten** properly for a long time. Some of these people **have quitted** good habits like doing daily exercises or attending social events. They **have chosen** an unhealthy lifestyle. To live longer, they need to rethink the way they live, work, and use technology.

Technology **has helped** the researchers and scientists of our time. New medicines and medical inventions **have saved** the lives of many people. They **have let** people have a happy life and live longer. New medicines such as anti-cancer drugs and new antibiotics **have cured** many patients. Some technological inventions **have helped** doctors to check people's health condition. They **have found** keys to the secrets of the human body. New technologies **have helped** doctors to understand how diseases develop. They **have found** ways to fight and stop diseases in their early stages. Technology, as some people may think, is not a bad thing at all. The way we use technology, is important.



## Present perfect tense ماضی نقلی

I You We They	have	eaten lunch.
He/Ali She/Mina It	has	visited many countries

ماضی نقلی یا حال کامل، برای بیان عمل یا حالتی به کار میرود که در گذشته شروع شده است و عمل یا اثر آن تا زمان حال یا آینده ادامه دارد.

فرمول کلی ساخت ماضی نقلی به صورت زیر است:

Subject+have/has+p.p(past participle)+object.





منفی کردن ماضی نقلی

Sub+have/has+not+p.p+obj.

I You We They	have not  (haven't)	eaten lunch.
He/Ali She/Mina It	has not  (hasn't)	visited many countries



## سؤالی کردن ماضی نقلی

**Have/Has+sub+p.p+obj?**

**Yes,sub+have/has.**

**No,sub+haven't/hasn't.**

<b>Have</b>	I You We They	<b>eaten lunch?</b>
<b>Has</b>	He/Ali She/Mina It	<b>visited many countries?</b>



## عبارات نشانگر ماضی نقلی

**Since** به معنای ((از)) و برای نشان دادن مبدأ و مقطعی از زمان به کار میرود.

We haven't seen them **since** 2018.

**for** به معنای ((به مدت)) نشان دهنده دوره ای از زمان است.

I have known him **for** 7 years.

**Yet** به معنای ((هنوز)) که در جملات سؤالی و منفی به کار میرود.

Have you eaten anything **yet**?

Ali hasn't washed his car **yet**.

**ever** به معنای ((تا به حال)) که فقط در جملات سؤالی به کار میرود.

Have you **ever** written a book?



## Phrasal verbs

نسیم الزهرا عفیفی

Would you like to leave a message? No, I'll **call back** later.

---

Have you **checked in**? Oh, yes. I am in my room now.

---

When did you **get up**? Early in the morning.

---

Has your father **given up** smoking? Yes, he knows smoking is harmful to his health.

---

Did she go to school in Karaj? No, she **grew up** in Lavasan.

---

**Hurry up!** We're late.

---

Sara **looked after** us very well. She's an excellent cook.

---

**Turn off** the washing machine. It's making too much noise.

---

James usually **wakes up** early. But today he's still asleep.



# Phrasal verbs

## افعال دو کلمه ای

**افعال دو قسمتی** ترکیبی از یک فعل و یک جزء دیگر میباشند که این جزء یا قید است و یا حرف اضافه.

(۱) فعل + جزء قیدی (۲) فعل + حرف اضافه

این افعال به دو دسته **جدا شدنی** و **جدا نشدنی** تقسیم می شوند به این ترتیب که در جدا شدنی ها ما میتوانیم بین فعل دو کلمه ای از مفعول یا ضمیر مفعولی استفاده کنیم. اما در افعال جدا نشدنی بین فعل دو کلمه ای به هیچ عنوان نمیتوان از مفعول یا ضمیر مفعولی استفاده کرد.

**نکته:** در افعال جدا شدنی غالباً معنای تک تک اجزاء ترکیب با معنای اصطلاحی کل ترکیب متفاوت است. به عنوان مثال

**turn on = روشن کردن**

در حالی که

**turn = چرخیدن**

**on = روی**

# لیست افعال دو کلمه ای

## افعال جدا شدنی

**turn on#turn off**= روشن یا خاموش کردن

**turn up#turn down**= بالا یا پایین آوردن درجه حرارت یا صدا

**put on# take off**= پوشیدن یا درآوردن

**give back**= پس دادن

**wake up = get up**= بیدار شدن

**call up**= تماس گرفتن /فراخواندن

**pick up**= انتخاب کردن

**call back**= تماس مجدد گرفتن

**give up**= رها کردن

**grow up**= بزرگ شدن

**check in**= وارد شدن، ثبت کردن

**hurry up**= عجله کن

## افعال جدا نشدنی

**look at**= نگاه کردن به

**look for**= جستجو کردن

**listen to**= گوش دادن به

**talk to = speak to**= صحبت کردن با

**similar to**= شبیه بودن به

**talk about**= صحبت کردن درباره

**think about**= فکر کردن درباره

**sorry about**= متاسف بودن برای

**wait for**= منتظر بودن برای

**responsible for**= مسؤل بودن برای

**afraid of**= ترسیدن از

**interested in**= علاقمند بودن به

**look after**= مراقبت کردن



# Writing



**Cycling** is good exercise.

Vahid enjoys **cycling**.

## نسیم الزهرا عفیفی

### Gerunds

A gerund is a **verb + -ing** that works like a noun. A gerund can be a subject or an object in a sentence.

#### Gerund as Subject

- **Swimming** is useful for everyone.
- **Reading** helps us learn English.

A gerund is always singular. When one gerund is the subject of a sentence, it takes a singular verb.

- Walking **makes** me happy.

But when two gerunds form the subject, the verb is plural.

- Cycling and jogging **are** my favorite sports.

Sometimes a noun follows a gerund:

- **Playing football** was his fun.
- **Taking photos** is her hobby.
- **Learning a language** takes time.



# Gerund

## اسم مصدر

### • اسم مصدر یا gerund

هرگاه فعل به همراه **ing** به عنوان یک اسم به کار رود یعنی از حالت فعلی خارج شود به آن اسم مصدر یا **gerund** می‌گوییم.

اسم مصدر می‌تواند به عنوان **فاعل** یا **subject** و یا به عنوان **مفعول** یا **object** به کار رود.

• **Swimming** is useful for everyone. •

↓  
Gerund-subject •





در این قسمت می‌خواهیم در مورد **gerund** به عنوان **subject** یا **فاعل** صحبت کنیم.

**اسم مصدر** یا **gerund** همیشه **مفرد** است. زمانی که **اسم مصدر** به عنوان **فاعل** جمله به کار میرود **فعل** جمله باید به صورت **مفرد** باشد.

• **Walking makes me happy.**

اما هنگامی که **دو اسم مصدر** را به عنوان **فاعل** داشته باشیم، **فعل** باید به صورت **جمع** باشد.

• **Cycling and jogging are my favorite sports.**

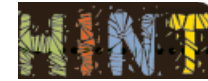
گاهی اوقات **اسم مصدر** به وسیله یک **اسم** یا **noun** در جمله **دنبال** می‌شود.

**Learning a language takes time.**



## نکته

In notices, you often see **NO** before -ing forms. It means that it is forbidden here. For example, **NO FISHING** means "Fishing is forbidden".



در اعلان ها شما اغلب کلمه **No** را قبل از **-ing form** می بینید. این بدان معنی است که این عمل در این مکان **ممنوع** است. به عنوان مثال **No fishing** به معنای **ماهیگیری در اینجا ممنوع** است، می باشد.





## اسم مصدر به عنوان مفعول

I enjoy **swimming**.

**gerund-object**

ما میتوانیم بعد از افعال زیرین اسم مصدر را به عنوان مفعول به کار ببریم.

enjoy= لذت بردن

give up= رها کردن

keep on= ادامه دادن

quit= رها کردن

finish= تمام شدن

imagine= تصور کردن

practice= تمرین کردن

love= دوست داشتن

ما معمولاً از **go+gerund** برای توصیف فعالیت های سرگرم کننده استفاده می کنیم.

Let's go shopping.

در اینجا تعدادی از مثال های رایج را میبینیم.

go fishing

go skating

go sailing

go skiing

go jogging

go running

go swimming

### Gerund as Object

- I enjoy **swimming**.
- Maryam loves **reading**.

\*We can use a gerund after the following verbs:

enjoy	finish
give up	imagine
keep on	practice
quit	love

\*We usually use **go + a gerund** to describe recreational activities.

- Let's **go shopping**.
- Yesterday, we **went biking**.

Here are some common examples:

go fishing	go skating	go sailing
go skiing	go jogging	go running
go swimming		



Do not confuse a 'gerund' with the 'present progressive'.

- Maryam's favorite hobby is **writing** poems.
- Maryam **is writing** an email now.

## اسم مصدر بعد از حروف اضافه

حروف اضافه کلماتی هستند مانند:

**at , by , for, against , after , about , on, in , with , without , of .**

**I am tired of washing the dishes.**

## نسیم الزهرا عفی‌فی

نکته: اسم مصدر را با زمان حال استمراری اشتباه نگیرید.

### Gerunds after Prepositions

Prepositions are words such as *at, by, for, against, after, about, for, on, in, with, without* and so on.

Here are some common examples of *prepositions + gerunds*:

- Parastoo is good **at** speaking and writing German.
- Alice is interested **in** playing tennis.
- What do you think **about** living in a village?
- Nancy and Margaret have plans **for** doing their homework soon.
- I am tired **of** washing the dishes.



تهیه کننده: نسیم الزهرا عفیفی

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