

الف. عبارات داده شده را زیر تصویر مناسب بنویسید.

a healthy diet - listen to sb's heart beat - measure yourself - high blood pressure - heart attack - one serving of rice - harmful to your health - a bad eating habit - a balanced diet - a good relationship - prevent diseases - emotional health



ب. کلمات داده شده را در جای خالی بنویسید.

measuring - servings - habit - heart - addiction

Sara: What has happened to your grandfather? Lily: Unfortunately, he had a attack.
Sara: oh! Is he fine now? Lily: I don't know. The doctor is his blood pressure.
Sara: What did he eat last night? Lily: He ate two of rice and Kebab.
Sara: Oh my God! That's quite a lot. Lily: Right! Unfortunately, he eats a lot. In fact, he has a bad eating

healthier - rarely - harmful - prevent - jogging

Doctor: We are happy to see that you feel fine again, but you should pay more attention to your health.
Grandfather: Sure doctor! I will start a healthy lifestyle. I will quit my bad eating habits.
Doctor: Bravo! You must stop eating fatty food. Also, you should do exercise. Grandfather: Exercise?
Doctor: Yes, for example, you can go in the mornings. Grandfather: Yes, right. It can diseases.
Doctor: Besides, you must quit smoking. It is very to your health.
Grandfather: It's very hard. I have smoked for about 33 years.

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.

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

1. There are plenty of cafes and restaurants, many of themexcellent 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.

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 morethan 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 alwaysbadly when her aunts come to visit.

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 1: Complete the sentences in your own words:

پ.یا توجه به معنی جمله کلمه مناسب بنویسید.

1. I went to doctor to check my blood
2. I went to doctor to measure my heart
3. I am going tomy 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.