

Vision 2

the blue sky

mountain

hill

jungle / forest

a man riding a bicycle



A Healthy Lifestyle

سبک زندگی سالم



Lesson Two

سبک زندگی سالم

A Healthy Lifestyle

سالم

healthy : good for one's health

lifestyle : way of living

سبک زندگی



Vision 2

L2 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.

education : *the process of learning*

آموزش، تحصیل

تحصیلات دانشگاهی

improve : *become better*

higher education *studying at universities*

increase : *make or become more*

risk : *danger*

خنده **laughter** : *the action or sound of laughing*

medicine : *a drug; cure*

Vision 2

L2

A Healthy Lifestyle



Instagram: 11v11asud



a healthy diet

رژیم غذایی سالم

eating lots of food

doing daily exercise

- working with computer
- surfing the net
- **overwork** with technology

کار کردن بیش از حد



Vision 2

L2 A Healthy Lifestyle

Get Ready

Look at the people in the pictures.
Check if what they are doing is good for their health.

Instagram: llvllasud



jogging



hanging out



eating junk food

خوردن هله هوله



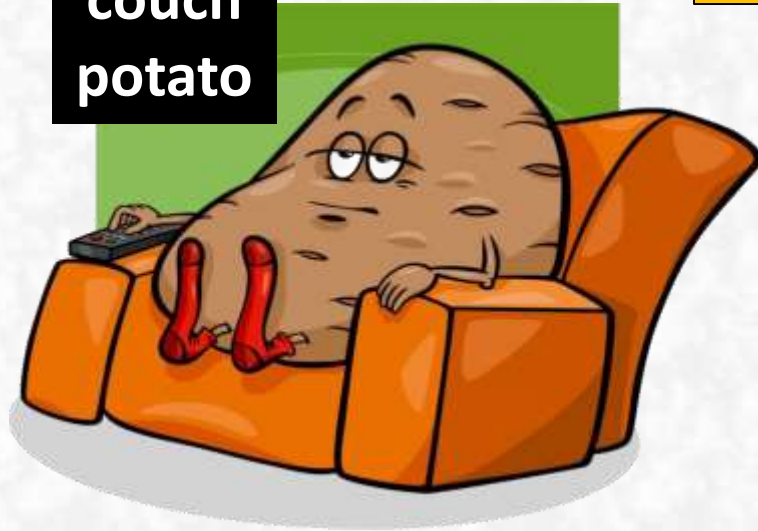
mountain climbing



surfing the net



couch
potato



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L2 A Healthy Lifestyle



Instagram: llvllasud

depressed



gain weight



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A Healthy Lifestyle

Word Bank



به ندرت

rarely : not often; seldom; hardly ever

فرد تنبل

couch potato : a person who doesn't do exercise and watches TV a lot

چاق شدن

gain weight : become fat

افسرده

depressed : sad; unhappy; upset

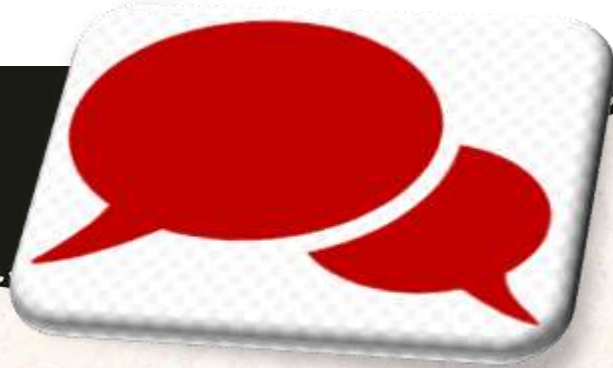
تو بردی!
باشه!

You won! : You're right! ; I agree.



Ilvllasud





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A Healthy Lifestyle



amazing

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

old ≠ new

call : have a phone call

تماس گرفتن



thanks for coming!
we appreciated



Ilvllasud

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A Healthy Lifestyle

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.

چه خبر؟

اغلب

how is it going? : how are you?

از **since** : from

most of the time : often

rarely: hardly

ترجیح دادن **prefer**: like more or better

stay ≠ leave

بی خیال! **come on** : stop being foolish!

a bit : a little

کمی، یه کم



مجلس آموزش عالی و عالی

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A Healthy Lifestyle



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?



actually : in fact

در واقع

gain : get

به دست آوردن

move : change place

حرکت کردن

Vision 2

New Words and Expressions

L2 A Healthy Lifestyle

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

رژیم غذایی

diet : kinds of food that a person eats



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

heartbeat : the pulsation of heart

ضربان قلب



My uncle has high **blood pressure**.

فشار خون



اندازه
گرفتن

My sister **measures** herself every month.

measure : count; calculate



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

حمله قلبی

heart attack : a sudden attack in heart



Vision 2

New Words and Expressions

L2 A Healthy Lifestyle



پرس

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

serving : dish; plate; amount of food someone eats



Smoking is **harmful** to everyone.

harmful : hurting; causing harm

مضر



عادت

Arash has a bad eating **habit**.

habit : a regular pattern or manner

اعتیاد



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

addiction : being addicted to something

be addicted : have a bad habit



Vision 2

New Words and Expressions

L2 A Healthy Lifestyle

physical: relating to the body

Swimming is a physical sport.

جسمانی

calm: without worry

آرام،
با آرامش

My teacher has a very calm manner.

manner : behavior

متعادل

balanced: with all parts existing in the correct amounts

A balanced diet contains lots of fruits and green vegetables.

amount : quantity of something

اخیر

recent: happening or starting a short time ago

The price of bananas has increased in recent weeks.

احساسی، عاطفی، (روانی)

emotional: relating to the emotions

emotion : feeling

Her doctor said the problem was more emotional than physical.



Vision 2

New Words and Expressions

L2 A Healthy Lifestyle

جلوگیری کردن

prevent: to stop something
from happening

prevent : avoid

Daily exercise can prevent diseases.

رابطه

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

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



llvllasud





5 physical

2 calm

3 balanced

1 emotional

4 recently

A. Match the definitions with the words.

1. relating to the emotions
2. without worry
3. with all parts existing in the correct amounts
4. happening or starting a short time ago
5. relating to the body



Vision 2

L2

A Healthy Lifestyle



Reading

Having a Healthier and Longer Life

داشتن زندگی سالم تر و طولانی تر



Vision 2

L2 A Healthy Lifestyle



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.

thought → *past participle of think*

healthy : good for one's health

longer ≠ *shorter*

lifestyle : way of living

special : particular; specific

diet : kinds of food that a person eats

without ≠ *with*

hurt : *harm*

amazing

Reading

*thanks for coming!
we appreciated*

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L2 A Healthy Lifestyle



Having a Healthier
and Longer Life

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.

certain : special

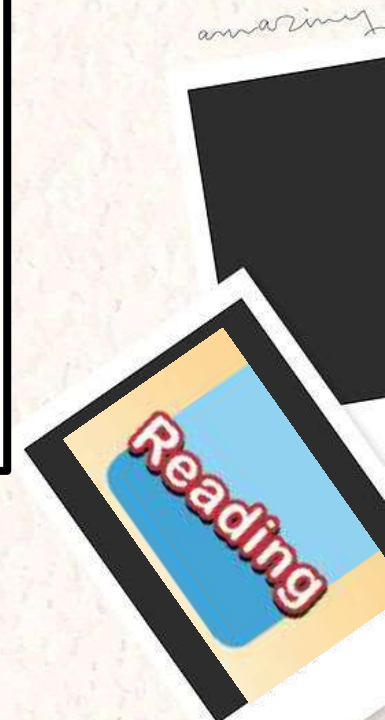
measure : count; calculate

blood pressure : the rate of the heartbeat

heartbeat : the pulsation of heart

history : the past

illness : *disease*



Vision 2

L2 A Healthy Lifestyle



Having a Healthier
and Longer Life

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.

physical : relating to the body

prevent : stop sth from happening

disease : illness

gain weight : get fat

risk : danger

balanced : with all parts existing in the correct amounts

serving : amount of food someone eats

condition : situation

ضروری

necessary : essential

improve : make better

شرايط

Vision 2

L2 A Healthy Lifestyle



Having a Healthier
and Longer Life

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.

مؤثر

affective : useful; helpful; having effects

busy ≠ free

enjoy : have fun doing something

decrease ≠ increase

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

recent: happening a short time ago

amazing

Reading

thanks for con
we appreciated

rawpixel





Having a Healthier
and Longer Life

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.

habit : a regular pattern or manner

addiction : being addicted to something

harmful : hurting; causing harm

such as: like

dangerous ≠ safe

also : too



Vision 2

L2 A Healthy Lifestyle



Having a Healthier
and Longer Life

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.

above ≠ below

emotional : relating to the emotions

دعا کردن

pray : worship

calm : restful; peaceful

balanced : with all parts existing in the correct amounts





Having a Healthier
and Longer 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.

نکته‌ی کلیدی the key point : the most important fact

however : no matter; but; anyway

plan : program; schedule





Reading Strategy

Skimming

You can skim a passage to identify the topic and understand the writer's main idea, or message. When you skim, you can also predict and guess what the reading is about. Skimming a passage before you fully and carefully read it can help you understand it better.

Follow these steps to skim:

- Read the title.
- Look at photos.
- Read the first and the last lines of each paragraph.
- Read quickly. Don't read every word. Details are not important.
- Find and write the main idea.

To identify the topic of a passage, ask: What is the passage about?

To identify the main idea of a passage, ask yourself: What are the most important things the writer says about the topic?

skim

read quickly to note only the important points

شناسایی کردن

identify : know; discover

اصلی

main : the most important

پیش‌بینی کردن

predict : say what will happen

PREFIXES AND SUFFIXES

Vocabulary
Development

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

PREFIX	MEANING	EXAMPLE
re-	again	re w rite: write again
un-	not	un i mportant: not important
im- in-	not	im p ossible: not possible in c orrect: not correct
dis-	not/opposite of	dis l ike: not like
mid-	middle	mid d ay: the middle of the day



Prefix	Meaning	Examples	Prefix	Meaning	Example
a-	in the state of	asleep	micro-	small	microchip
ante-	before	antebellum	mis-	wrong	mislead
ant-, anti-	opposite	antipathy	mono-	one	monotheism
auto-	self	autograph	out-	further	outbid
be-	make	becalmed	over-	too much	oversleep
bi-	two	bipartisan	post-	after	postscript
circum-	around	circumnavigate	pre-, prim-	first	preliminary
col-, com-, con-, co-	with, together	colleague, combine	re-	again	retort
de-	opposite remove	deform decriminalize	Semi-	half	semicircle
dis-	not	disprove	sub-, sup-	under	submarine
e-	out of	emit	super-	above	supernatural
em-, en-	cause	enrich	trans-	across	transcontinental
ex-	out of former	exhale ex-wife	tri-	three	tricycle
extra-	beyond	extraordinary	ultra-	beyond	ultraconservative
fore-	before	foretell	uni-	one	unilateral
im-, in-, un-, ir-	not	impossible, inaccurate unusual, irrespective	under-	not enough	underdone
inter-	between	internal	up-	higher	upbeat
macro-	large	macrocosm	vice-	in the place of	vice president

Vocabulary Development



PREFIXES AND SUFFIXES

Vocabulary
Development

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 = useful
-ous	adjective maker	danger + -ous = dangerous
-y	adjective maker	rain + -y = rainy
-al	adjective maker	nature + -al = natural
-ly	adverb maker	slow + -ly = slowly

PREFIXES AND SUFFIXES

Vocabulary
Development

Table 1. Common English Noun Suffixes

Suffix	Meaning	Examples	Suffix	Meaning	Examples
-age	a state or condition of	pilgrimage	-er -or	the doer	teacher decorator
-al	a process	arrival	-ness	quality, state	sameness
-ance, -ence	state, quality	guidance	-ity	the quality or state	clarity
-dom	state, dignity, office	boredom	-ism	the action or result of, school of thought	fundamentalism
-ee	the receiver of action	trustee	-logy -ology	a subject of study	Geology Sociology
-graph	record, write	radiograph	-y	the action or process	bravery
-hood	the state or quality	childhood	-ive	tending to	aggressive
-ure	the process, result	expenditure	-ist	a person who believes or practices	economist
-ment	the action or result of	development	-ship	state, skill, character	leadership,
-ion	the action, state of, condition of	expedition	-er/-or	the doer	Teacher/ decorator
-sion		revision			



PREFIXES AND SUFFIXES

Vocabulary
Development

Table 2. Common English Adjective Suffixes

Suffix	Meaning	Examples	Suffix	Meaning	Examples
-able, -ible	capable of being,	valuable	-ive	linking to	productive
-ate	having the quality of	complicate	-ative	tending to	imaginative
-ish	like	brownish	-an, -ian	from	Moroccan, Persian
-y	tending to	watery	-en	pertaining to	golden
-al	connected with	universal	-ic, -ical	connected with	linguistic, identical
-ary	connected with	temporary	-ous	full of	advantageous
-ful	full of	colorful	-ese	of a country or city	Lebanese
-able, -ible	capable of being,	valuable	-ive	linking to	productive
-ate	having the quality of	complicate	-ative	tending to	imaginative
-ish	like	brownish	-an, -ian	from	Moroccan, Persian
-ify, -fy	to make	electrify			



PREFIXES AND SUFFIXES

Vocabulary
Development

Table 3. Common English Verb Suffixes

Suffix	Meaning	Examples	Suffix	Meaning	Examples
-ate	to give the quality	abdicate	-ize, -ise	to make like	capitalize
-en	to make, become	widen	-proof	to make so as not to be harmed	waterproof



A. Read the following words. Circle the prefixes:

disagree **dis**

midterm **mid**

uncle

unsafe **un**

read

image

reality

incomplete **in**

disorder **dis**

unfortunately **un**

disagree ≠ agree

image : picture

unsafe ≠ safe

disorder ≠ order

unfortunately ≠ fortunately

incomplete ≠ complete



B. Read the following words. Circle the suffixes:

scanner

-er

powerful

-ful

homeless

-less

paper

replay

invitation

-tion

cultural

-al

famous

-ous

family

powerful : strong

≠ powerless; weak

famous : well-known

homeless : a person who doesn't have a place to live in



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 quit** 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.

حتی

even: surprisingly

رویداد

event: a planned social happening

تأثیر، اثر influence: have an effect on

properly: well ; in a correct form

به شکلی مناسب



Vision 2

L2

A Healthy Lifestyle

Present Perfect

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.

درمان کردن

cure: make well
and healthy again

secret: not
known by others

راز

stage: level

مرحله



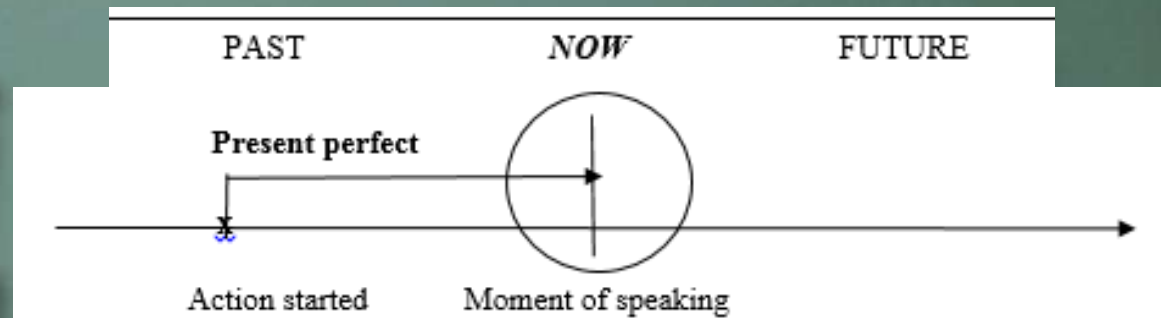
Present Perfect Tense



Subject + have / has + Past participle



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Present Perfect Tense



Subject + have / has + Past participle

Example :

- I have watched this movie.
- He has done his homework.
- She's read the book.
- They've left the city.





Grammar

Vision 2

L2

A Healthy Lifestyle

Present Perfect

Usage

Example

To express things you have done in your life

She has never studied Japanese.

To express number of times you have done something

How many times have you tried to call her?

To describe recently completed actions which are important now

I have some bad news. I've lost my job.

To express situations that started in the past and are still true

I've known James for 4 or 5 years.

To describe unfinished actions or situations

I've read half of the book.

To express present result

John has missed the bus, so he'll be late.



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Present Perfect

Affirmative

He Samira	has	started	a business.
I You Erfan and Ehsan They	have		



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Amir has written a letter.

I have watched that movie.



Present Perfect

Negative

Behrooz	has not	forgotten	the accident.
She	hasn't		
I	have not haven't	forgotten	the accident.
You			
We			
My friends			

My mother has not made a cake.

The students haven't finished their homework.



Write the **negative** form of these
present perfect verbs

- I **have** watch**ed** this movie.
- He **has done** his homework.
- She's **read** the book.
- They've **left** the city.

- I haven't watched this movie.
- He hasn't done his homework.
- She hasn't read the book.
- They haven't left the city.

Present Perfect

How to make questions?

interrogative : questioning

Interrogative

Has	he Maral	worked	hard?
Have	I you we the farmers		

Have you been to Paris?Has Mr. Ahmadi produced that movie?



Write the **question** form of these
present perfect verbs

- I **have** watch**ed** this movie.
- He **has** don**e** his homework.
- She's **read** the book.
- They've **left** the city.

- Have you watched this movie?
- Has he done his homework?
- Has she read the book?
- Have they left the city?



Wh Questions

- I **have** watch**ed** this movie.
- He **has done** his homework.
- She's **read** the book.
- They've **left** the city.

- What have you watched?
- What has he done?
- Who has read the book?
- Where have they left?



Grammar

Vision 2

L2

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+

S + have/has + past participle

I have tried sushi.

-

S + have not (haven't)/has not (hasn't) + past participle

I have not tried sushi.

?

Have/Has + subject + past participle?

Have you tried sushi?



F. Read the following examples.

I've known them **since** 2008.

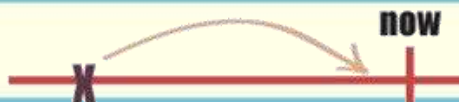
We've lived here **for** 20 years.

He hasn't got a job **yet**.

Have they **ever** traveled to Madrid?



Since and For



since + point in
time

five o'clock
yesterday
last summer
1996
he was a child



for + length of
time

ten minutes
two days
three decades
many years
a long time



Since and For

five o'clock
yesterday
last summer
1996
he was a child

ten minutes
two days
three decades
many years
a long time

Use these time expressions in different sentences



Make Questions Using “How Long”

They've been here **since two years ago.**

How long have they been here?

He's studied English **for eight years.**

How long has he studied English?



Vision 2

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A Healthy Lifestyle



See Also

Phrasal Verbs

افعال عبارتی (دو کلمه‌ای)



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Read the following examples. Check the meaning of the phrasal verbs.

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.

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A Healthy Lifestyle



Part I

Reading Comprehension

Vision 2

L2 A Healthy Lifestyle



Part I Reading Comprehension



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. **معجزه** **miracle**: wonder; mystery

Instagram: llvllasud

قادر ساختن **enable**: make able

راحت **comfortable**: pleasant, enjoyable

دسترسی **access**: the right to use something

خلاق **creative**: able to create something

vacuum cleaner: a tool used for collecting dust

جارو برقی





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.

impatient: nervous; angry

بی تاب، ناشکیبا

serious : important جدی

socialize: make or become social

in particular : especially مخصوصاً

device : tool

اجتماعی شدن



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.

متخصص **specialist** : expert; someone who is skillful in doing something

دوری کردن، پرهیز کردن **avoid** : keep away; prevent

محدود کردن **limit** : restrict; set a limit to

regular : planned

منظم



Vision 2

L2

A Healthy Lifestyle

Listening and Speaking

Speaking Strategy

تجربه

Talking about past experiences



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A. You may use 'present perfect tense' to ask and talk about past experiences.

A: Have you ever played the game 'Travel to Mars'?

B: Oh, yes. I have learned to play it recently. But I don't want to play it again.

A: Really? Why?

B: It takes a lot of my time. I have attended a Spanish class since last Monday. I like to spend my time on that.

A: I see. But you can play it in your free time.

B: I don't know. I haven't thought about that yet.



You may use the following patterns to ask and answer about your past experiences.

Have you ever?

Yes, I have it once, last year,

No, I haven't. Maybe I try it later.

شاید

perhaps





Listen again
and **write down** what you hear!

Conversation 1

- A: Have you ever played on any of the school's sports teams?
- B: Yes, I have played volleyball for two years.
- A: Are you still on the team?
- B: No, I have left it.
- A: Why?
- B: I want to study more. Maybe I play volleyball in the university.



Listen again
and **write down** what you hear!

Conversation 2

- A: I have put on weight recently. I don't know what to do.
- B: What have you done to lose weight so far?
- A: I have tried many different diets. But they didn't work.
- B: That's the point. Have you done daily workouts?
- A: No, I haven't. I don't have time for workouts.
- B: Let me show you some easy moves. First you need to....

Vision 2

L2 A Healthy Lifestyle

Writing



llvllasud



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Gerunds



Cycling is good exercise.

Vahid enjoys **cycling**.

Gerunds



A **gerund** is a **verb + -ing** that works like a **noun**.

A gerund can be a **subject** or an **object** in a sentence.

Gerunds



Gerund as Subject

Swimming is useful for everyone.

Reading helps us learn English.

Gerunds



Gerund as Subject

A gerund is always **singular**.



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

Walking **makes** me happy.

Gerunds



Gerund as Subject

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

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

Gerunds



Gerund as Subject

Sometimes a **noun** follows a **gerund**:

Playing **football** was his fun.

Taking **photos** is her hobby.

Learning **a language** takes time.

Gerunds

Gerund as Subject



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





Gerund as Object

I enjoy **swimming**.

Maryam loves **reading**.

Gerunds



Gerund as Object

We can use a gerund after the following verbs:

enjoy

give up

keep on

quit

finish

imagine

practice

love

Gerunds



Gerund as Object

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

Gerunds

Gerunds



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

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



Gerunds after Prepositions

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

Gerunds



Gerunds after Prepositions

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.

Gerunds



What
you
learned

A. Listen to the first part of a report.

2. Listen again and list all 'present perfect tenses'.

Making just a few changes in people's lifestyle can help them live longer. Research shows that three bad habits **have risked** people's health in recent years. They are: smoking, not exercising, and not eating enough fruits and vegetables. While at first it seems easy, many people **have found** changing these things very difficult.



B. Now read the rest.

People's busy lifestyle in big cities has created many problems for their health. **Rushing** to and from school and work has made it hard for everyone to be physically active. Many people do not have time to cook or **prepare** healthy food. They eat unhealthy **snacks** and junk food. This type of diet has changed people's **taste** and many young people now prefer fast food to homemade dishes. Watching TV and working with technology for long hours have also risked people's health. They have increased the risk of heart diseases and sleep **disorders**. So the things that seem so simple now can cause serious problems in the future.



What
you
learned

rush : hurry

prepare : make ready

taste : a person's liking for particular flavors

snack : a small amount of food eaten between meals

disorder ≠ order

