



## 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



# 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*

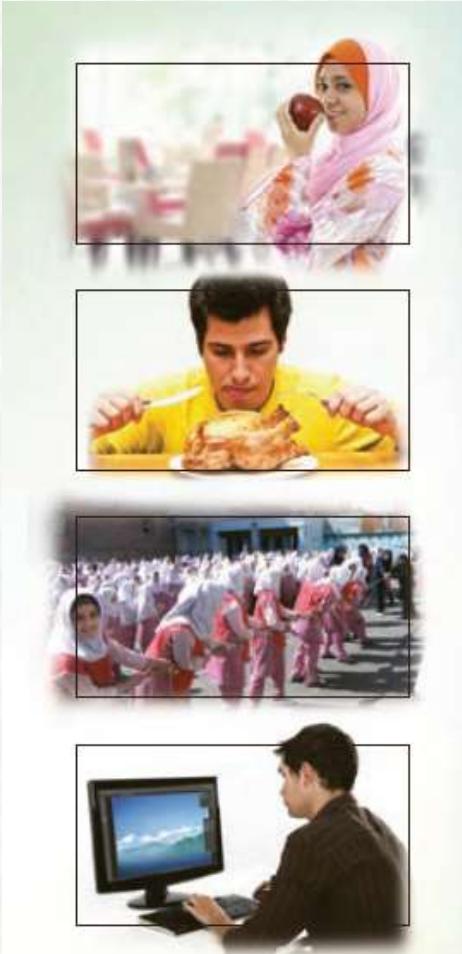
خنده laughter : *the action or sound of laughing*

medicine : *a drug; cure*



# Vision 2

## L2 A Healthy Lifestyle



llvillasud

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



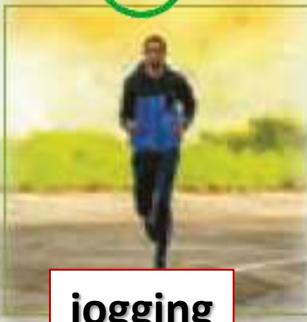
# Vision 2

L2 A Healthy Lifestyle

Get Ready

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

llvillasud



jogging



hanging out



eating junk food

خوردن هله هوله

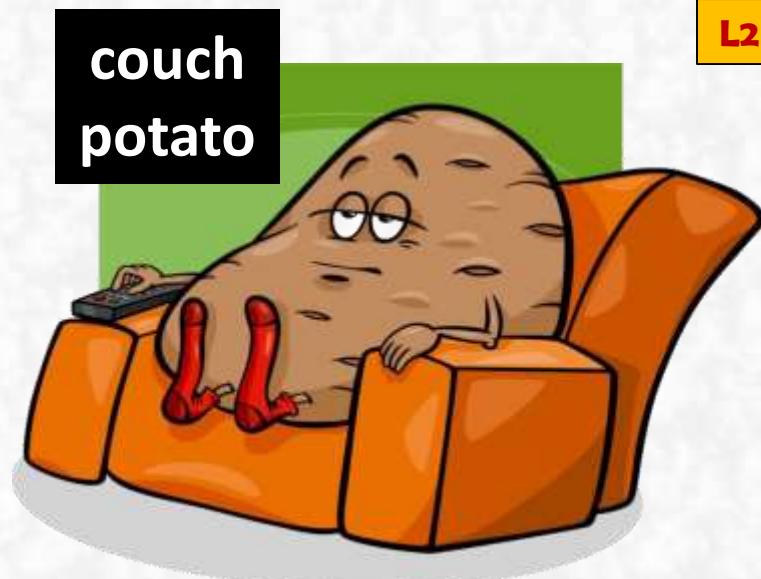


mountain climbing



surfing the net





# Vision 2

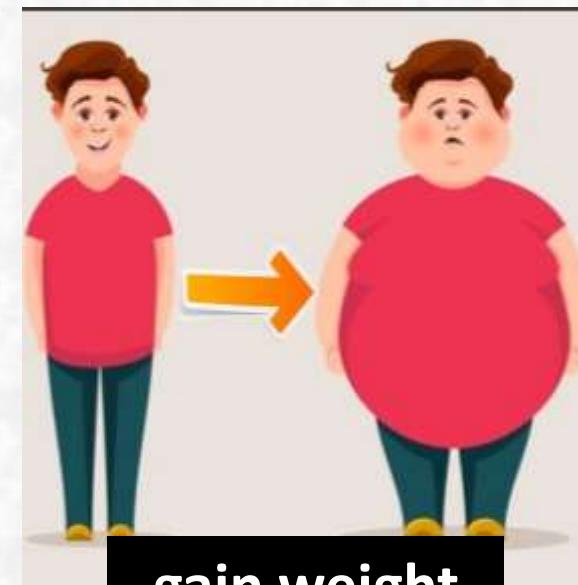
## L2 A Healthy Lifestyle



llvillasud



depressed



gain weight



# Vision 2

L2

A Healthy Lifestyle

## Word Bank



به ندرت **rarely** : not often; seldom; hardly ever

فرد تنبیل **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.

 llvllasud



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



# Vision 2

L2

## 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

ترجمیح دادن

**prefer**: like more or better

**stay** ≠ leave

**come on** : stop being foolish!

**a bit** : a little

کمی، یه کم



جمهوری اسلامی ایران

# Vision 2

L2

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



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



اعتياد

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

آخر

**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.*



# Open Your Workbooks!

Part II  
Vocabulary



## 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

- 5 physical
- 2 calm
- 3 balanced
- 1 emotional
- 4 recently



Vision 2

L2

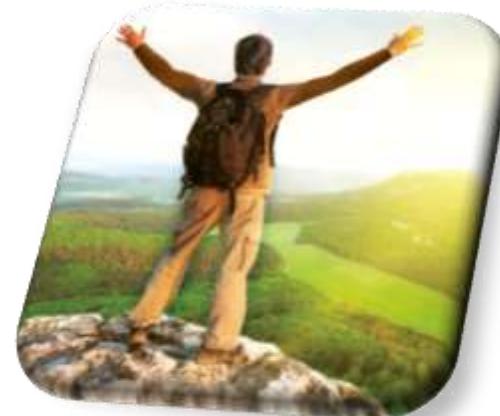
A Healthy Lifestyle

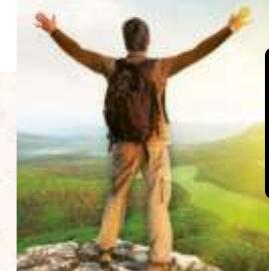


Reading

Having a Healthier and Longer Life

داشتن زندگی سالم‌تر و طولانی‌تر





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



thanks for coming!  
we appreciated

rawpixel\*



### 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





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

شرایط



### 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





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

**Reading**

thanks for coming!  
we appreciated

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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.

نکتهٔ کلیدی

**the key point** : the most important fact

**however** : no matter; but; anyway

**plan** : program; schedule



thanks for coming!  
we appreciated

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## 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.

اصلی

**main** : the most important

پیش‌بینی کردن

**predict** : say what will happen

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?

## 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           | rewrite: write again          |
| un-    | not             | unimportant: not important    |
| im-    |                 | impossible: not possible      |
| in-    | not             | incorrect: not correct        |
| dis-   | not/opposite of | dislike: not like             |
| mid-   | middle          | midday: 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-,<br>con-, co- | with, together  | colleague, combine     | re-         | again           | retort            |
| de-                      | opposite        | deform                 | Semi-       | half            | semicircle        |
|                          | remove          | decriminalize          |             |                 |                   |
| dis-                     | not             | disprove               | sub-, sup-  | under           | submarine         |
| e-                       | out of          | emit                   | super-      | above           | supernatural      |
| em-, en-                 | cause           | enrich                 | trans-      | across          | transcontinental  |
| ex-                      | out of          | exhale                 | tri-        | three           | tricycle          |
|                          | former          | ex-wife                |             |                 |                   |
| extra-                   | beyond          | extraordinary          | ultra-      | beyond          | ultraconservative |
| fore-                    | before          | foretell               | uni-        | one             | unilateral        |
| im-, in-<br>un-, ir-     | not             | impossible, inaccurate | under-      | not enough      | underdone         |
|                          |                 | unusual, irrespective  |             |                 |                   |
| inter-                   | between         | internal               | up-         | higher          | upbeat            |
| macro-                   | large           | macrocosm              | vice-       | in the place of | vice president    |

## Vocabulary Development



## Vocabulary Development

## PREFIXES AND SUFFIXES

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<br>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                                  |



## Vocabulary Development

# PREFIXES AND SUFFIXES

Table 1. Common English Noun Suffixes

| Suffix       | Meaning                            | Examples    | Suffix  | Meaning                                    | Examples       |
|--------------|------------------------------------|-------------|---------|--|----------------|
| -age         | a state or condition of            | pilgrimage  | -er     | the doer                                   | teacher        |
|              |                                    |             | -or     |  | 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   | a subject of study                         | Geology        |
|              |                                    |             | -ology  |  | 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/       |
| -sion        |                                    | revision    |         |  | decorator      |



## Vocabulary Development

## PREFIXES AND SUFFIXES

Table 2. Common English Adjective Suffixes

| <b>Suffix</b> | <b>Meaning</b>        | <b>Examples</b> | <b>Suffix</b> | <b>Meaning</b>       | <b>Examples</b>       |
|---------------|-----------------------|-----------------|---------------|----------------------|-----------------------|
| -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:

## Vocabulary Development

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:

Vocabulary Development

scanner

**-er**

paper

**-al**

cultural

powerful

**-ful**

replay

famous

**-ous**

homeless

**-less**

invitation

**-tion**

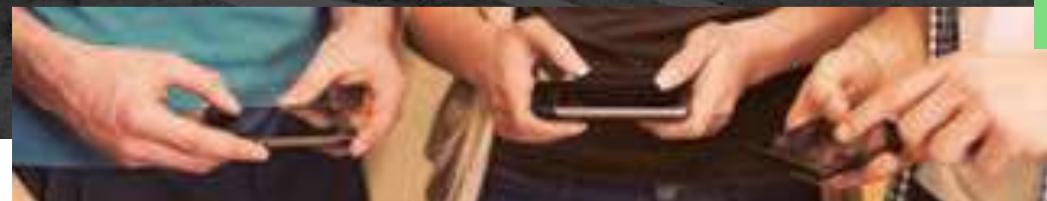
family

**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.

تأثير، اثر

**influence**: have an effect on



حتى

**even**: surprisingly

رويداد

**event**: a planned social happening

به شكلی  
مناسب

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.

llllasud

Grammar

درمان کردن

cure: make well and healthy again

راز

secret: not known by others

stage: level

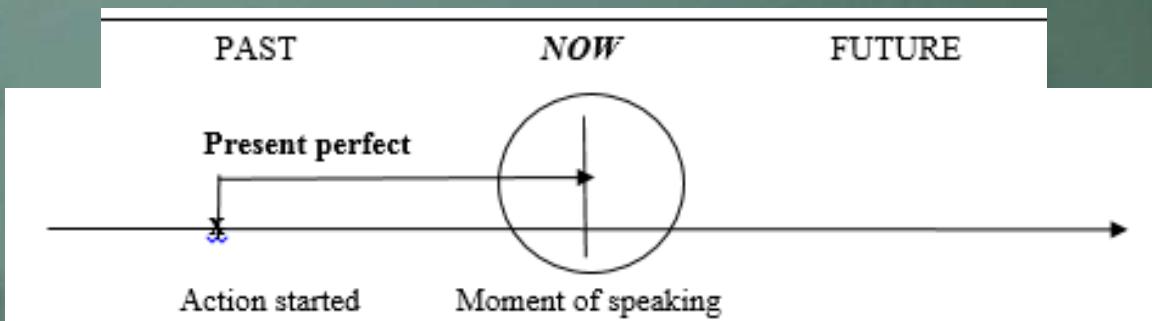
مرحله



## Present Perfect Tense



## ***Subject + have / has + Past participle***





### Present Perfect Tense

Subject + have / has + Past participle

### Example :

@ llvillasud

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





### 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.



## Present Perfect

## Affirmative

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

Amir has written a letter.

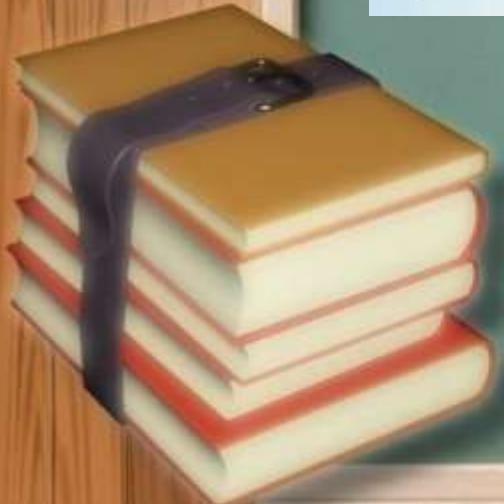
I have watched that movie.



## Present Perfect

## Negative

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

 llvillasud

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** **watched** 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.



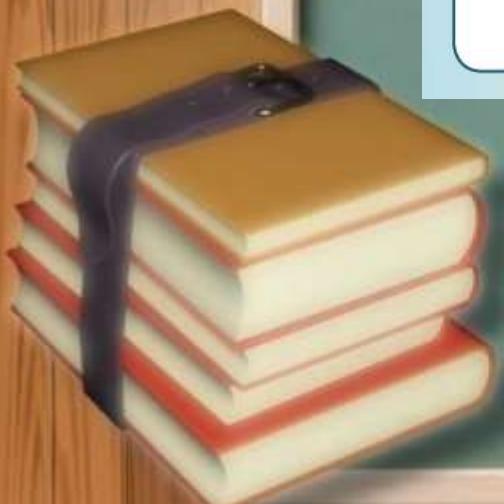
## Present Perfect

## How to make questions?

interrogative : *questioning*

## Interrogative

|      |                               |        |       |
|------|-------------------------------|--------|-------|
| Has  | he<br>Maral                   | worked | hard? |
| Have | I<br>you<br>we<br>the farmers |        |       |

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



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

- I **have watched** this movie.
- He **has done** 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 watched** 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?





# Vision 2

L2

A Healthy Lifestyle

Grammar



**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.

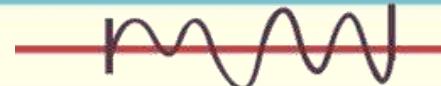
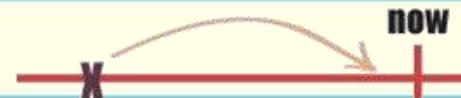
We've lived here **for** 20 years.

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

Have they **ever** traveled to Madrid?



## Since and For



**since** + point in time

**for** + length of time

five o'clock

yesterday

last summer

1996

he was a child

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?**



# See Also

## Phrasal Verbs

افعال عبارتی (دو کلمه‌ای)

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.



### 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

**قادر ساختن** **enable** : make able

**راحت** **comfortable** : pleasant, enjoyable

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

**vacuum cleaner** : a tool used for collecting dust

**خلاق** **creative** : able to create something

**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 قاب، ناشکیبا

**جدى** **serious** : important

**socialize**: make or become social

**مخصوصاً** **in particular** : especially

**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



### Speaking Strategy

تجربة

Talking about past experiences





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.



# Vision 2

## L2 A Healthy Lifestyle

### Listening and Speaking

#### Speaking Strategy

#### Talking about past experiences

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

# Vision 2

## L2 A Healthy Lifestyle



**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.



# Vision 2

## L2 A Healthy Lifestyle



**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

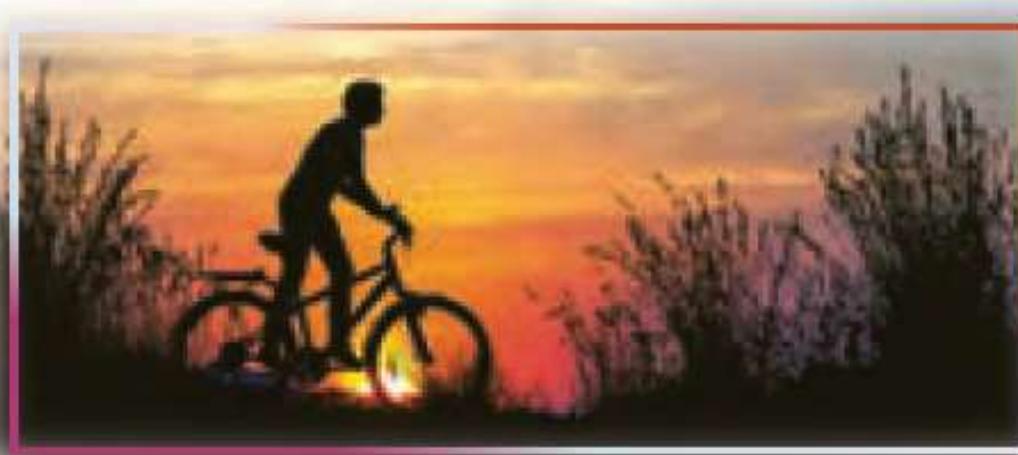


llvillasud

اسم مصدر

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.

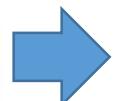
Reading helps us learn English.

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 skiing

go swimming

go skating

go jogging

go sailing

go running

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

## 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**

