





# LESSON 2

## A Healthy Lifestyle

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**Did you know that...**

**People with higher education live longer.**

**Our health becomes better when we see our friends and family members.**

**Sitting a lot increases health risks.**

**Laughter is a good food for your health.**

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# Get Ready

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

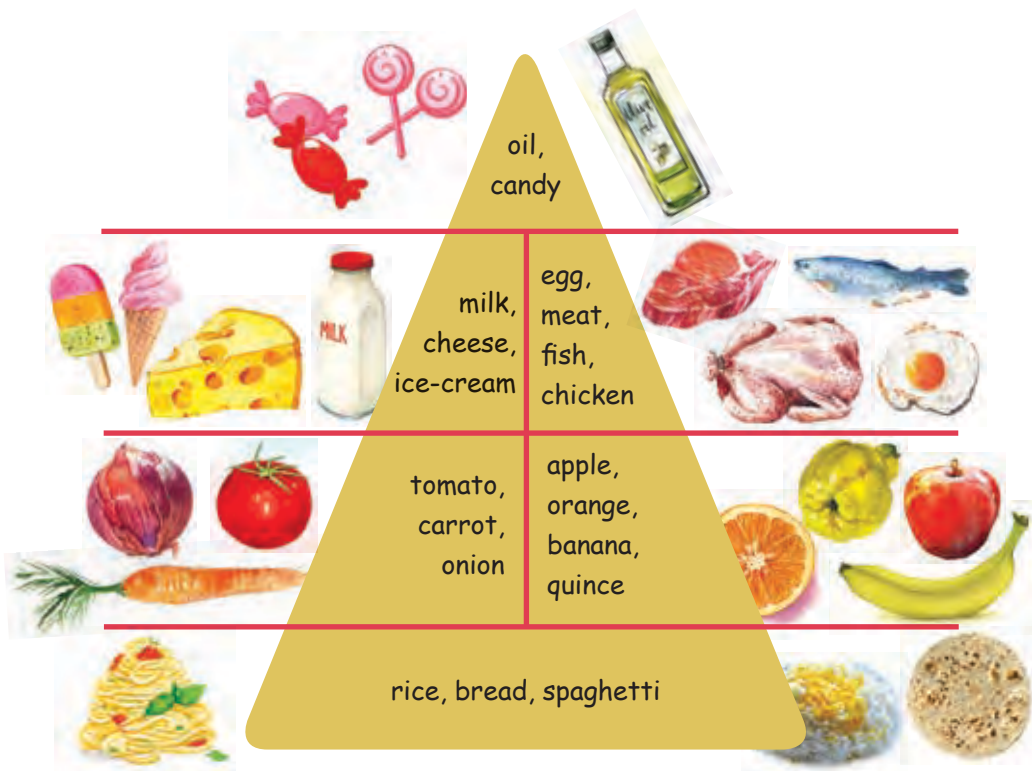


Now match the pictures, sentences, and the words.

- a worked      b jog      c hangs      d eating  
 e surfing      f climbed

- Behzad likes ..... junk food when he's watching TV.
- Reza is ..... the net.
- I go out and ..... every morning at 6.
- Mahdi ..... out with his friends on Fridays.
- They ..... Mount Damavand last year.

**B. In the pyramid below circle the food you eat each day.**



**Do you think you have a healthy diet? How do you know that?**

**C. Read the following sentences and use adverbs of frequency to show how often you do them (never, sometimes, often, usually, always).**

1. I work with on computer. ....
2. I watch TV in the afternoon. ....
3. I go out and play with my friends. ....
4. I eat fast food. ....
5. I walk to school. ....

**Compare your answers with your classmates.**



# Conversation



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

- A:** Hi Sina. How are you? I haven't seen you since your birthday.
- B:** Hi, Behzad. Thanks for calling. I am home most of the time. I do different things like surfing the net and playing computer games.
- A:** How about your free time? Going out, jogging, playing football?
- B:** Nope. I rarely go out and hang out with my friends.
- A:** 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?
- B:** What?! Oh, no, I haven't gone there for a long time. I prefer to stay home and watch my DVDs on the weekend. I've bought lots of things to eat, too.
- A:** 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.
- B:** Um..... actually, you're right. I've gained 5 kilos in 3 months. I really do not like to move!

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

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



## Questions

Answer the following questions **orally**.

1. What does Sina do at home?
2. Is Sina a sportsperson?
3. What is your favorite sport?



# New Words and Expressions



**A. Look, Read and Practice.**



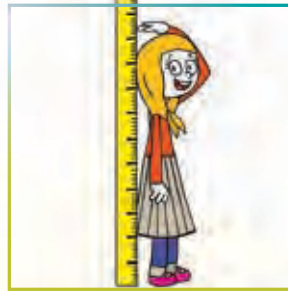
Eating vegetables is an important part of a healthy **diet**.



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



My aunt has high **blood pressure**.



My sister **measures** herself every month.

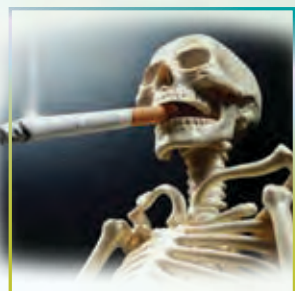




Our neighbor had a **heart attack** yesterday.



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.



## B. Read and Practice.

**emotional:** relating to the emotions

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

**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 fruit and green vegetables.

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

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

**physical:** relating to the body

Swimming is a **physical** sport.

**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.

A. Go to \_\_\_\_\_ of your Workbook and do \_\_\_\_\_.

# Reading



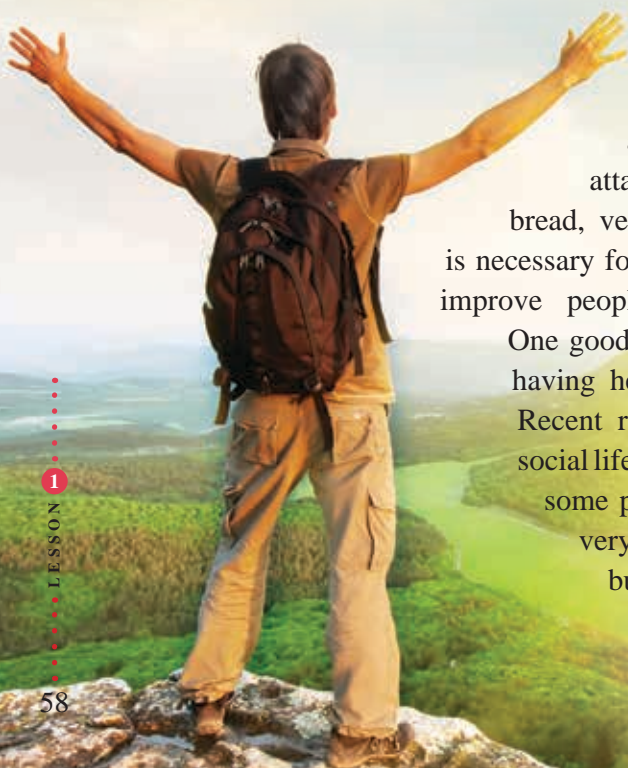
## Having a Healthier and Longer Life

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. But without a careful plan, they may hurt themselves.

To have a healthier lifestyle, people need to do certain thing. 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 fat 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.

One good way to have 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 so 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 for having 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 to have a plan for the way they want to live and take care of their physical and emotional health.

## Reading strategy

### Skimming

You can skim a reading 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 reading before you fully and carefully read it can help you understand it better.

Follow these steps to scan:

- 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 reading, ask: What is the reading about?

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

# Reading Comprehension

**A. Read the following sentences. Find each idea in the reading and then write the number of the paragraph that discusses it.**

■ Having a healthy relationship with others makes our lives better.

Par. ....

■ Addiction is a harmful habit.

Par. ....

■ Paying attention to our food is necessary for our physical health.

Par. ....

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**B. Skim the Reading. Circle the main idea.**

a) Smoking is harmful to health.

b) Having a healthy and long life needs a careful plan.

c) Praying gives people a healthy life.

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**C. Scan the passage to find the following information.**

a) What increases the risk of heart attack?

b) How can we check our general health?

c) What is the most important factor for having a healthier life?



# Vocabulary Development

## PREFIXES AND SUFFIXES

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

PREFIX	MEANING	EXAMPLE
re-	again	re <b>write</b> : write again
un-	not	un <b>important</b> : not important
im-	not	im <b>possible</b> : not possible
in-		in <b>correct</b> : not correct
dis-	not/ opposite of	dis <b>like</b> : not like
mid-	middle	mid <b>day</b> : the middle of the day



A **suffix** is a letter or 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= writ <b>er</b> translate + or = translat <b>or</b>
-ness	noun maker	happy+ -ness= happi <b>ness</b>
-ion / -tion / -sion	noun maker	create + -ion = creati <b>on</b>
-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>



**A.** Read the following words. Find the prefixes:

disagree/ midterm/ uncle/ unsafe/ read/ image/reality/  
incomplete/disorder/unfortunately

**B.** Read the following words. Find the prefixes:

scanner/ powerful/homeless/ paper/ replay/ invitation/ cultural/  
famous/family

**C.** Read the fourth paragraph of the Reading and find five suffixes:

.....

**D.** Look at the nouns. The adjective forms of them are in the Reading.  
Find them.

Noun	Adjective form
1. care	..... (par. 1)
2. health	..... (par. 2)
3. danger	..... (par. 5)
4. emotion	..... (par. 6)

# Grammar

## A. Read the following texts.



Technology has influenced the lives of people in this century. Working with computers and mobile phones has changed people's habits and lifestyle. Some people use their laptops and especially their mobile phones everywhere for no good reason. Some of them have not read a book for some 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 medicine and medical inventions have saved 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 the early stages. Technology, as some people may think, is not a bad thing at all. The way we use it, is important.

**B. Read the following examples.**

**Affirmative**

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

■ Amir has written a letter.

■ I have watched that movie.

**Negative**

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

■ My mother hasn't made a cake.

■ The students haven't finished their homework.

**Interrogative**

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

■ Have you gone to Paris?

■ Has Mr Ahmadi made that movie?



**C. Tell your teacher how ‘present perfect tense’ is made.**

**D. Read Conversation and underline all ‘present perfect verbs’.**

**E. Read the following paragraph and choose the best verb forms.**

I am 55 years old now and I am going to retire this week. When I look back and read the book of my life, I see that I (have-have had) a very interesting life. I was born into a good family. My father was a teacher and my mother was a nurse. They always worked very hard and gave me a normal and healthy life. When I was a kid, I (wanted-have wanted) to become a firefighter. After university, I (join-joined) the Fire Service. I (have worked-work) there for 30 years. This is a really difficult but exciting job. I (worked-work) very hard to become a good firefighter. I (have been-was) in many missions for the past 25 years. But honestly, I don’t remember how many lives I (have saved-save) and how many people I (have made-make) happy. But one thing I know for sure: I (have enjoyed-enjoy) every minute of my life as a firefighter.



**F.** Read the following examples.

I've known her	since 1980.
We've lived here	for 20 years.

He hasn't got a job	yet.
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Have they ever traveled to Madrid?
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**G.** Pair up and talk about the things you have and have not done. You may use 'since', 'for', 'yet', and 'ever' in your questions and answers.

Example: I have studied lesson 4.  
I haven't done my English homework yet.

1. ....
2. ....
3. ....
4. ....
5. ....

**H.** Go to of your Workbook and do A,B and C .

# See Also

## Phrasal verbs

**A. Read the following examples. Check the meaning of the underlined 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 microwave oven. It's making too much noise.

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

**B. Go to Part II of your Workbook and do D.**

# Listening and Speaking

## Speaking Strategy

Talking about past experiences



**A.** You may use 'present perfect tense' to ask and talk 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 in the future.

**B.** Listen to the following conversations and fill in the blanks.

### Conversation 1



1. Hamid is on ..... team.
2. He has quitted the team to .....

Pair up and ask your friends about the experiences they have had. You may use the verbs in the box.

watch Amir Kabir TV series, read Hafez Divan, play football,  
make a paper boat, travel to the South

## Conversation 2



1. Farideh wants to .....
2. Fardideh has tried .....

**Pair up and ask your friends about the things they haven't experienced yet. You may use the verbs in the box.**

play golf, climb Mount Everest, travel to the moon,  
take part in Olympics





# Pronunciation



**A.** Listen to the following sentences. All of the words are important and thus they are all stressed.

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

In some situations, emergencies for example, all of the words are important. In that case, all words carry stress.

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**B.** Say the following sentences with appropriate sentences stress.

1. Get away!
2. Turn round!
3. Wake up!
4. Hurry up!
5. Take care!

# Writing

## (1) Gerunds



**Cycling** is good exercise.

Vahid enjoys **cycling**.

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** is his fun.
- **Taking photo** is her hobby.
- **Learning a language** takes time.

**A. Change the following verbs into gerunds. Then complete the sentences.**

write    eat    travel by train    do

- 1) ..... fast food makes you fat.
- 2) ..... is cheap and safe.
- 3) ..... English well is one of my goals.
- 4) ..... regular exercise is useful for everyone.

Hint

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**.

\*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 skiing  
go swimming

go skating  
go jogging

go sailing  
go running



**B. Change the following verbs into gerunds. Then complete the sentences.**

play

walk

fish

do

- 1) My sister enjoys ..... in the rain.
- 2) Mehran loves ..... volleyball.
- 3) My dad goes ..... on Fridays.
- 4) Has she finished ..... her homework?



**C. Using gerunds (as subject and object) make five sentences about yourself, your family or your friends.**

.....

.....

.....

.....

.....



## Hint

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

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



**D. Read the following sentences. Which of the underlined words is a gerund?**

- 1) They were watching a football match when I called.
- 2) Saeed is cycling in the park right now.
- 3) Farzaneh enjoys watching scientific movies.
- 4) My favorite sport is hiking.

## 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**.
- 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.

**E. Find all gerunds in the Conversation. Which one has come after a preposition?**

.....

.....

.....

.....

.....

.....

...WILL HAVE HAD A BETTER LIFE.  
THERE ARE MANY OTHER THINGS WE CAN  
DO TO LIVE HEALTHIER AND LONGER.  
POINT, HOWEVER, IS TO HAVE A PLAN FOR THE  
WAY THEY WANT TO LIVE AND TAKE CARE OF  
THEIR PHYSICAL AND EMOTIONAL HEALTH.

# What you learned

...GY HAS INFLUENCED THE LIVES OF  
...IN THIS CENTURY. WORKING WITH  
...AND MOBILE PHONES HAS CHANGED  
...HABITS AND LIFESTYLE. SOME PEOPLE  
...THEIR LAPTOPS AND ESPECIALLY THEIR  
...E PHONES EVERYWHERE FOR NO GOOD  
...I. SOME OF THEM HAVE NOT READ A BOOK  
...OME MONTHS. SOME HAVE NOT VISITED  
...THEIR RELATIVES FOR A LONG TIME.

LESSON  
TWO



**A. Listen to the first part of a report.**

**1. Fill in the blanks based on what you just heard.**

Some people have 3 bad habits. They are .....

.....

By making just a few changes in their lifestyle, people .....

.....

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

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**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 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 casue serious problems in the future.

**3. Skim the text and suggest a topic for it.**

**4. Scan the text and underline all 'gerunds'.**

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**C. Work in pairs. Ask and answer.**

Name three things people have to change in their lifestyle.

Is it really easy to change our lifestyle?

Why is too much working with technology dangerous?

