

## 12 Ordibehsht

There are 8 of you here

Suitable title

I'm Sharareh Jelveh

I'm Fateme for you

My free time activities, I like watching films and hangout with friends and family members

What I like most is being with animals

Who want to talk first?

Do not stop

Your voice is not loud enough

I talk to you later

You need it

How to read ?

1. **Observing** the title and the picture to guess the gist
2. Reading the **questions** to get ready
3. Finding the **key** words
4. **Paraphrasing** the key words: synonyms/ antonyms/ definitions
5. **Skimming** the paraphrase to get the general information of the text to write the heading
6. **Scanning** the paragraphs to get the specific information to answer the questions.
  - The question tell you, you need scanning or skimming

Paraphrase: is keeping or saving the meaning keep the meaning like countless, not few, not a few, numerous, lot of, ...

Some word because they are special word could not be paraphrase

Ex1:

Technology effect the people life => paraphrase part of speech => technology is effective on people life

Technology impact/influence the individuals life

Paraphrase help to find the answer

- Finding the answer question
- Finding the concept

Paraphrase can help me to find the answer location

جواب پیدا کردن میتونه دو تا بعد داشته باشه

۱. جواب کجا میتونه باشه

۲. جواب چی میتونه باشه

Finding the answer

Finding the answer location

In question we see effect and in text we see influence this connection can help me find the answer => I can guess the place of correct answer

=> it can be help to increase the speed

Hardly ever: almost never

What is difference between scanning and skimming?

Skimming => general idea of the text not detail

Scanning => is going throw the detail => you get the detail as your answer and don't care what is the general purpose

## 19 Ordibehsht

who is ready to speak?

I work for a company

on the weekend

on Friday

most of the Fridays

I stay at home and watch TV

## 22 Ordibehsht

Session 3

I stay at home and watch TV...

=====

- Where can we use ING in our sentences?

- in continuous tenses like PRESENT CONTINUOUS, PAST CONTINUOUS, ..

- I am teaching and you are listening now.

- I was driving last night when you called.

- She is working a lot these days.

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- If you want to use a verb at the beginning of your sentence one of the ways is using VERB + ING (gerund)

- Studying English needs your time and energy.

- Learning English is easy.

- Working for long hours could be hard and boring.

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- using ING after PREPOSITIONS

- I am thinking about doing something different to change my life.

- She is keen on making money.

- They are interested in learning languages.

- I prefer to participate in attendance classes to join online ones.

-----  
- the second verb of some specific verbs

- I enjoy being here!

- I love telling the truth. It does not matter how hard it is!

=====

there is summer

I prefer

solve math question

you solve math

writing a paragraph:

must consist of a good and great paragraph

paragraph writing:

learning about writing paragraph

1. how to be understandable for reader(if paragraph is not clear is not writing)

2. organize paragraph(first, second, ...)

You can tell me about your answers

Ingredients = food materials

Bowl

Griddle

Stove

Oven

Heat up = to make it hot

Pancake batter = pancake liquid

Clean up

Cook on

On Sunday

Flour

Pours

Spoonfuls

Onto the hot griddle

=====

After that, finally, first, later, next, then

=====

Stretches

Yoga

Puts on  
She cools down by walking to a coffee shop  
Order  
Gets dressed  
Sit down  
Call a friend  
Make plans

=====

Is it important to use order later than next?  
No, it's not like that  
Write a paragraph about another person's routine life

=====

1. My sister is a student. She usually wakes up at about 6:00 am. First, she gets ready until 7:00 . Next she goes to university at 7:00 am. She usually stays at the university until 5:00 pm.
2. My mon is an early bird. she always wakes up for prayer. and then she makes breakfast. after I leave home, she does personal activities next she does the shopping and then cooks lunch and waits for me to have lunch together finally in the evening she goes outside to walk and exercise.
3. My mother gets up at 6 o'clock first she prays next she makes breakfast and sets the table then she puts on her dress and goes to work finally she comes back home around 1 pm
4. kaveh is my best friend. he has a regular routine in his life. he wakes up at 7;00 o'clock every morning. First, he eats breakfast and then goes to work by taxi. he works until 6 p.m. next he comes back home at 7 p.m.he always do exercise every night. after that, he eats dinner and sleeps at 11 p.m. He has a boring life and I don't like it.
5. My brother has a regular routine during the week. He always gets up around 7:00 am. First, he eats breakfast, After that he wears clothes and leaves home.
6. My mom gets up at about 7:00 AM during the week after a quick breakfast she gives my sister and my nephew a lift in her car to school, then she goes back from school and does housework and makes lunch and dinner simultaneously and we have an enjoyable dinner and lunch with together finally she gets time for herself and chatting with her friends.  
(she has time to spend on her own or chat with her friends)
7. My daughter wakes up at 6:00 but she gets up at 6;30. First, she washes her face and brushes her teeth. Then she has breakfast. After that, she gets ready and goes to school. When she comes back home she eats lunch..Next, she takes a nap. later she does homework. After that, she watched a movie. Later she has dinner. Finally, she goes to bed. She sleeps at 11:45.

8. My younger sister is about 18 years old, she always gets up at 7:30 am. Then she gets ready to go to school After that she gets back home at about 2 pm in the afternoon. when she gets home she eats her lunch and after that gets some sleep to refresh her energy to do her homework.
9. My sister is a student at university so she wakes up early first she eats breakfast, and after that, she starts to prepare her laptop and other devices that she needs to go to the university finally she goes to her class very late.
10. My mother gets up at 8:30 am, has breakfast at 9, and then goes walking for 30 minutes, when she gets home she takes a shower then she reads a book, and cooks lunch, and we eat lunch at about 2 pm, after that I help her to clean up

=====

Increase  
Decrease  
Do exercise  
Do sport  
Most people  
a different concept of respect  
Concentrate  
Self  
Healthier  
My personalities  
Work is not countable  
I improving myself  
I usually cook different kinds of food  
We watch movies at the weekend  
I don't have in my mind  
It is one of my interests  
Go on travel  
Get to know the culture  
Historic/ historical destination  
Hobby (countable)  
leisure(uncountable)  
entertainment(uncountable)  
Snowboarder  
Snowboarding

=====

1. Pre task question  
The question comes before reading
2. Post task question  
The question comes after reading

=====

What is the reason for this article?

It means the main idea or general idea of this article

The details part means If you delete them from the article, the main story can't change

This article provides an overview of the main points and key topics covered in the article, helping readers gain a better understanding of the subject matter before diving into the details. It serves as a summary to give readers a general idea of what to expect when reading the full article.

Heading match question

heading(title)

The best heading for the article is a difficult question

Heading

General idea

It's not be short/long

It should be fact

You better use paraphrase and correct grammatical

The present concept of title

=====

East coast

Professional

Properly

Hometown

Hardly ever

Dry ski slope

Learn

Mountains

Well-known

Competitions

Four to five times a week

Cycling

Running

Tricks

Switch off

Hang out

Aimee Fuller is a skillful, successful, and hardworking snowboarder

Emphasize

Conclusion

Talented

Successful

Hardworking  
The matter of choice

=====

True vs False vs Not given

- true: the information exists and it is correct
- I would like to start my day with a cup of tea and if there is no tea I prefer to drink some coffee.
- What she likes to drink first is some tea. (T)
- false: the information exists but it is not correct.
- She chooses to drink orange juice if there is no tea. (F)
- not given: the information does not exist
- She is interested in trying some butter and toast after drinking tea in the morning.

=====

Contrast  
Before  
Learn  
Snowed  
During winter  
Often  
to take ages: to take a long time  
At least three times  
I prefer to spend my time with my family

Read the article again

ذهن تحلیلگرت رو بزار دور تو آیلنس  
و نگاه کن چی می‌ده

thought

=====

- How do you use two verbs after each other?

- verb + to + simple verbs (infinitive)

- I would like to stay in.

- verb + verb + ing (ground)

- I enjoy learning different languages.

- verb + to + simple verb / verb + ing ( with the same meaning)

- I like driving/ to drive.

- verb + to + simple verb/ verb+ ing ( different meaning)

- I stopped talking to him. ( we are not friends anymore!)

- I stopped to talk to him. ( I stopped walking and started to talk to him)

I stopped smoking

I stopped to smoke

- verb + someone (object ) + simple verb

- I let him go!

- I made my parents accept my request.

-----

- prefer :



- I prefer to join/ joining online classes.
- I prefer to study/ studying at home.

- subject + prefer + infinitives/grounds + TO(preposition) + verb + ing ( in English after PREPOSITIONS the verb comes with ING)

- I prefer staying/ to stay at home to going out.
- I prefer going on a diet/ to go on a diet to doing sports to lose weights

.

فعل اول تصمیم میگیره برای فعل دوم

=====

This is someone who is paid to do a sport or other activities: professional

This means to practice your sport: train

This word describes someone who is doing well in his/her life: successful

When you are this, you don't get tired easily when you exercise or do sport: fit

You ask someone for this when you want to know what to do: advice

=====

## Homework

### Speaking part

Title: Describe what you usually do in your free time.

I'm a little bit homebody

My interest in watching TV

I no longer watch Netflix

I listen to music on YouTube

Kind of helpful

I enjoy hanging out with my friends

We have a cup of coffee

Sometimes I play volleyball

1. FC=>fluency

Hesitation

Pause => You should know vocab and grammar and content

2. Lexical resource
3. GRE=>grammar
4. pronunciation

Also  
Although  
Music  
Enjoy doing sth  
Enjoy hanging out

### **Writing part**

Title: Write a paragraph about your daily routines.

Use time order linkers in your writing.

I often get up at 8:00 during the week then I brush my teeth and wash my face After I eat a quick breakfast maybe a half spoon of chocolate with a big cup of coffee and then I run to my class because it starts at 8:30 so I run for it most of the time.  
After classes, I go back to the dorm and take a quick shower next I go to the library to study for 2 or 3 hours finally I go to bed at midnight and sometimes I chat with my friends and family til 12:30 and then I sleep.

## **26 Ordibehesht**

2 of you after break time 2 of you before break time

Obesity(n) = too much overweight(extra weight)

Oebes(adj) = more than overweight

Related to our lifestyle

Eating bad habit

Genetic

sedentary (adj): without any movement

Category

Cuse

Most of the people/ most of the people

Diabetes

emotional of a person: a person's emotion

Don't this to me

Keep this on your mind

Everybody can hear me?

Adventure

Holiday

=====

adventure (n): an exciting experience in which unusual or dangerous things happen

adventurous (adj): tending or wanting to do sth exciting or dangerous

- I am crazy about adventurous expeditions
- I had an interview with those adventurous travelers.

adventurer (n): someone who does adventurous things

=====

### **Listening**

Find out = get, understand

Trek is a proper noun

Go on holiday

Go on travel

Transport

Thor guide

Interested in

Coming on

Went on holiday

Loved it

Lots of information on their website

Different kinds of adventure

One by the sea

Water sport

Forest

Hiking

Cooking

Outdoors

In the mountains

White water rafting

What do you think?

The sounds amazing

Special offer on at the moment

Book before Friday

Sailing holidays

It's not bad

What does that include?

Accommodation

Guide

To pay for meals and drinks

That's good

Let's book tonight

Shall I come to your place this evening around seven?

See you then

=====

### **Grammar**

## **Before learning a tense you should ask these questions yourself**

- What is the meaning of that tense ??
  - What is/are the help verbs?
  - What is the form of the verb in that tense?
  - What are the adverbs of time?
- 

Present Continuous :

- meaning :

1) The activity that is being done at the moment or right away ( right now )

- I am teaching the grammar part now.

2) some current activities not at the moment but at the current present time.

- I am getting ready to take part in the IELTS test these days.

3) to talk about short-time habits.

( it is used with present simple )

- I never switch off my light late but I am going to bed late these days due to my university exams.

- I usually watch Indian films but these days because I am getting ready for the IELTS test, I am watching American films instead.

4) you can use Present Continuous to show the changes.

- The climate is changing around the world. In fact, the weather temperature is increasing and the ice is melting at the North Pole. All is happening because global warming is increasing.

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- Form :

subject + am/ is / are + verb + ing

help verbs: am/is/are

main verb: verb + ing

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adverbs of time :

- now/ right now/ right away/ at the moment/ these days/ recently/ this month, months / ..

### Long time habit(present simple)

- I drink tea when I watch TV
- I never get up early
- I usually walk when I speak with a cell
- I sleep soon at night

### Short-term habit(present continuous)

- I'm crazy about dinner
- Medical reason
- Skipping dinner these days
- I normally don't like eating fast food but these days because I'm busy with a lot of work I'm eating a lot of junk
- My mom cooking dinner with a lot of oil these days.
- I always sleep a lot but these days I'm drinking coffee and I'm not sleeping so much.
- I always watch Korean series but now because I have an English exam and I am watching American series.
- I always go to parties on weekends but these days I am staying at home because I am studying English.
- I always exercise but I am busy these days because I have an exam and I am studying.
- I love chocolate and I always eat some at the end of my work but since the Nowrooz holidays I have 4kg weight, then I have not eaten any sugar for two months
- I always drink coffee in the afternoon but these days I'm drinking juice because I care more about my health
- The days getting hot
- My life is changing because I'm going to the gym these days.
- The dollar price is increasing
- My English is improving
- I'm losing weight
- I am beginning to love my job
- I am getting older
- The range of diseases is decreasing because vaccination is popular among people.
- I am not getting upset these days because I think I am getting more adult

=====

I like going out with my friends these days

We can't use ing with some verbs like :

Like, want, know, understand, remember, prefer, need, mean, believe, forget

What are you doing these days?

=====

You're gonna write for me

=====

### **writing**

describe what you are doing these days and also about some of your short-time habits. In addition, write about some of your life changes

I go out with new friends these days and I like some of them and I started to drink coffee in these 5 days

I have some special things these days

- I am trying to be alone with these things because I need to have some peace and concentrate on myself so I am reading books and I am working on my business page on Instagram. I think being alone sometimes is very good and useful.
- I want to get an 8 score on the IELTS exam and I have to study English more than before. I am studying English novels and I am watching English TV shows.
- Actually, because the situation in my country is changing these days I am trying to change my life, so recently I've been studying English and working hard to achieve my dream.
- to achieve my dreams
- to make my dreams come true

- I always relax after work but this month I'm going to the gym and I am taking part in an English class also I am trying to make the best use of my spare time for example studying English and playing harmonica
- when I get back home from work, I play with my cats and clean where they pee when I get rest because if I don't they make me crazy by meowing all night.
- I am learning new skills because I feel that I don't know my job and testing different environments to find my job and colleague
- because I do not know what my favorite job is
- I am looking for an interesting job and people
- 
- 
- I like to have fun with my friends but I can't because I want to be a professional cardiac surgeon so I am studying hard and trying to learn English well.

### **Speaking unit 1 notes**

- part 1/ question 1 :

- saying the time
- using adverbs of frequency
- using some adverbs like SOON or LATE
- mentioning the things that might affect my sleeping time
- considering some reasons

-----

- part 1/ question2 :

- that kind of food
- what I prefer to eat
- light or heavy food
- the place to eat lunch
- to make it clear if you get some takeaway or cook sth
- the reasons you usually choose that type of food

-----

- part1/ question3 :

- saying that a family member's title
- it is better to have more than one person in our mind
- describing that person
- the reasons for saying that person's name

-----

- it is truly important to come up with related ideas and support them well \*\*\*

-----

- part3/ question1 :

- to mention that it depends on different factors such as their job or their preference
  - how they feel about doing those things
  - listing or mentioning the activities they normally do
  - saying some reasons for choosing those activities
- 

- part3 / question2 :

- choosing one of them
  - saying that it depends on the people and what they like to do or even their age
  - about the entertainment
  - naming some of the outdoor and indoor activities
  - saying about places
  - supporting your answers with some reasons
- 

- part3/ question3 :

- yes
- it is not really expensive
- having no time for cooking
- being interested in tasting new things
- good restaurants
- enjoying together
- having fun

- no
  - to be costly
  - no good food quality
  - polluted weather ( air pollution)
-



- part2/ question1 :

- listing the things we can do to stay healthy :

- eating healthy food
- drinking enough water
- doing sports
- getting enough sleep
- no drinking or smoking
- doing meditation
- changing our harmful eating habits
- visiting a doctor and doing blood tests every six month
- going on a diet if it is necessary
- losing extra weights
- reducing the amount of stress
- getting far from a sedentary lifestyle
- breathing clean fresh air

- eating healthy food
- changing our harmful eating habits
- going on a diet
- losing extra weights

- I do believe that following good and healthy eating habits and avoiding the harmful ones could be the first thing I can do to stay healthy because the food I eat lets me live my life as a healthy person or not. I also try to go on some useful diets like vegetarianism due to its countless benefits. In addition, I try to lose my extra weight to stay in shape and healthy.

countless (many)

Lack of eye contact

- I try to sleep/ I try to get some sleep
- I can not fall asleep easily/ it takes me a lot of time to fall asleep
- Homemade food
- I have to go to work

- I prefer to spend/spending
- some people just watch TV
- Other people
- Small City
- There is not any suitable and different place for people to have fun in small cities
- on the weekend/ on weekends
- to + simple verb

## 29 Ordibehsht

### Vocabulary: unit2

Athletics

Throw

The track is the place you can go to for jumping or running,...

Racing driver

Skier

Footballer = football player

Pitch

Sailing

Sailor

=====

- There are three main verbs to describe sports :

Sport is a noun

Sport isn't a verb

1) play --> football/basketball/ .. ( sports with ball)

2) go --> swimming/running/climbing/.. ( ing sports)

3) do --> youga/karate/..

-----

- there are two experiences with the verb DO :

- subject + do + a lot of/ a bit of + ing sports and sometimes without ING

I do a bit of walking every day

She does a lot of running

I didn't do a lot of exercising last week

- We can use this structure we can use -ing activities

- to do a bit of a sport

- I always do a bit of yoga every morning.

- to do a lot of sport

- I did a lot of climbing when I was on holiday.

- I didn't do a lot of exercising today
- I did a lot of exercise last week.
- I always do a lot of walking every day
- I do a lot of running and sometimes swimming.
- I didn't do a bit of cooking

- my friend and I do a lot of running every day
- I do a lot of walking every day
- I do a bit of swimming once a week
- I do a lot of studying during the day.
- my sister does a lot of talking every day
- Do you do a lot of swimming

=====

Jogging = fast walking

to keep fit

exercising keeps me fit

to stay in shape

exercising helps me stay in shape

afraid (adj)

Afraid isn't a verb used to be with it

- I am afraid of darkness
- to be afraid: to be scared

I am afraid + sentence: unfortunately/ I am sorry about that

When I'm afraid comes with a complete sentence the meaning of it changes to unfortunately (it is going to be an expression)

introvert (n) / introverted (adj): a person who prefers to stay alone most of the time and does not like to be outdoors a lot

extrovert (n) / extroverted (adj): a person who enjoys communicating with others and being in different groups of people

ambivert (n): between introvert and extrovert

strengthen (v): exercising can strengthen my muscles. ( it gives power)

strength (n): power

I don't have the strength to fight

strong (adj): powerful

to be into doing sth: to be interested in doing sth/ to like doing sth

I am addicted to + sth / doing sth

I needed to study

=====

## **Speaking: unit 2**

- part1/ question1 :

- listing the free time activities :

- reading books

- watching films

- hanging out with friends

- painting

- playing the music

- doing sport

- dancing

- choosing two or three of them and going through the details

- mentioning some reasons for choosing them as your free time activities

-----

- part1/ question2 :

- listing the sports you like to do

- supporting your ideas with some reasons :

- it makes me feel fresh and relaxed
- it helps me to keep in shape or keeps me fit

- I am an introvert so doing some individual sports can be a better choice such as running, horseback riding, cycling, or mountain climbing because it makes me feel comfortable and calm.

- As I am really good at communicating with the people around me I normally choose some team sports which give me the chance to socialize with more people. To choose one I can say volleyball is the best. I always feel so cheerful and energetic when I play it with my friends.

-----  
- part1/ question3 :

- There are various sports that I like to watch on TV and the one that comes first is football. My family and I are huge fans of watching this sport because it is really **brehtaking** and exciting. When we watch football together we discuss the match while we are eating or drinking something which is the real meaning of having fun.

brehtaking (adj): beautiful/ exciting  
-----

- part1/ question4 :

- yes
- to stay fit
- to stay in shape
- to be healthy
- to be happy
- to strengthen my body
- no
- being tied up or busy with a lot of work
- not having enough time
- being lazy
- following some bad habits such as smoking
- having no partner
- being interested in doing other things
- **not being into doing sports**
- having some financial problems
- not being in the mood to exercise

to be into doing sth: to be interested in doing sth/ to like doing sth

-----  
- part2/ question1 :

- listing the things we can do to stay healthy :

- eating healthy food
- drinking enough water
- doing sports
- getting enough sleep
- no drinking or smoking
- doing meditation
- changing our harmful eating habits
- visiting a doctor and doing blood tests every six month
- going on a diet if it is necessary
- losing extra weights
- reducing the amount of stress
- getting far from a sedentary lifestyle
- breathing clean fresh air

- eating healthy food
- changing our harmful eating habits
- going on a diet
- losing extra weights

- I do believe that following good and healthy eating habits and avoiding the harmful ones could be the first thing I can do to stay healthy because the food I eat can let me live my life as a healthy person or not. I also try to go on some useful diets like vegetarians due to their countless benefits. In addition, I try to lose my extra weight to stay fit and healthy.

-----  
- part3/ question1 :

- yes
- being interested in doing different sports
- to stay healthy
- not to be really busy with their jobs
- reducing stress

- it depends on the city they live in :
- facilities
- weather condition
- people's interest

- the people's jobs
- culture ( e.g not being ok with teamwork )

- no
- not being **keen on(interested in)** exercising
- not having a lot of free time
- to be **exhausted(tired)** most of the time
- no access to required sports equipment

-----

- question2 / part3 :

- the most favorite sport's name
- the reasons

- football :
- exciting
- a lot of people discuss the matches as something fun
- showing teamwork in its real meaning
- to be truly **competitive**
- competitive (adj)**
- competition (n)**

**Football is a competitive sport.**

-----

- part3/ question3 :

- to become or stay healthy
- to stay fit
- to strengthen the muscles
- to feel fresh and relaxed
- to get far from depression and decrease stress
- to improve blood circulation
- to improve mental health
- **prevention** of diseases and illnesses
- to make friends and know some new people
- to feel happy and hopeful

prevent (v): to stop



Everything is much better

Most of you are a very good speaker

Good ideas

- enough sleeping, eating healthy food and enough resting all can help you to stay healthy.
- modal + simple verb
- I should go to the gym
- going to the gym at the regular times.
- if you keep eating fast food, you will be overweight very soon. /You will gain a lot of weight
- it can make a person die soon/ the death age decreases/It can cause early death like smoking  
it can decrease a person's lifetime
- it keeps me fit
- confident (adj): I am a confident person
- self-confident (adj): I am self-confident
- confidence/ self-confidence (n): I have more self-confidence when my body is in shape
- being fit is very important to me
- the best benefit
- peace of mind
- the people go mounting climbing
- I do a lot of playing ping pong (table tennis)=> it's not correct  
I play ping pong a lot
- I am doing a lot of walking these days.
  - priority(n): what comes first in your list
- there are many families who send their kids on football training courses.
  - I try to go walking and jogging

- About my other activities/ describe other activities  
Did you save it?

## **writing**

You can't learn propositions with rules

That's not logical

Concert hall

On Thanksgiving and Christmas

From 10:00 A.M. to 5:30 P.M.

On Wednesdays

In the evening/ morning/ afternoon

In the summer

At night

At noon

At midnight

From Memorial day

Exhibit = show

At a club

From 9:00 to midnight

For 10 minutes

For a while

In the early morning

At about 4:00 A.M.

From 4:00 to noon

In Iran

We generally don't have a festival in Iran

Occasion

Celebrated by people

Charing activities  
Color festival  
This is holy  
It is famous  
Tomato festival in Spain  
Music Festival  
Foods Festival  
Touristic attraction  
Local Festival: it's not famous around the world  
Gather together  
Something strange  
The texture of the festival is happy  
Halloween/Christmas is not a festival, these are special days.  
Fajr is a Festival.  
Make a story  
Food Festival  
Occur in spring  
Sometimes from different cities

Spend that money for poor people  
It's not necessary

- the verbs you can use for FESTIVALS :

- **to occur --> The festival occurs at the end of summer.**

- to happen
- to take place
- to celebrate---> people celebrate that festival..
- to hold---> people hold the festival
- hold in passive ---> the festival is held in summer.

- what are the ideas?

- the festival time
- the festival' name
- the festival's location
- the reasons for the festival
- the people's activities
- the food
- the costumes(specific cloths)

If you can handle imagination, that's good

When in India a person dies others their ride and they think she or he hadn't color

Water festival = Celebrate summer

Traditional clothes

Gossip

Do you know a music festival?

I play tennis a lot

I'm always playing tennis

## **2 Khordad**

### **Reading Unit3:**

Beach scape

Sailing experience

Institute

Language exchange = develop language skills

Cultural activity

Travel agency

Best holiday

Active

Kinds of

Windsurfing

Got bored

Local attraction

Allow them

He prefers holidays in the countryside

He enjoys all kinds of sports and being outdoors.

Related to animals

accommodation (n)(uncountable): a place you stay in when you take a trip

We found accommodation

qualified (adj) = valid

If a person is qualified that person is professional

certificated

appropriate

Professional

instructor (n)= a person who teaches sth like trainer, coach, teacher, tutor

Entertainment is uncountable

cooking demonstration= when you go to some festival you can see some cook

Demonstrate sth means show sth

These words are suitable

sth is required = sth is needed, sth is necessary(/essential)

### **Grammar Unit3:**

- simple past

- meaning: a set of actions that happened in the past and finished at that time

- help verb :

DID --> question / negative

- sometimes to add emphasis to your sentences you can use DID in your POSITIVE sentences

- My mom DID help me a lot to pass that terrible time. ( my mom really helped me)

- verb form :

1) regular verbs --> work + ed

2) irregular verbs --> learn/learnt

teach ---> taught

think --> thought

Need → needed

- adverbs of time :

- before

- ago

- last

- yesterday

Did you call me?

Emphasis

She does study so hard

admire

Admirable

WWW= World Wide Web

here/ hear

know/ no

now

read/read

**Red**

**Won**

**One**

**I won a competition**

**homophone words: the same sound and different spelling ( know, no) (knight, night)  
flower, flour**

**homograph words: the same spelling but different sound(read, read)**

Describe a good, bad, or funny memory. use simple past tense. both negative and positive sentences. not more than 5 sentence

1. Two months ago, I went to a party with my friends and we gathered together for 3 hours or maybe more. At this party, we had lots of food and drinks which I enjoyed. after dinner, we played some games but we didn't play Mafia cause I don't like this liar game.
2. I went to the cinema last year, I thought it was a funny movie but it was very boring and I didn't like that so I left the cinema 1 hour before the end. It was a bad experience.
3. My father passed away 2 years ago. after him, I changed very much because my mom needed me. I tried to be stronger. but I really missed him so much. I will be my father's little girl forever
4. I have a good memory of when I traveled to Rome I saw a lot of people with different cultures and I found a good friend. In this city, there are many museums and beautiful restaurant with delicious food.
5. My worst memory is related to my trip last year when I missed the flight. First, there was no taxi to go to the airport. Then I arrived late because of the traffic. And in the end, I left my passport at home.
6. I remember when I was a child, I liked the sea. my family traveled to the north of the country once a year When we came to a town we got a place near the sea and then relaxed on the beach. north holidays to enjoying the sea beach is a nostalgic memory for

me.( My family and I used to take a trip to the north of the country at least once a year.  
we would/ used to rent a place and go to the beach.)

7. I had a great day with my family 6 months ago when my sister got married to a great man whom I like. In this ceremony, we had extreme fun with new people and we had delicious dinner. I remember I didn't like my hairstyle but it wasn't bad at all.
8. last month I had a bad stomachache because of my stress about my entrance exam, and I went to the doctor at midnight, after I tried to control my stress
9. I went to Hormoz Island last year. we got on a red motorcycle then my family and I visited Red and Silver Beach it was an amazing city and I decided to go every year.
10. One year ago, my sister was sick. My sister's husband and I took her to the hospital and then I decided to push her wheelchair but when I pushed it she didn't move after 5 min we found out I was pushing it to the wall.
11. I WENT ON A TRIP WITH MY DAUGHTER TWO MONTHS AGO. IT WAS THE BEST OUR TRIP IN MY LIFE. BECAUSE DIDN'T NOBODY WAS WITH US WE SCHEDULED ALL OUR PROGRAM. AND WENT EVERYWHERE WE LIKED. WE ATE SOME DELICIOUS LOCAL FOOD AND VISITED SOME ANCIENT PLACES. MY HUSBAND WASN'T WITH US SO WE DECIDED TO GO THERE ANOTHER TIME WITH THE WHOLE FAMILY.

month (singular)

months (plural)

in my whole/entire life

we planned everything on our own

because did not nobody with us —> because there was nobody with us/ there was not anybody with us

Nobody is negative

Anybody anything need not

We decided to travel there again with the whole family

in some places, the prices are more reasonable than other parts

When you go somewhere as a tourist you can do some different thing

sightseeing(UN)

You see the sights

Travel vs Tourist

Have you ever visited a foreign country as a tourist?

Most of us prefer other beaches for relaxing

You can't wear suitable clothes

Limitation

There is nowhere here to relax

in some places, the prices are more reasonable than other parts

Brand product  
Different activities

### **Vocabulary:**

Digital map

On a tour

Visited by own

Sightseeing is not just about historical places everywhere are famous for visited you can go sightseeing

I had to open the other

I do a bit of/a lot of + sport or -ing activities

Have a look round = just visiting without Bus or taxi,...

We are living in a great city

Explore = see details about where you go there

Time when you use for hours is uncountable ex. I spend a lot of time talking with him

Time with expression:

Sub + have/has + a/an + adj + time

I had a amazing time at Antalia

We had a great time together

Because of great we can use a /an

I was invited to party but everybody was drank there i had a trouble time there

I watch interstellar for 5 times

Souvenirs =in Iran, we buy souvenirs for others but in English culture people buy souvenirs for themself.

Remind their journey

I invite him to my **place** = house

The **place** I'm living is very green = city

In place which i live we can watch foreign people

Iranan people living the **place** which is very stressful = country

- plenty + of + sth
- plenty + to + simple verb



bad/worse/the worst  
cost

It cost a lot to travel

Gotta

WORTH :

- this word has different forms of part of speech.
- the adjectives are : worthless/ worthwhile/ worthy / worthful
- worthless : not valuable or not useful
- a person also can be worthless who is without any quality or useful skills.
- worthwhile : valuable/ useful/ important
- worthy : good enough to deserve attention or respect
- the lawyer found some evidence which were really worthy and valuable for the court.  
-----
- worth (n) : it is related to the amount of money you spend on sth/ someone's value
- the dollar's worth is decreasing in our country day by day.
- everybody should be aware of their own worth.  
-----
- worth : preposition
- subject + to be + worth + verb + ing/ noun
- Isfahan is worth visiting.
- Italian food is worth trying.
- I spent a year living in Tehran. It wasn't worth living there as it was really crowded and polluted.
- I bought a pair of expensive shoes last week but I think it is worth the money because it is really important to wear comfortable shoes.

It is worthless to discuss with idiot persons.

I think it is worth spending money on travel

I think it is worth travelling because we gain a new experience and relax .

In my country internet connection is worthless.

Good work is worth trying

Rial is the most worthless currency around the world.

It is worth not eating sugar because it helps you stay in shape and keep fit

Life is worth fighting

The body language is worth is very important in the first meeting

Rial worth is decreasing day by day

It is worth spending time learning more about body language because it has many effects on our meeting specially at the first session

Unfortunately everything worth is decreasing in our country.

Religions are worthless for mind

The worth of people is decreasing day by day with the things they do.

Reading books is worthwhile for mind

Having a relationship with others is worth experiencing in life and it can help you.

The world is worthless so that don't bother yourself

A good relationship is worth seeking

## **Speaking**

- Describe a memorable trip
- the place you visited ( say where you went )
- the people whom you traveled with
- when you traveled there
- how you went there
- how long you stayed there ?
- the places you visited
- the activities you had there
- the food you tried there
- the weather
- the nature
- the local people

As Turkey is good destination for tourist there is very crowded cuse different historical building  
And natural.  
Delighted

## 5 Khordad

How's the life?

### Speaking

Today is going to speak more  
remained

- part1 / question1 :

- friends :
    - being more fun
    - having similar interests
    - more energy to have a look round
    - more things to do
    - fewer limitations
    - staying awake for more hours
    - not sticking to boring plans
  - family :
    - better knowing
    - the family pays for us
    - having fewer money problems
    - being financially supported
    - to have their support in case of occurring problems
    - being more protected
    - getting the most out of family experiences during the travel
- 

- part1/ question2 :

- beach travel :
  - being more relaxing and peaceful
  - having more time to relax and read books
  - being less expensive
  - more interesting
  - taking sunbath
  - meditating near the sea
  - water sports
  - more nature views
  - listening to the sound of waves
  - swimming
  - sailing
- city break :
  - visiting historical monuments
  - more shopping centers

- going to the theater or movies
  - fancy restaurants
  - joining some cultural events like art exhibitions
  - concerts and clubs
  - local foods
  - getting familiar with the local culture
  - visiting the modern constructions
  - attending festivals
- 

- part1/ question3 :

- a list of the places you might visit during your holiday and the reasons for doing that

- for example, camping :
  - being exciting
  - being in the nature
  - visiting the nature beauties
  - to get relaxed
  - to get far from the hustle and bustle of cities  
( a large amount of activity and work usually noisy surroundings like cities)
  - breathing fresh air
  - the possibility of having contact with some animals ( being close to the wildlife)
- 

- part2/ question1 :

- introducing the destination  
(where you went)
  - saying the way of traveling  
( how you traveled)
  - the people you traveled with  
(Who did you go on a trip with?)
  - the aims of your journey
  - describing the city attractions
  - describing the activities you had during the travel
  - the days of staying there.  
( how long did you stay there)
  - the accommodation  
(where did you stay?)
- 

- part3/ question1 :

- saying the place names
- seaside, jungle, nature or historical sights
- being affordable and economical

- coming up with some more reasons

---

- part3/ question2 :

- yes :

- its numerous natural beauties
  - plenty of historical monuments
  - religious destinations and aims
  - friendly and hospitable people
  - being so economical for tourists due to our worthless currency
  - yummy foods ( rich food culture)
  - being safe for tourists
  - worthful and amazing crafts that are made by people's hands and are sold in traditional bazaars or markets
- 

- part3/ question3 :

- hotels
- motels
- traditional places made for tourists
- wooden cottages especially in the North of Iran
- camp sights
- Couchsurfing
- local houses

در جواب دادن سوالات منفی پاسخ ندید

Try to cover negative things with positive things

It is not safe for tourist

Question about my note

You always try to speak

Please mute your microphone when your friends are speaking  
concentration

I got many ideas for talking but when I started to speak forgot everything

Get to the beach

Northern cities for destination

I didn't like your speaking today

I don't know either

- very tired : exhausted/ weary/ worn out  
traffic (uncountable)

that was an exciting TRAVEL => uncorrect

- travel (v) --> I traveled to Shiraz last week.
  - travel (n) --> I go on travels for my job.
  - you can use the synonyms to use adjectives : make a journey / take a trip/ voyage
    - It was an exciting journey
  - I took along trip to Shiraz
  - to use water sports ---> doing water sports ( sailing/ diving/ snorkeling/..)
- atmosphere
- close (v)/ close (n)

close(v) opposite of open => the s sounds is z(cloze)

close(n) = near => the s sounds is s

- tourist (n) --> many tourists visit my country every year.
- tourism (n) ---> tourism industry has many positive effects on the countries' economic situation.
- touristic (adj) : there are many touristic attractions here !
- touristical (adj)
- they may goes ---> may go ( modals + simple verbs)
- comfortable
- month (singular)/ months (plural)
- most of the people choose winter and fall for traveling to southern cities.
- November, December, January, February are the months people would like to travel to south cities more because the weather is cold during these months
- favourite food in the people ---> some favourite food among the people
- visiting the natures --> visiting natural beauty areas/ viisting the nature
- relative ( distant / near )

You can't say one of my family

You should say my relative(my distant relatives/one of my near relative)

We don't have foreign tourist(all tourist is foreign:)

- I do not have any reason for that ( OF is not correct)

You are out of the mood

northern cities

south

southern

zone/ area/ place/ district

There are many beautiful districts in my city

Religious city

holy cities

Religious destination



We had a great time  
Many beaches

### **Listening**

In an apartment  
In a house  
On a farm  
The family have a daughter who was my age  
There are some age requirement  
The whole program sounds (seem) is very interesting

### **Writing**

Punctuation

Always I is capital  
Person name, city, nationalities , street any pronoun start with capitalise  
Capitalize titles like Dr, President  
When title's start with capitalize letter?  
Title start with capitalise letter when we use with a person name for instance Dr. Peyvandi  
I've never see a president in my family  
I sent it by mistake again/ OOPs I did it again

1. About one month ago my friends and I decided to go on a journey so we reserved bus tickets and went to Esfahsan and made a memorable trip for ourselves.
2. Last year my friends and I went on travel to south of Iran. I had the best and the most memorable time there. I went sailing/ I rode a boat for the first time. southern people are very kind and they cook delicious sea food.
3. Last year, I had a two-day business trip to Urmia. I didn't have much time to explore the city, but I tried to enjoy the scenery on the way, but meeting and talking with the people there was an interesting experience. Those two days were very cold and rainy.
4. My last trip was in Norouz that me and my family went to Esfahan and after 3 or 2 days we went to Shiraz. I like Esfahan but I fell in love with Shiraz because it was the first time that I saw there.
5. Last year I went to an Island with My Parents and uncle's family. It was both a good memory and a bad memory for us, Because our airplane had a delay, which forced us to stay one more night and our all plans were ruined, but it was an amazing journey
6. The trip I took to the north was the best one in my entire life. I had a great time during this trip. I sat on the beach by the fire for hours and looked at the sea. The sunset by the beach is very beautiful.

7. Two months ago, I took a good trip to northern cities in Iran actually this trip was awesome because I went with my family and I didn't spend any money. My dad paid for us and we went to beach and collect seashells and at the night we went to jungle and saw the stars and enjoyed the rain. The weather was terrific, sometimes it was rainy and cloudy and sometimes was foggy and I should say that I like this weather
8. I went to Zanjan with my family and two of our friend for first time last year. It was a historical city. We were there for two days. We visited Zanjan Saltmen and the Rakhtshoikhaneh Museum. Also we went to visit Grant Bazaar. We bought some seivienor like knife which is known(famous). We stayed there in a local houses. It was a fantastic place.
9. Last year me and my sister take a trip to Kish island. This was the first time we went a trip just together so it was new experience for both of us. when we arrived the weather was so fresh unlike the Tehran' weather that was so dirty. We visited a lot of places such as tree of wishes. We went shopping and we did diving with dolphins. Overall it was great journey.
10. About three years ago, my family and I decided to take a trip to Kish, an island at south of Iran. our trip lasted for 3 nights and 4 days. first day we visited around with tourist ships. this island had so many malls for shopping and we went for shopping because of very good prices. at last night we had a look around the ancient places on a tour that was by hotel. it was so fun and enjoyable.
11. I went to Isfahan with my family last year. We stayed there about 2 weeks. We visited some Historical places, such as Naghsh jahan, Alighapoo and others. I didn't enjoy it because I don't like Historical places and traveling with family. I like to go on a trip with my friends who are my age. There was a river. Its name is Zayanderood. it was dry unfortunately but I have recently heard that The river is flowing. After that, I bought some souvenirs for my friends. In the end (generally) I would rather go on a trip with my friends.
12. I took a trip yesterday on a tour. At the beginning of the way the bus was broke down and we wanted change the bus we lost about 1 hours. Finally we arrived Masal. It has magnificent views after that we went to the Saravan marsh. In the way back we had an accident finally we arrive home safe and sound.

#### **Unit 4- Reading**

##### **Food festival**

you are in fasting

Some lettuce

Some olives

You should eat nuts it's good for your energy

Almonds

Do you have same feelings?

Chavvy

gourmand(n)= a person who enjoys eating and drinking

A gourmand knows the flavours

Offer food

That shows you loving English

Should I add time to your class?

## 9 Khordad

Noun :

- 1) countable
- 2) uncountable

-----

Countable :

- a
- an
- the
- numbers
- quantifiers: many/ few/ a few / some/ a lot of/ any/ lots of

-----

Uncountable :

- the
- quantifiers: much/ a little/little/ some/ lots of/ a lot of/ any

-----  
Some :

- some is used in (+) sentences.
- I have some close friends.
- There are some serious problems in our country.
  
- some can be used in (?) too. But the question must contain a request or a suggestion.
- Do you need some help?
- Could I have some water?

-----  
Any :

- It is used in negative sentences.
- There isn't any information on the board.
- I haven't got any time to waste.
  
- You can use Any In (?) too. But with a different meaning.
- Is there any positive point in his new lifestyle?
- Is there any milk to drink?

-----  
- Some :

- somebody--> Do you need somebody to help?
- someone ---> I need someone to help.
- something ---> Would you give me something to eat?

-----  
- any

- anything--> I did not eat anything during the day
- anyone--> Do you know anyone here?
- anybody--> Did anybody call me while I was sleeping?

-----  
- NO

- NO does not need NOT to make negative sentences

- I have no time to waste!

- nobody--> I called nobody !/ Nobody loves me.
- no one--> No one is ready today to speak.
- nothing---> There is nothing to be worried about

=====

many ( countable nouns ) :

- Many , is used in + , - ,? sentences.

-----

- much ( uncountable nouns ) :

- Much is mostly used in (-) sentences

- It is also used in (?)

- I haven't got much time to spend surfing the net.

-----

- few / a few ( countable nouns )

- (?) / (+) / (-)

-----

- little / a little ( uncountable nouns ) :

- (?) / (-) / (+)

-----

a lot of (C/UC ) + noun

- (+) / (-) / (?)

-----

- a lot, is showing the amount of the Verb.

- It is used at the end of the sentence.

- She sleeps a lot.

-----

- lots of (C/UC )

## **12 Khordad**

- Describe a dish you like.
  - Describe a dish you know how to cook
  - Describe a dish you like and know how to cook
- 
- say the food's name
  - say the ingredients
  - say some of the cooking steps ( first chop an onion, next boil some chicken in hot water and add it to the onion,..)
  - saying about the history of the food
  - if it is traditional food or a modern one
  - say if there is a specific way to serve that food
  - if it is eaten on a special day
  - how it is eaten,..
- 
- speaking 4
  - part1/ question1 :
- 
- yes
  - knowing the flavors well
  - using fresh ingredients
  - having enough time for cooking
  - reading books about cooking
  - participating in cooking classes
  - being in love with cooking
  - being experienced
  - knowing some tricks
  - being gifted ( talented)
- 
- no
  - not having enough experience
  - not being in the mood of cooking
  - being lazy at cooking
  - not paying enough attention to the cooking steps
  - using bad recipes

- not being interested in cooking
- 

- part1/ question2 :

- no
- to have broad taste in eating
- to know that every food is beneficial for our bodies
- to be a gourmand ---> food-lover

- yes
  - to be a picky eater
  - to be allergic
  - having a bad experience of eating the same thing with a horrible taste
  - following others ideas without experiencing sth on your own
  - following bad eating habits since childhood
- 

- part1/ question3 :

- introducing a person
  - I cannot remember vividly
  - it was in turn
  
  - describing the person and the way of his or her cooking
- 

- part3/ question1 :

- yes
  - what is the main reason for holding the festival ?
  - what is the date and also the place ?
  - what are the activities people do during the festival ?
  - How long does the festival take ?
- 

- part3/ question2 :

- it is healthy
- fresh ingredients
- organic food and vegetables
- healthy recipes
- it includes a lot of seafood
- using little oil
- to be well-cooked (not raw)
- food variety
- including all the main categories of food
- having rich food culture

- no, it is not
- not organic ingredients
- a huge amount of Carbohydrate
- extremely greasy
- most of the foods get overcooked and they stay more than 2 hours on fire which is one of the main reasons of losing the beneficial nutrients

- high calories

-----

- part3/ question3 :

- yes
- because of some agricultural reasons
- the effect of the climate
- different eating habits according to the area of living
- having some special beliefs ( like some Indian people who do not meat )

- The region people live in can have different effects on what they choose to eat and their eating habits. First, the location can make the inhabitants eat the most common agricultural products more than other things for example in my country, Iran, the ones who are settled in northern cities eat more rice due to the existence of rice farms and it is the most important product there or the cities or regions which are located near to the seas use more seafoods than others. In addition, what people eat can get affected by some traditions and religious limitations for instance Muslims are not permitted to eat pork or drink alcohol so in those regions these foods or drinks are not used much.



- prefer (v) ---> subject + prefer + sth
- I prefer tea
- subject + prefer + verb ( ing or to)
- I prefer driving/ to drive
- subject + prefer + verb (ing/to)+ TO ( preposition) + verb + ing
- I prefer driving TO walking
- subject + prefer + sth + TO + sth
- I prefer tea TO coffee

- 
- prefer (v) ---> subject + prefer + sth
  - I prefer tea
  - subject + prefer + verb ( ing or to)
  - I prefer driving/ to drive
  - subject + prefer + verb (ing/to)+ TO ( preposition) + verb + ing
  - I prefer driving TO walking
  - subject + prefer + sth + TO + sth
  - I prefer tea TO coffee

- 
- I had to cooked ---> cook
  - ( after modal verbs you must use simple verbs)
  - picky eater : a person who does not like trying new foods / a person who has limited food preferences
  - good memorize --> memorize (v)
  - I cannot memorize names very well.
  - good memories
  - I was almost good at cooking when I turned 10
  - I was almost 10 or 11 when I learned cooking
  - french fries
  - we were growing up and learning more

- I have a sister who is older than me by 2 years
- she was cooking any food you can think of
- amateur (adj) ---> a person who does sth for its enjoyment or fun not to make money
- let them to boil --> let them boil
- it is good for our healthy ---> health
- healthy (adj) --> I work out to stay healthy
- health (n) --> smoking is bad for your health