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Match the sentences with the pictures.

1. Eat balanced proportion of food.



2. Drink enough water a day.



3. Quit bad habits.



4. Eat dinner before 7:30.



5. Sleep enough.



A.

1. apples

2. tomatoes

3. dark chocolate

4. eggs

5. fish

B.

1. football

2. volleyball

3. swimming

4. running

5. wrestling

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A.

1. F

2. F

3. T

B.

1. A technology addict is a person with serious problems to control himself/ herself to use various kinds of technology, in particular the Internet, smartphones, tablets and laptops.

2. Yes, they 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.

3. I usually use my mobile phone and surf the Internet.

C.

2. Using new technologies for long hours is dangerous to our health.

3. New technologies can cause addiction to them.

D. Effects of New Technologies on People's Lives

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A.

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

B.

1. c. prevent

2. a. harmful

3. d. society

4. c. diet

5. d. rarely

.....

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C.

1. redo

2. unhappy

3. impossible

4. indirect

5. disable

6. midnight

.....

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D.

Healthy Lifestyle

checking general health

praying

hanging out with friends

doing daily exercise

Unhealthy Lifestyle

smoking

playing too much video games

eating junk food

gaining weight

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E.

1. diet

2. serving

3. pressure

4. heart attack

5. depressed

F.

1. weight
 2. health risks
 3. blood pressure
 4. longer
 5. the health history
-

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A.

1. hasn't finished
2. read
3. have worked
4. hasn't found
5. have gone

B.

1. Amir has bought groceries.
He hasn't cleaned his room yet.
 2. Amir has called Ahmad.
He hasn't done math exercises yet.
-

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C.

1. No, I have never traveled to Yazd.
 2. Yes, I have read it for 5 months.
 3. Yes, she has cooked 2 Indian food.
 4. No, he has never been to Bushehr.
-

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D.

1. They **have not given up smoking** yet.
 2. I **have checked into the hotel**.
 3. He **has listened to the radio**.
 4. My brother **has not got up yet**.
-

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Say the phrases with stress over both parts.

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

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A. Circle the gerunds.

1. Reza is tired of hearing that old story.
 2. Mahsa was watching TV.
 3. Don't worry about washing the dishes.
 4. Thank you for coming soon.
 5. He's going to the park now.
-

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B.

1. planning
 2. changing
 3. swimming
 4. coming
 5. using
-

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C.

1. painting
 2. Reading
 3. shutting
 4. stopping
 5. meeting
-

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D.

using , surfing , playing , listening , hearing , working



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