

تست های مرتبط با review سال چهارم

1. The police are keeping the thieves under close
 1) explanation 2) attention 3) warning 4) observation
2. Scientists are doing some interesting into the language of dolphins.
 1) experience 2) observation 3) research 4) effect
3. This year's Olympic Games will be the biggest ever sporting
 1) basis 2) event 3) result 4) acceptance
4. You can't a low salary to someone who is so highly skilled.
 1) miss 2) refer 3) offer 4) comment
5. We need someone who has in marketing and teaching, and I think David is just the best person for the job.
 1) experience 2) organization 3) experiment 4) existence
6. When we talked or e-mailed, I tried to emphasize the positive of what we were doing and minimized the sad things I'd seen.
 1) aspect 2) interest 3) award 4) attention
7. All our factories are working at full to produce clothes as fast as possible.
 1) order 2) time 3) company 4) capacity
8. I haven't seen the film, so don't it for me by telling me what happens.
 1) define 2) hurt 3) transfer 4) spoil
9. Careless drivers will some day the terrible results of their mistakes.
 1) hold 2) face 3) receive 4) contact
10. The team's captain playing basketball because he was worried about getting hurt.
 1) gave up 2) went on 3) spent on 4) took part
11. The more we use technology to make our lives easier, the more we need to read to help us learn how to use the technology.
 1) introductions 2) expectations 3) considerations 4) instructions
12. Carlos was first prize in the international writing competition.
 1) allowed 2) awarded 3) taken 4) received
13. It's difficult for a small supermarket to the big supermarkets.
 1) stick in 2) take apart 3) compete with 4) take part in
14. The museum's collection works of art from all around the world.
 1) consists 2) takes part 3) completes 4) includes
15. The operation putting a small pipe into your heart.
 1) considers 2) involves 3) consists 4) prefers
16. If any of these signs while you are taking the medicine, talk to your doctor immediately.
 1) occur 2) take apart 3) get together 4) consider
17. A new baby will automatically place its fingers around any it touches.
 1) subject 2) title 3) object 4) matter

18. Certain chemicals have been forbidden because of their damaging on the environment.
 1) reason 2) basis 3) effect 4) capacity
19. Psychologists admire people who have the to be positive.
 1) ability 2) activity 3) instruction 4) reference
20. A search group was sent out to look for the climbers.
 1) missing 2) losing 3) existing 4) saving
21. Her unhappy childhood was the of her problems later in life.
 1) suggestion 2) origin 3) change 4) mention
22. While China's most important internet companies have not had great out of the country, some of its smaller program developers have.
 1) detail 2) opinion 3) success 4) procedure
23. Police are examining how the money was unlawfully from the bank account.
 1) transferred 2) moved 3) processed 4) passed
24. The school a meeting between the teachers and students.
 1) preferred 2) kept on 3) examined 4) organized
25. A good teacher is always to his students' needs.
 1) emotional 2) worried 3) attentive 4) attractive
26. Sometimes, the government provides payments for people who have recently lost their jobs.
 1) addition 2) unemployment 3) development 4) reference
27. The United Nations said that by taking legal during the Iraq War, it forbids sales of Iraqi cultural properties.
 1) improvement 2) progress 3) suggestion 4) action
28. They were asking one hundred and eighty thousand dollars for the place, so I made a / an of one hundred and seventy.
 1) mistake 2) decision 3) offer 4) effort
29. People who are often try to help the others' problems, perhaps by feeding the hungry or educating the poor.
 1) self-confident 2) anxious 3) happy 4) compassionate
30. "King Lear" is viewed as Shakespeare's best in tragedy.
 1) achievement 2) introduction 3) assignment 4) decision
31. I had my own home and I was developing the confidence and necessary to stand on my own two feet.
 1) relation 2) self-reliance 3) dependence 4) self-employment
32. Decisions were often made on the of incorrect information received.
 1) means 2) basis 3) form 4) case
33. For a majority of people, with the person sending the email is the top reason why they decide to open.
 1) activity 2) operation 3) statement 4) familiarity
34. Many of the buildings in the Italian city of Naples have fallen into a state of disrepair.
 1) religious 2) political 3) historic 4) regional

35. Heart occurs when a heart damaged from a heart attack little by little weakens and can't pump blood effectively.
1) breaking 2) organ 3) function 4) failure
36. Parents of young children often become depressed, and this is true of single parents.
1) effectively 2) successfully 3) especially 4) interestedly
37. I woke up each morning and spent the day out in the street looking for job.
1) exact 2) general 3) straight 4) entire
38. The manager is expected to make his at the next meeting, which has not been planned yet.
1) decision 2) action 3) influence 4) sense
39. Qatar was a surprise to host the 2022 World Cup, winning competition from Australia, Japan, South Korea and the United States.
1) moment 2) choice 3) project 4) chance

سال چهارم. درس اول

حروف ربط زمان، علت و شرط

جمله‌های زیر با یک حرف ربط آغاز شده‌اند:

وقتی که ورزش هوازی انجام می‌دهیم، ... (حرف ربط زمان)

چون که سال‌ها ورزش کرده‌ام، ... (حرف ربط علت)

چه تو بیایی چه تو نیایی، ... (حرف ربط شرط)

این جملات ناقص‌اند و با اضافه شدن جمله اصلی کامل می‌شوند.

در این درس به معادل‌های این حروف ربط در زبان انگلیسی می‌پردازیم.

حروف ربط زمان

در خود کتاب درسی فقط از **when** و **as** به عنوان دو حرف ربط زمان صحبت شده، ولی در کنکور از **while** و **since** هم سؤال طرح می‌شود! با این حساب در کنکور با چهار حرف ربط زمان **when**، **as**، **while** و **since** سروکار داریم که معنی هر کدام را در جدول زیر می‌بینید:

معنی	حروف ربط
وقتی، وقتی که، زمانی که، هر وقت که	When
۱- وقتی، وقتی که، زمانی که ۲- هر چه، هر چه قدر که	As
وقتی، وقتی که، زمانی که	While
از ، از وقتی که	Since

برای استفاده از این حروف خیلی با ترجمه‌ی لغوی شون! کاری نداریم، چرا که هر کدام از این حروف در حالت‌های زمانی مشخصی به کار می‌روند و برای تشخیص این حالت‌ها، نیاز به ترجمه‌ی کامل جمله داریم. با توجه به همین موضوع حالت‌های مختلف زمانی را بررسی می‌کنیم:

حالت اول دو عمل به صورت هم‌زمان انجام شوند. در این حالت از ۳ حرف ربط **as**، **while**، **when** می‌توان استفاده کرد.

As / when / while I was eating breakfast ,the phone rang.

The phone rang as / when / while I was eating breakfast.

وقتی که داشتم صبحانه می‌خوردم، تلفن زنگ فوراً.

نوشتن این جملات به هر دو شکل درست است.

توجه اگر راستش را بخواهید، این حروف در همین نقش مشترک، تفاوت‌هایی با هم دارند که توضیحش فراتر از کتاب درسی و کنکور است و

لازم هم نیست که آن‌ها را بدانید، چرا که در کنکور، وقتی دو عمل هم‌زمان باشند، فقط یکی از این حروف را در گزینه‌ها می‌دهند.

حالت دوم دو عمل به صورت غیر هم‌زمان (معمولاً پشت سر هم) انجام شود. در این حالت فقط از **when** استفاده می‌کنیم.

When I heard the doorbell, I opened the door.

I opened the door **when** I heard the doorbell.

وقتی که صدای زنگ در را شنیدم، در را باز کردم.

حالت سوم صحبت از سن یا دوره‌ای از عمر فرد شود. در این حالت باز هم باید از **when** استفاده کرد.

When he was 16, Sina lived in Shiraz.

Sina lived in Shiraz **when** he was 16.

سینا در شیراز زندگی می‌کرد، وقتی که ۱۶ سالش بود.

When I was in Italy, I met a lot of people.

I met a lot of people **when** I was in Italy.

وقتی که در ایتالیا بودم، با آدم‌های زیادی ملاقات کردم.

حالت چهارم دو عمل متوالی یا هم‌زمان که همیشه با هم انجام می‌شوند. در این حالت از **when** در معنای هر وقت که (every time) استفاده می‌کنیم.

When it rains, the streets of Tehran are crowded.

The streets of Tehran are crowded **when** it rains.

هر وقت که باران می‌بارد، خیابان‌های تهران شلوغ می‌شود.

حالت پنجم دو عمل به تناسب هم تغییر می‌کنند. در این حالت **as** به کارمان می‌آید.

As people get older, they usually get less flexible.

They usually get less flexible **as** people get older.

مردم معمولاً کم‌انعطاف‌تر می‌شوند هر چه قدر که مسن‌تر می‌شوند.

حالت ششم اگر الگوی زیر وجود داشت، فقط از **since** باید استفاده کرد:

گذشته‌ی ساده + **since** + **pp** + **have / has** (ماضی نقلی)
فعلی اصلی فعلی زمان

(ماضی نقلی) **pp** + **have / has** + , + گذشته‌ی ساده + **since**

I have worked for this company **since** I left my university.

Since I left my university, I have worked for this company.

از وقتی که دانشگاهم را ترک کردم، برای این شرکت کار کرده‌ام.

یادآوری since در هر دو معنای «از وقتی که» و «چون که» کاربرد دارد. در معنای «از وقتی که» حرف ربط زمان است و تنها در حالتی که زمان جمله‌ی اصلی ماضی نقلی باشد، می‌آید.

I have changed some of my habits since I attended the classes.

بعضی از عاداتم را تغییر داده‌ام از وقتی که در کلاس‌ها شرکت کردم. since به معنای «چون که» حرف ربط علت است و برای انتخاب آن باید به ترجمه‌ی جمله دقت کنید.

I should stay up late tonight since I will take four exams tomorrow.

امشب بهتر است تا دیروقت بیدار بمانم چون که فردا چهار تا امتحان دارم.

نگاه کنکوری

در بعضی از تست‌ها، می‌توان هم از «وقتی که» و هم از «چون که» برای کامل کردن تست استفاده کرد. در این تست‌ها، حتماً جواب‌ها را جوری می‌دهند که فقط بتوان یک پاسخ درست را انتخاب کرد.

■ We usually walked in the park the weather was fine.

- | | |
|------------|-------------|
| 1) when | 2) since |
| 3) because | 4) although |

درست است که می‌توان گفت: ما معمولاً در پارک قدم می‌زدیم «وقتی که» و یا «چون که» هوا خوب بود. ولی برای انتخاب «چون که» دو پاسخ درست گزینه‌های «۲» و «۳» وجود دارند. پس فقط می‌توان when را انتخاب کرد.

توجه because of و due to (به خاطر، به علت) حرف اضافه‌اند و نمی‌توانیم بعدشان جمله بیآوریم. در واقع این‌ها، علت را نشان می‌دهند اما بر سر جمله نمی‌آیند بلکه بر سر اسم، معادل اسم (ضمیر مفعولی)، اسم مصدر و یا ترکیب اسم (اسم + صفت) می‌آیند.

due to در کتاب درسی نیست. بهتر است بدانید که because of در cloze کنکور سؤال بوده است و due to هم در متن درک‌مطلب‌ها آمده است. خلاصه از ما گفتن!

I had to stay home because of
 the bad weather.
 not feeling good.

حروف ربط شرط

whether ... or ... (خواه ... خواه ...)

He is going to buy a house **whether** he gets married **or** not.

او قصد دارد یک خانه بخرد **فرواه** (چه) ازدواج کند **فرواه** (چه) ازدواج نکند.

نگاه کنکوری

مثال زیر را بخوانید:

I started to learn English I came here.

با توجه به معنی این جمله، هم «وقتی که» و هم «از وقتی که» می‌توانند درست باشند. حالا از کجا بفهمیم جواب since است یا when ؟

با توجه به این که since به معنی «از وقتی که» فقط زمانی می‌آید که جمله‌ی اصلی ماضی نقلی باشد، این‌جا که زمان جمله‌ی اصلی گذشته‌ی ساده است، باید از when استفاده کنیم.

اگر جمله این‌جوری بود، اون‌وقت جواب since می‌شد:

I have ('ve) started to learn English I came here.

حروف ربط علت

because- as- since (چون که، از آن‌جایی که)، این حروف ربط در

سطح کنکور هیچ تفاوتی با هم ندارند. فقط وقتی که در ابتدای یک جمله می‌آیند، آن را به جمله‌ی علت تبدیل می‌کنند. جمله‌ی علت با یک جمله‌ی نتیجه همراه است که می‌تواند قبل یا بعد از آن بیاید.

As I was tired, I couldn't attend the class.

جمله‌ی علت نتیجه

I couldn't attend the class **as** I was tired.

چون که خسته بودم، نتوانستم در کلاس شرکت کنم.

Since I hadn't prepared myself for the exam, I failed.

جمله‌ی علت نتیجه

I failed **since** I hadn't prepared myself for the exam.

از آن‌جایی که من خودم را برای امتحان آماده نکرده بودم، رد شدم.

Because it was a public holiday, all the shops were shut.

All the shops were shut **because** it was a public holiday.

از آن‌جایی که آن (روز) یک روز تعطیل عمومی بود، همه‌ی فروشگاه‌ها بسته بودند.

یادآوری as در هر دو معنای «وقتی که» و «چون که» کاربرد دارد. این تفاوت

در کاربرد فقط معنایی است و با توجه به ترجمه‌ی جمله است که مشخص می‌شود as به کدام معنا است:

1) Some people change their habits **as** they grow older.

2) I am going to buy myself a bicycle **as** I feel I can't keep borrowing my friend's.

1) بعضی از مردم عاداتشان را تغییر می‌دهند وقتی که مسن تر می‌شوند.

2) قصد دارم برای خودم یک دوچرخه بخرم چون که احساس می‌کنم دیگر نمی‌توانم به قرض گرفتن دوچرخه‌ی دوستم ادامه دهم.

در تست‌های حروف ربط، حواستان به whether و or باشد، چون معمولاً این دو با هم در جمله می‌آیند. با دیدن or در جمله whether را انتخاب می‌کنیم.

توجه whether در معنای «که آیا» هم به کار می‌رود. در این صورت لازم نیست حتماً با or بیاید:

I wanted to know whether you liked it (or not).

می‌خواستم بدانم که آیا تو آن را دوست داشتی (یا نه).

جمع‌بندی تقریباً به طور میانگین، معمولاً هر سال از این درس در کنکورها دو تست می‌دهند که در آن‌ها حرف ربط مناسب را می‌خواهند. در جدول زیر، که خلاصه‌ی درس اول است، می‌بینید که علامت‌های گرامری خاص بعضی از این حروف ربط برای انتخاب آن‌ها کافی است. یعنی می‌توان بدون ترجمه‌ی جمله، به تست پاسخ داد. ولی در سایر موارد پاسخ را فقط با ترجمه‌ی دقیق جمله به دست می‌آوریم:

when – as (وقتی‌که)	زمان	حروف ربط
since (از وقتی‌که) علامت گرامری: (ماضی نقلی بودن جمله اصلی) گذشته‌ی ساده + since + pp + have / has		
as – since – because (چون‌که)	علت	
whether ... or ... (خواه ... خواه ...)	شرط	
علامت گرامری: دیدن or در جمله!		
whether (که آیا)		

این حرف ربط دوتایی نشان می‌دهد که جمله‌ی شرط تأثیری در خبر و نتیجه ندارد. در مثال بالا ازدواج کردن یا نکردن تأثیری در خریدن خانه ندارد.

نکته بعد از or می‌توان فاعل به همراه فعل (افعال to be یا کمکی) را به قرینه‌ی لفظی حذف کرد. مثلاً، مثال بالا در اصل به این شکل بوده:

He is going to buy a house whether he gets married or [he does] not.

یک مثال دیگر:

Whether you are young or [you are] old, you should take regular exercise.

فواره جوان باشی فواره مسن، بهتر است به طور منظم ورزش انجام دهید.

حالا به تست کنکور ببینید:

■ If you want to be successful, these are steps you need to take whether you like it

(سؤال آفر cloze، سراسری انسانی ۹۰)

- 1) or you not 2) not
3) does not 4) or not

گزینه‌ی «۴». این جمله در اصل این طوری بوده است:

..., these are steps you need to take whether you like it or you do not.

فعل قابل

اگر می‌خواهی موفق باشی، این‌ها اقداماتی است که لازم است انجام دهی، چه دوست داشته باشی و چه دوست نداشته باشی.

you do از این جمله قابل حذف است.

تست‌های گرامر. 42min.

40. This is the first opportunity I have had to write to you we came here last Monday.

- 1) during 2) since 3) as 4) when

41. I was studying in one room, my roommate was having a party in the other room.

- 1) During 2) As 3) As soon as 4) Because

42. Max can go to university his family sends him some money or he gets a scholarship.

- 1) whether 2) when 3) while 4) since

43. Rita was standing under a tree it began to rain.

- 1) until 2) because 3) since 4) when

44. They a mile or two towards home, when they to the edge of a narrow and deep valley.

- 1) walked _ had come 2) have walked _ came
3) had walked _ came 4) were walking _ had come

45. he heard a strange noise, he got up to see what it was.
 1) Because 2) Since 3) When 4) Whether
46. I don't want to go to the zoo it is raining.
 1) because of 2) because 3) whether 4) unless
47. I was late. The teacher had given the test I got to the class.
 1) since 2) when 3) whether 4) until
48. Martina saw the fire, she telephoned the fire department.
 1) While 2) Until 3) As soon as 4) As long as
49. You can't get a driver's license you are at least 18 years old.
 1) unless 2) when 3) since 4) whether
50. you are a good cook, and I am not, you should cook the dinner.
 1) While 2) As soon as 3) Since 4) Until
51. When I home yesterday, my father dinner.
 1) have already gone _ was cooking 2) got _ had already cooked
 3) already went _ cooked 4) had already gone _ cooked
52. She bought a bicycle she was unable to afford a car.
 1) whether 2) because of 3) because 4) although
53. He jumped into the river to save the girl she wasn't a good swimmer.
 1) when 2) as 3) while 4) unless
54. How many of them have filled forms for unemployment they graduated?
 1) before 2) when 3) since 4) as
55. I've known many facts I took part in this class.
 1) while 2) as 3) when 4) since
56. A black cat ran across the road I was driving my car to work.
 1) since 2) as 3) because 4) until
57. I didn't get the job I didn't have the necessary qualifications.
 1) while 2) because 3) but 4) although
58. the bright green goes away, we begin to see yellow colors in leaves.
 1) Although 2) As 3) Since 4) Unless
59. When they all school, he to work down the mine with the rest of them.
 1) left _ had gone 2) have left _ went 3) were left _ had gone 4) had left _ went
60. He wanted to know we were doing our homework.
 1) as 2) whether 3) since 4) while
61. I was getting ready to leave, I heard that my flight had been canceled.
 1) Until 2) Whether 3) Since 4) While
62. I have been so constantly busy with my studies we returned from New York, that I have not had time even to think of a rest.
 1) when 2) as 3) until 4) since
63. We shouldn't talk about anything to do with work lunch.
 1) while 2) during 3) since 4) when
64. A blender is a machine for mixing bits of food they become a liquid.
 1) until 2) when 3) while 4) as soon as

65. Language is a way to communicate with each other. We started to learn language we were born.
 1) since 2) as 3) because 4) when
66. In the United States, men and women go to school together and work together; they come to contact with many people.
 1) for 2) but 3) so 4) as
67. Lilly her homework when Victoria
 1) already finished _ had come 2) has already finished _ came
 3) had already finished _ came 4) already finished _ comes
68. I usually study English at the weekend I am very busy during the week.
 1) when 2) as 3) while 4) whether
69. we've got a few minutes to wait for the train, let's have a cup of coffee.
 1) While 2) When 3) Since 4) If
70. I was just getting into the bath the telephone rang.
 1) when 2) during 3) whether 4) since
71. She asked the man sitting opposite he'd mind if she opened the window.
 1) while 2) as 3) because 4) whether
72. I've been feeling sick I ate that cake.
 1) when 2) just as 3) ever since 4) just because
73. I'm afraid I'm not a very good advertisement for the diet I've actually put on weight!
 1) when 2) since 3) due to 4) while
74. I thought I heard him come in we were having dinner.
 1) because 2) during 3) for 4) while
75. I was just questioning we have the money to support such a project.
 1) whether 2) since 3) when 4) while
76. I asked the teacher if I could be excused from football practice my knee still hurt.
 1) while 2) because of 3) as 4) due to
77. I met her, I haven't been able to think about anything else.
 1) Before 2) Ever since 3) As 4) When
78. I don't understand how he can say that everything's fine it's so obvious that it's not.
 1) because 2) when 3) whether 4) unless
79. Many shops are doing badly the economic situation.
 1) while 2) since 3) as 4) because of
80. Let's face it. You're going to be late you go by bus or train.
 1) while 2) until 3) whether 4) since
81. My heart has been full of thoughts of my mother and my beautiful home I left so sadly on Wednesday night.
 1) while 2) until 3) ever since 4) before

82. I've been very busy I came back from holiday.
1) ever since 2) when 3) as 4) from
83. I found these photos cleaning out my cupboards.
1) while 2) whether 3) because of 4) since
84. I haven't cooked more than a couple of times you came, and I'm afraid I might forget how.
1) as soon as 2) when 3) whether 4) since
85. I have to talk to the manager, he has free time to see me or not. (سراسری انسانی ۹۶)
1) as 2) while 3) since 4) whether
86. You should try to answer all the questions they are easy or not. (سراسری ریاضی ۹۳)
1) although 2) while 3) whether 4) because
87. I a game of tennis with Mike when Sue (سراسری هنر ۹۲)
1) had finished _ arrived 2) finished _ had arrived 3) have finished _ arrived 4) finished _ has arrived
88. He has not seen his old friends he arrived here last week. (سراسری ریاضی ۹۱)
1) since 2) when 3) so that 4) while
89. He always listens to the radio driving his car. (سراسری تبری ۹۰)
1) while 2) since 3) whether 4) because
90. it was getting late, we took the train to reach there on time. (سراسری انسانی ۹۰)
1) So 2) As 3) Until 4) So that
91. I've offered her the job, but I don't know she'll accept it. (سراسری هنر ۹۰)
1) whereas 2) since 3) because 4) whether
92. We can enjoy exercising we are young or old. (سراسری ریاضی ۸۹)
1) whether 2) because 3) since 4) even though
93. These movements try to have laws passed to make sure that women are not treated against of their sex. (سوالی از Cloze, سراسری هنر ۸۹)
1) while 2) whether 3) because 4) though
94. I asked him he had done it all by himself or someone had helped him. (سراسری هنر ۸۹)
1) as 2) since 3) when 4) whether
95. Tom has not been able to find any friends he began his search. (سراسری انسانی ۸۹)
1) because 2) since 3) whereas 4) whether
96. we don't use the car very often, we've decided to sell it. (سراسری تبری ۸۹)
1) Since 2) While 3) Whether 4) Though
97. space exploration is exciting for me, I would like to be an astronaut. (سراسری هنر ۸۷)
1) As 2) When 3) While 4) Whereas
98. Carlos had lots of free time and read a lot of books and magazines he was in London. (سراسری تبری ۸۷)
1) because 2) while 3) during 4) since
99. I love swimming, I want to go to the swimming pool. (سراسری ریاضی ۸۷)
1) As 2) Whether 3) Whereas 4) While
100. all of the students had done poorly on the test, the teacher decided to give it again. (سراسری تبری ۸۵)
1) Since 2) Unless 3) So that 4) Until
101. We have to write the letter in French they don't understand English. (سراسری هنر ۸۵)
1) since 2) when 3) whether 4) while

سازماندهی واژگان و هم نشینیه های مهم

اثبات شده است که اگر کلمات در گروه‌های هدفمند دسته‌بندی شوند و یا اگر در یک ترکیب دیده شوند، آن‌گاه یادآوری (recall) آن‌ها بسیار ساده‌تر خواهد بود. مثلاً کسی که در ذهن خود بعد از حفظ کردن اسم activity (فعالیت)، ترکیب human activity (فعالیت بشری) را هم ببیند، بهتر می‌تواند از این اسم در جملات استفاده کند. بنابراین در این بخش با توجه به موضوع درس که «ورزش و اثرات آن» است، کلمات را دسته‌بندی کرده‌ایم و در ادامه کلمات مرتبط و ترکیب‌های مهم درس را گفته‌ایم.

الف افعالی که حین ورزش کردن انجام می‌شوند یا پیامد ورزش کردن هستند:

get stronger	قوی‌تر شدن	injure oneself	به خود آسیب‌زدن
increasing blood cells	افزایش دادن سلول‌های خونی	breathe deeply	نفس عمیق کشیدن
take bike ride	دوچرخه‌سواری کردن	walk down	قدم‌زدن و پایین آمدن
protect you from injuries	محافظت کردن شما از جراحتهای	pick up	بلند کردن، برداشتن
burn nutrients	سوزاندن مواد مغذی	lose weight	وزن کم کردن
bend	خم شدن، خم کردن	stay healthy	سالم ماندن
stretch	کش آمدن	burn up extra calories	سوزاندن کالری‌های اضافی
climb up	صعود کردن	release endorphins	آزاد کردن آندورفین‌ها
lift weight	وزنه بلند کردن		

ب اعضای بدنی (organs) که در درس اول ذکر شده‌اند:

heart	قلب	arm	بازو (گاهی به معنای دست)
muscle	عضله	leg	پا
vessels	رگ‌ها	skin	پوست
joint	مفصل	chest	قفسه‌ی سینه
toe	انگشت پا	skull	جمجمه
lung	ریه	bone	استخوان
brain	مغز		

ج ترکیب‌های مهمی که در متن درس اول آمده‌اند:

keep healthy	سالم نگاه داشتن	the same thing	همان چیز
it is time	وقتشه	body's functions	عملکردهای بدن
get into	وارد چیزی شدن	think about	فکر کردن درباره‌ی
rely on	بستگی داشتن به، تکیه کردن به	right for your height	متناسب با قد شما
depend on	بستگی داشتن به، وابسته بودن به	on your own	به تنهایی
over and over	چندین بار، پشت سر هم	in other words	به عبارت دیگر
a bit bigger	یک ذره بزرگ‌تر	chemical basis	مبنای شیمیایی
work efficiently	مؤثر کار کردن	aerobic exercise	ورزش هوازی

through vessels	از میان رگها	compare something with something	چیزی را با چیزی مقایسه کردن
get tired	خسته شدن	what kind of ...	چه نوع
fine job	کار ظریف	effects on	اثرات روی
stay flexible	منعطف ماندن	do / take exercise	ورزش کردن
in addition	به علاوه	feel lonely	احساس تنهایی کردن

5 بعضی کلمات هستند که در قسمت متن درس نیامده‌اند ولی گاهی برای طراحان مهم می‌شوند:

statement	بیان، اظهار، گفته	reasonable	معقول، منطقی
discussion	بحث	define	معنی کردن، تعریف کردن
straight	مستقیم، صاف	opinion	عقیده
any more	دیگر	waste	هدردادن
material	ماده، پارچه	conditions	شرایط
mention	ذکر کردن، اشاره کردن	get off	پیاده شدن
keep from	جلوگیری کردن از	digest	هضم کردن، خلاصه
summarize	خلاصه کردن	combine	ترکیب کردن
explanation	توضیح	at the same time	هم‌زمان
find out	فهمیدن	matter	اهمیت داشتن، موضوع

نست‌های واژگان 82 min.

102. I am sorry to you, but could I speak with you for a moment?
 1) lift 2) bother 3) waste 4) mention
103. Would you the story for the class so far? Try to focus only on important points.
 1) summarize 2) pick up 3) produce 4) state
104. your knees as much as possible when you pick up something heavy.
 1) Support 2) Protect 3) Stretch 4) Bend
105. How did you first the music business? How could you start it all by yourself?
 1) protect from 2) get into 3) rely on 4) suffer from
106. She speaks five foreign languages to English. She's been interested in learning since childhood.
 1) beside 2) in addition 3) in other words 4) for example
107. It was a terrible fire and the whole building was to the ground.
 1) created 2) protected 3) brushed 4) burned
108. I need to lose before I go on vacation. I am not going to get tired of walking!
 1) material 2) period 3) calorie 4) weight
109. Make sure you your teeth twice a day if you don't want to visit a dentist often.
 1) brush 2) injure 3) protect 4) store

131. You should follow the standards if you want to be in your society.
 1) discussed 2) produced 3) expected 4) accepted
132. If you tell him what happened, I'm sure he will understand i.e, he is a(n) man.
 1) important 2) reasonable 3) repetitive 4) mental
133. She manages the business very Everybody is pleased with the products.
 1) mentally 2) repetitively 3) definitely 4) efficiently
134. If you acid and base, you have salt and water.
 1) create 2) combine 3) compare 4) protect
135. You can't the weather in the spring time. It will suddenly start raining.
 1) store 2) increase 3) rely on 4) do exercise
136. It was interesting to watch the bird trying to its young.
 1) bother 2) mention 3) bend 4) protect
137. She is always successful in school because she is a student.
 1) hardworking 2) straight 3) repetitive 4) healthy
138. Did you see our neighbour's new car? Their car is ours.
 1) instead 2) besides 3) through 4) like
139. Just because you are on a diet, it doesn't mean you don't need to
 1) create 2) exercise 3) rely 4) stretch
140. The president will make a about the defense strategies today.
 1) period 2) flexibility 3) statement 4) material
141. Most social activists think that the prisoners will be before Christmas.
 1) weighed 2) mentioned 3) touched 4) released
142. The professor said that a of the research findings is now available.
 1) digest 2) weight 3) shape 4) function
143. Could you give me a quick of how it works? We don't have enough time to go into details.
 1) condition 2) comparison 3) suggestion 4) explanation
144. Few people would that twenty minutes of light physical activity should be done every day.
 1) disagree 2) discuss 3) get into 4) mention
145. As soon as you are frightened, some hormones are into the blood to protect you.
 1) stretched 2) bended 3) released 4) stored
146. Words can't how happy I am. I've passed the exams.
 1) find out 2) stretch 3) complete 4) express
147. John was very when his father appeared on TV and he was given Nobel prize.
 1) proud 2) mild 3) protective 4) flexible
148. To do any sport at international level, you have to be completely
 1) bony 2) right 3) proud 4) healthy

149. Now that you it, I do think she was behaving strangely last night.
 1) relied 2) summarized 3) mentioned 4) produced
150. There are some skills that can be learned only experience.
 1) between 2) beside 3) through 4) like
151. It is a supernatural event that she didn't break her neck, falling from that
 1) weight 2) height 3) depth 4) width
152. Nowadays, people are becoming more and more worried about the quality of the air they
 1) create 2) compare 3) burn 4) breathe
153. His doctor has told him that he mustn't anything heavy.
 1) rely 2) stretch 3) lift 4) bend
154. Steel is a stronger than iron, but it is more expensive to produce.
 1) chemical 2) material 3) nutrient 4) support
155. If you leave the lights on all the time, it both electricity and money.
 1) suggests 2) loses 3) stores 4) wastes
156. All endeavour to an international language have more or less failed.
 1) mention 2) depend 3) express 4) create
157. We on the new data system to give us the most up-to-date information.
 1) spend 2) rely 3) accept 4) originate
158. The chairman that the two sides should meet again the following day.
 1) suggested 2) bothered 3) wasted 4) compared
159. He would never let you drive his car. He goes mad if anyone even it.
 1) bothers 2) lifts 3) touches 4) depends
160. Although he claimed that he wasn't tired, he even couldn't walk in a(n) line.
 1) physical 2) straight 3) actual 4) efficient
161. When I was at college, my was full of ideas how to change the world.
 1) mind 2) activity 3) skull 4) chest
162. My new job was odd, so it took me a long time to to the new conditions.
 1) stretch 2) adapt 3) bend 4) exemplify
163. Residents may use the hotel swimming pool at no charge.
 1) deep 2) right 3) extra 4) less
164. The driver escaped when his car crashed into a tree.
 1) blood 2) trouble 3) injury 4) muscle
165. The number of people working from home will steadily during the next decade.
 1) increase 2) burn 3) compare 4) bend
166. The students have some beautiful pictures for the exhibition.
 1) stored 2) summarized 3) produced 4) protected
167. Always wear safety glasses as a/an for your eyes when using the machines.
 1) suggestion 2) condition 3) instruction 4) protection
168. Children with parents often do better at school than those without.
 1) supportive 2) comparative 3) worried 4) proud

169. The majority of people in the town strongly the plans to build a road around the town.
1) offer 2) insist 3) influence 4) support
170. Eating healthily and plenty of exercise will help you to keep your body healthy.
1) needing 2) moving 3) giving 4) taking
171. I think you are somehow placing too much on her ideas and skills.
1) influence 2) reliance 3) pleasure 4) occurrence
172. You should eat healthily and take regular to reduce the risk of heart disease.
1) assignment 2) exercise 3) project 4) weight
173. This type of computer is too slow and to meet many business needs.
1) firm 2) inflexible 3) reasonable 4) comparative
174. Doing sports helps you stay healthy and in shape.
1) keep 2) fit 3) take 4) give
175. Rubbish left on the beach during the day is away at night by the rise of the sea.
1) conducted 2) passed 3) released 4) carried
176. Our bodies need food to grow, heal, and stay healthy; however, much we eat is tasty, salty snacks.
1) nutritious 2) conscious 3) powerful 4) fatty
177. All her life she had a childlike on the people around her.
1) importance 2) performance 3) dependence 4) substance
178. In order to learn something new, or to set a new habit in place, is required.
1) completion 2) identification 3) repetition 4) definition
179. What is so impressive about their society is the of the public services.
1) efficiency 2) explanation 3) discussion 4) means
180. The firefighter says wind with dry leaves lit the fire, which reached to the farm and house.
1) blew 2) combined 3) connected 4) caused
181. Your ears, eyes, tongue, nose and skin are your sense
1) parts 2) functions 3) performances 4) organs
182. The police the copy with the original, but there was not much difference. (سراسری هنر ۹۳)
1) combined 2) connected 3) compared 4) considered
183. Breathing involves taking air into one's and sending it out again. (سراسری هنر ۹۳)
1) muscles 2) vessels 3) joints 4) lungs
184. Our plans are very, so we can meet you either on Wednesday or on Thursday. (سراسری تهری ۹۳)
1) private 2) flexible 3) actual 4) immediate
185. The tubes that carry liquid, especially blood through the body are called (سراسری زبان ۹۳)
1) joints 2) vessels 3) muscles 4) lungs
186. The company is in trouble because they are responsible for dangerous chemicals into the river. (سراسری زبان ۹۳)
1) causing 2) releasing 3) accepting 4) preparing
187. We humans get our from what we eat; plants get theirs from the soil. (سراسری انسانی ۹۳)
1) matter 2) nutrients 3) sources 4) wildlife

188. A lot of studies show that the country of choice to a large extent economic factors.
 1) depends _ on
 2) consists _ of
 3) connects _ with
 4) computes _ at
 (سراسری زبان ۹۳)
189. The two TVs are the same, but the more expensive one comes with a remote control.
 1) effectively
 2) similarly
 3) entirely
 4) basically
 (سراسری خارج از کشور ۹۲)
190. There is a user manual which provides on how to operate the computer.
 1) position
 2) envelope
 3) instruction
 4) involvement
 (سراسری تهرمی ۹۲)
191. We need a secretary who is really in managing the office and making it run well.
 1) pleased
 2) efficient
 3) reflected
 4) self-employed
 (سراسری تهرمی ۹۲)
192. She was running fast, that is why she is now breathing
 1) heavily
 2) entirely
 3) specially
 4) appropriately
 (سراسری تهرمی ۹۲)
193. Her article is a(n) of the methods used in the research.
 1) discussion
 2) instruction
 3) competition
 4) observation
 (سراسری ریاضی ۹۲)
194. I have a useful experience from doing that job for years.
 1) guaranteed
 2) guessed
 3) guided
 4) gained
 (سراسری ریاضی ۹۲)
195. Machines can now perform many tasks in the home.
 1) irrelevant
 2) nervous
 3) surrounding
 4) repetitive
 (سراسری هنر ۹۲)
196. He his belief that the system should be allowed sufficient time to work.
 1) restated
 2) kept from
 3) provided
 4) instructed
 (سراسری هنر ۹۲)
197. Something is really worrying me, but I can't exactly what it is.
 1) locate
 2) stretch
 3) define
 4) handle
 (سراسری زبان ۹۲)
198. Exercise and weight can help lower your blood pressure and help you feel more energetic.
 1) pace
 2) task
 3) loss
 4) choice
 (سراسری زبان ۹۲)
199. This travel agency holds tours which provide a wide variety of outdoor
 1) occasions
 2) functions
 3) activities
 4) instructions
 (سراسری انسانی ۹۲)
200. If we do not find a good solution for the problem now, we will be up trouble for ourselves in the near future.
 1) lifting
 2) keeping
 3) joining
 4) storing
 (سراسری انسانی ۹۲)
201. They found a rock with gold in it, buried in the earth's surface.
 1) straightly
 2) efficiently
 3) rapidly
 4) deeply
 (سراسری انسانی ۹۲)
202. No one believed what he said; his excuse was not
 1) efficient
 2) reasonable
 3) unnatural
 4) complex
 (سراسری ریاضی ۹۱)
203. The of advertising is to create a unique image for your company.
 1) condition
 2) function
 3) reference
 4) involvement
 (سراسری ریاضی ۹۱)
204. Her work performance didn't come up to her employer's
 1) aspects
 2) amounts
 3) situations
 4) expectations
 (سراسری انسانی ۹۱)
205. Although he usually prefers to be alone, he our invitation to stay the whole afternoon with us.
 1) offered
 2) allowed
 3) accepted
 4) lowered
 (سراسری هنر ۹۱)

206. It's going to be a hard competition, but I'm physically and prepared for it. (سراسری ریاضی ۹۰)
- 1) silently 2) mentally 3) smoothly 4) similarly
207. The company provides some on how to operate any computer. (سراسری هنر ۹۰)
- 1) activities 2) instructions 3) organizations 4) involvements
208. The results of the research are at the end of the chapter. (سراسری هنر ۹۰)
- 1) summarized 2) stretched 3) raised 4) increased
209. I think we started our business with each other two years ago. (سراسری هنر ۸۹)
- 1) exactly 2) recently 3) brightly 4) silently
210. Her food Iranian cooking at its best. (سراسری هنر ۸۸)
- 1) suggests 2) experiences 3) magnifies 4) exemplifies
211. Physical exercise can you against heart diseases. (سراسری هنر ۸۸)
- 1) develop 2) create 3) improve 4) protect
212. He his job to find a better one. (سراسری تهرینی ۸۸)
- 1) separated 2) gave up 3) disliked 4) put off
213. Only that kind of medicine will have quite a good effect on me. "Effect" means (سراسری ریاضی ۸۸)
- 1) pressure 2) emotion 3) influence 4) function
214. Don't buy that car. Its engine doesn't work (سراسری زبان ۸۸)
- 1) efficiently 2) accidentally 3) developedly 4) actively
215. Smoking your chance of getting cancer. (سراسری زبان ۸۸)
- 1) releases 2) produces 3) increases 4) taps
216. Scientists believe that activities, particularly mountain climbing and swimming cause good health. (سراسری هنر ۸۷)
- 1) actual 2) formal 3) physical 4) mental
217. So far, we haven't been able to find much about this metal but we are still on it. (سراسری تهرینی ۸۷)
- 1) remembering 2) researching 3) recognizing 4) releasing
218. Our plans need to be enough to provide the needs of everyone. (سراسری ریاضی ۸۷)
- 1) physical 2) repetitive 3) flexible 4) emotional
219. We are against the presence of America in that country. (سراسری تهرینی ۸۶)
- 1) strongly 2) proudly 3) constantly 4) straightly
220. We can, therefore, and say that most of our students are middle-class. (سراسری تهرینی ۸۶)
- 1) organize 2) summarize 3) generalize 4) surprise
221. Two people talking together to reach an agreement can more easily achieve their goal if they are a bit (سراسری زبان ۸۶)
- 1) flexible 2) economical 3) mental 4) emotional
222. He did his best to his arm to reach the apple, but he couldn't. (سراسری زبان ۸۶)
- 1) rise 2) summarize 3) stretch 4) release
223. You will lose weight and become sick unless you receive all the your body needs. (سراسری زبان ۸۶)
- 1) qualities 2) functions 3) definitions 4) nutrients

Reading Comprehension

متن درس اول در کنار ورزش به تغذیه نیز اشاره می‌کند. متن زیر به نوعی به موضوع پخت و پز می‌پردازد. معانی لغات درس‌های بعد در زیر آمده است.

آب و هوا climate / در دسترس، موجود available / اگرچه although / فرآیند، روند process / هضم کردن digest

Reading One. 6MIN

Cooking is the way food is prepared for eating. There are several reasons for cooking food. When food is heated, chemical changes take place which make some food easier to eat and digest. We also think of cooking as making food taste better, but that is often because we are used to certain foods being cooked and do not like the idea of eating them raw. Also, when food is cooked it is often mixed with other food to give it a different flavour or appearance.

Another reason for cooking food is to preserve it. Heat kills, or delays the action of certain bacteria and parasites that may be in the food. This may also be done in other ways, such as drying, smoking, freezing, or pickling. The term "cooking" can include all these processes and also the preparation of raw food for eating.

Cooking is not only done out of necessity. Many people who cook for themselves, their families or friends, as well as those who cook for a living, do it for pleasure. Although cooking is a science, it is also a form of art, and part of the art of cooking is presenting the food so that it looks good to eat. The Scottish writer, James Boswell, defined man as a "Cooking Animal". "No beast can cook", he said. "Man alone can prepare a good dish; and every man whatever is more or less a cook, in preparing what he himself eats".

Each country has its own traditional ways of cooking based on among other things, the food available, the people who have lived there at different periods of history, the climate, and the religions and customs practiced there.

(سراسری انسانی ۹۳)

224. According to paragraph 1, chemical changes occur

- | | |
|---|--|
| 1) when food is exposed to heat | 2) whenever food is easy to cook |
| 3) anytime we prepare food, raw or cooked | 4) because without them people may refuse to eat |

225. All of the following are mentioned as reasons for cooking food EXCEPT that cooking

- | | |
|--|--|
| 1) is a way through which some people earn money | 2) enables people to keep food for a longer time |
| 3) changes harmful bacteria into useful ones | 4) helps improve the taste of food |

226. The passage refers to cooking as a kind of art

- 1) because humans are cooking animals
- 2) because every man can cook somehow
- 3) when people engage in preparing food for themselves and also when they cook for the fun of it
- 4) when people take steps to make food look pleasant in appearance to others to encourage them to eat it

227. The passage refers to "the climate, and the religions and customs ..." in the last paragraph as

- 1) the factors affecting different countries' choice of their traditional ways of cooking
- 2) examples of people's traditional foods in different countries
- 3) reasons why people's food choices vary over time
- 4) people's different ways of learning how to cook

متن این درس به ورزش، تغذیه و سلامت می‌پردازد و گاهی طراحان کنکور با انتخاب یکی از این موارد و تلفیق آن با موارد دیگر متن‌های کنکور را طرح می‌کنند؛ مثل متن زیر که به پیشینه‌ی ورزش و در ادامه صنعتی‌شدن کشورها و تأثیر آن بر ورزش می‌پردازد.

ارتباط communication / جهانی global / قرن century / صنعتی‌شدن industrialization / باستانی، قدیمی ancient

Reading Two. 6MIN

There are artifacts and structures that suggest that the Chinese engaged in sporting activities as early as 2000 BC. Gymnastics appears to have been a popular sport in China's ancient past. Monuments to the Pharaohs indicate that a number of sports, including swimming and fishing, were well-developed and regulated several thousands of years ago in ancient Egypt. Other Egyptian sports included javelin throwing, high jump, and wrestling. Ancient Persian sports such as the traditional Iranian martial art of Zourkhaneh had a close connection to the warfare skills. Among other sports that originate in ancient Persia are polo and jousting.

A wide range of sports were already established by the time of Ancient Greece, and the military culture and the development of sports in Greece influenced one another considerably. Sports became such an important part of their culture that the Greeks created the Olympic Games, which in ancient times were held every four years in a small village in the Peloponnesus called Olympia.

Sports have been increasingly organized and regulated from the time of the ancient Olympics up to the present century. Industrialization has brought increased leisure time to the citizens of developed and developing countries, leading to more time for citizens to attend and follow spectator sports, greater participation in athletic activities, and increased accessibility. These trends continued with the appearance of mass media and global communication. Professionalism became more widespread, further adding to the increase in sport's popularity, as sports fans began following the achievements of professional athletes through radio, television, and the internet - all while enjoying the exercise and competition associated with amateur participation in sports.

(سراسری زبان ۹۳)

228. What does the passage mainly discuss?

- | | |
|--|----------------------------------|
| 1) The effect of sports on human relations | 2) Sports in different countries |
| 3) The history of sports | 4) The origins of early sports |

229. According to the passage, it is NOT true that ancient Greeks

- 1) introduced a large number of sports
- 2) were people with a culture greatly influenced by sports
- 3) held the Olympic Games in a less organized manner than we do today
- 4) held sports competitions in a particular village regularly, once every four years

230. The passage states that industrialization

- | | |
|--|---|
| 1) led to the appearance of new sports | 2) made people less active than they used to be |
| 3) put sports in the hands of a few special people | 4) caused people to have access to more free time |

231. According to paragraph 3, what made sports more popular was

- 1) professionalism
- 2) the organization of the Olympic Games
- 3) the use made of sports to create both fun and competition
- 4) an equal increase in leisure time in both developing and developed countries

◀ اصلاً عادت نکنید که فقط متنی را بخوانید که تا حدودی با موضوع آن آشنا هستید. بسیار رایج شده است که متنی می‌دهند که هیچ ارتباطی با متون کتاب ندارد. تازه از سال ۹۲ به جای ۵ سؤال برای هر متن، ۴ سؤال داده‌اند. متن زیر نسبتاً کوتاه است و سؤالات به ترتیب اطلاعات آمده در متن، طرح شده‌اند. بعضی کلمات در متن و جواب‌ها، مربوط به درس‌های بعد می‌باشند.

ایما و اشاره gesture / الگو، طرح pattern / دسترسی به access / به منظور این که so that

Reading Three. 6MIN

There must be a great many people who, either for lack of opportunity or of their own choice, did not go to university and who, at a certain point in their lives, have regretted this gap in their education. At this stage, few people could go to university even if they wanted, since they could not afford the time off work. With the opening of the Open University, people are now able to take a university degree, for the courses are especially designed so that you can study at home. However, you must have access to a radio and a television set, for part of your course consists of two weekly programmes. One of them is broadcast on the radio and the other on television, and they each last twenty five minutes. The new university has not been in operation long enough to prove its success as a venture, but it obviously opens up the possibility of a university education to a much wider section of the population than has hitherto received it.

(سراسری ریاضی ۹۲)

232. According to the reading, most people who didn't attend a university

- | | |
|--------------------------------------|---|
| 1) wish they had done so | 2) are happy having done so |
| 3) had the opportunity to find a job | 4) couldn't find interest in attending university |

233. According to the passage, the Open University is an opportunity for those who

- 1) like to watch TV Programmes
- 2) don't like studying at university
- 3) have completed their university but still unemployed
- 4) want to go to university but have no time to do that

234. According to the passage, the Open University

- 1) hasn't had many students so far
- 2) is not open to the people who don't want to go out of their house
- 3) has proved that it is more advantageous than other universities
- 4) doesn't have a long historical background but certainly has the advantage of providing education for more people

235. The word "venture" near the end of the passage is closest in meaning to

- | | |
|------------|------------|
| 1) pattern | 2) gesture |
| 3) project | 4) guide |

هر قدر دامنه‌ی لغات وسیع‌تر باشد، خواندن متن ساده‌تر است و می‌توان به فهم صحیح‌تری از متن رسید. متنی که الان خواهید خواند شامل جملاتی است که اکثر آن‌ها را می‌فهمید. البته بعضی کلمات که در درس‌های بعدی کتاب سال چهارم می‌آیند را ابتدا برای شما معنا کرده‌ایم، البته این به آن معنا نیست که همه‌ی کلمه‌های یک متن باید برای شما آشنا باشد؛ بلکه باید عادت کنید همیشه تکنیک‌های متن‌خوانی را به کار بگیرید. سؤالات به ترتیب اطلاعات مندرج در متن آمده‌اند. سؤالات سوم و پنجم متن در کنکورهای جدید، بی‌سابقه هستند. با این‌که این سؤالات راحتند ولی چون جدیدند دانش‌آموزان را با مشکل روبه‌رو می‌کنند.

مناسب / appropriate / مرتبط / related / خصوصی / private / نیازداشتن / require

Reading Four. 6MIN

Exercises that require total body involvement improve and maintain fitness most effectively - for example, jogging, running, swimming, cycling, and fast walking. Organized games and sports that have long rest periods within the play design have only a little influence on fitness. Programs especially planned to help individuals become fit are offered in different places: schools and gyms, private clubs and studios, and special, professionally organized clinics that pay attention to people with problems related to the heart or lungs. The individual must be careful in choosing an exercise program and should make sure it is staffed by experts in physical education or medicine.

Normal, healthy individuals may plan their own exercise programs. The general rule is to exercise only until you feel very tired - that is, until breathing becomes labored, circulation seems not enough, or tiredness influences performance. People with health problems caused by heart attacks, strokes, and illness should see a doctor before choosing an exercise program.

(سراسری انسانی ۹۱)

236. According to the information in the passage, if you participate in a sport that makes you have long rest periods, you

- 1) cannot expect your fitness to improve much
- 2) should do your best to avoid total body involvement
- 3) need to exercise in different places in order to improve your fitness
- 4) had better do running, fast walking, etc. during the rest period to keep your body warm and fit

237. According to the passage, if you have a heart problem, you are advised to

- 1) exercise in places that design activities clinically appropriate for you
- 2) play organized games so that others can take care of you if you face any trouble
- 3) often see a doctor to measure the amount of the progress you have made in fitness
- 4) engage in activities that require total body involvement so that all the pressure would not be on your heart

238. It can be said that paragraph 1 is mainly written to

- 1) advise
- 2) correct a wrong idea
- 3) mention the benefits of games
- 4) compare daily exercise with organized sports

239. The word "labored" in paragraph 2 is closest in meaning to

- 1) deep
- 2) difficult
- 3) dangerous
- 4) regular

240. The general rule given in paragraph 2 is for those who

- 1) need to see a doctor
- 2) exercise professionally
- 3) have no health problems
- 4) cannot plan their own exercise programs

◀ در نکات متن خوانی درس اول کتاب سال چهارم آمده است که «نویسنده خودش ممکن است یک کلمه را برای خواننده توسط ... is یا ... means ... معنا کند». همین اتفاق در متن زیر می‌افتد و نویسنده camping را که موضوع متن است، برای شما معنا می‌کند. دو کلمه وجود دارند که در درس‌های بعدی خواهید خواند و برای شما ترجمه می‌شوند. تعداد پاراگراف‌ها از معمول کنکور بیشتر است ولی حجم پاراگراف‌ها کم هستند. ترتیب سؤالات با ترتیب پاراگراف‌ها مطابقت دارند. کلماتی وجود دارند که معنایشان را نمی‌دانید ولی خللی در درک شما ایجاد نمی‌کنند. سعی کنید با تمرکز پاراگراف به پاراگراف متن را بخوانید و به سؤالات مربوط به هر کدام با اعتماد به نفس پاسخ دهید.

حومه‌ی شهر / countryside / اجازه permission

Reading Five . 6MIN

Camping is an outdoors recreation enjoyed by people all over the world. It is an excellent way to explore the countryside. Many people learn to camp with an organization such as the Scouts. Others may get their first taste of camping on a camping holiday in the mountains or beside the sea. In many countries there are special camp sites for tourists, so you do not always have to carry a tent with you. The camp site may provide one.

It is fun, however, to learn the basic skills of camping: how to pitch (put up) a tent, how to make a fire for cooking, how to pack a rucksack, how to keep your camp clean and tidy, how to strike (pack up) camp. Camping organizations can give much help and advice, and there are many useful books to read.

Before making camp, you must always make sure you have permission from the owner of the land on which you want to camp. Next, it is important to choose the right spot - away from cliff edges or wet soft places, and not beneath trees (branches may fall, and if it rains, the water will fall on your tent).

Choose level ground, if possible. Make sure you have fresh drinking water available, perhaps it is necessary to use it later on.

(سراسری ریاضی ۹۱)

241. According to the passage, camping is

- | | |
|---|--|
| 1) a global activity | 2) a way to attract tourists |
| 3) done by people living in the countryside | 4) especially for people who are with the Scouts |

242. The word "one" in line 4 refers to

- | | | | |
|---------|---------|------------|------------|
| 1) site | 2) tent | 3) tourist | 4) country |
|---------|---------|------------|------------|

243. Which of the following best shows the main focus of paragraph 2?

- | | | | |
|--------|------------------|------------|-----------|
| 1) Fun | 2) Organizations | 3) Cooking | 4) Skills |
|--------|------------------|------------|-----------|

244. According to the passage,

- 1) cliff edges are wonderful to watch
- 2) camping near the sea is a rare event
- 3) it is not wise to pitch a tent beneath a tree
- 4) most land owners enjoy letting people camp on their land

245. Paragraph 3 is intended to give the reader information about

- | | |
|--|--|
| 1) where to camp | 2) what to do during an emergency |
| 3) who to contact before going camping | 4) what to take with you on a camping trip |

اکثر متن‌های کنکور از دو یا سه پاراگراف تشکیل می‌شوند و سؤال‌ها معمولاً به ترتیب اطلاعات آمده در متن، مطرح می‌شوند. البته بهتر است سؤالی که از عنوان یا موضوع متن می‌پرسد را پس از خواندن متن پاسخ داد. گاهی متن‌های کنکور مرتبط با مطالب کتاب درسی است. درس اول درباره‌ی ورزش کردن، قوی‌شدن عضله، اثرات ورزش و سوزاندن کالری اضافی توسط ورزش‌های هوازی و ... سخن می‌گوید. خوب، ذهن شما نسبت به این مفاهیم اطلاعات زمینه‌ای پیدا کرده است. در کنکور ۸۹ متنی مرتبط با درس اول داده‌اند. توجه کنید که چه‌طور ترتیب اکثر سؤالات، با ترتیب اطلاعات آمده در متن، مطابقت دارد.

Reading Six. 6MIN

Even when asleep the body needs energy. The more active a person is, the more energy the body uses. The energy comes from the chemical "burning" of carbohydrates, fats, proteins, and certain other substances such as alcohol.

The energy values of different foods can be measured by burning them in a special small oven called a calorimeter. Energy in food is often measured in calories. One kilocalorie, usually written as kcal or Calorie (with a capital C), is the amount of energy required to raise the temperature of one kilogram of water by 1°Celsius. In fact, the Calorie is a unit of heat, not energy. In the modern system of measurements, energy is measured in joules. (1 Calorie equals 4.2 kilojoules.) You can find the calorie content of almost any food by looking in a slimming magazine or book.

An adult needs, on average, a little under 3,000 Calories a day. A manual worker would need 4,000 or more, because of the energy used up in physical activity. Children, who are growing and also very active, need extra Calories as well. As people become older they need fewer Calories, partly because they are physically less active and partly because some of their body tissues become chemically less active. (سراسری هنر ۸۹)

246. The best title for the passage is

- 1) Carbohydrates 2) Energy and Food 3) Fats and Proteins 4) Chemical Burning

247. According to the passage, the energy values of foods can be measured by

- 1) chemicals 2) the use of boiling water
3) the activity of the person 4) burning them in a calorimeter

248. The passage points out that Calorie is actually a unit of

- 1) heat 2) joules 3) energy 4) Celsius

249. Which of the following is likely to need fewer Calories?

- 1) Adults 2) Manual workers 3) Women 4) Old people

250. 12/6 kilojoules equal Calories.

- 1) 1 2) 2 3) 3 4) 4

Cloze

در این قسمت شما باید از اطلاعات دستوری، واژگانی و متنی خود استفاده کنید. همچنین از علائمی که در متن می‌آید، برای انتخاب صحیح بهره بگیرید. گاهی تا پایان جمله نمی‌توانید قضاوت درستی داشته باشید؛ گاهی اطلاعات بعدی و قبلی، شما را در انتخاب گزینه‌ی صحیح یاری می‌دهند. خلاصه، cloze حل کردن، تمرین دقت، مهارت و معرفت زبانی است!

Cloze One. 3MIN

Have you ever had an x-ray taken? If you have had a broken bone, toothache, or taken a suitcase on an airplane you251.... have. At the dentist you put the film inside your mouth. An x-ray is a special way252.... a picture of a bone, tooth, or253.... concealed from direct sight. X-rays are useful in many ways. By reading an x-ray, a doctor can see if a bone is broken or if a tooth has a cavity. The x-ray process254.... in 1895. X-rays are useful in finding other hidden things, too. For example, bags at an airport are x-rayed to see if any dangerous items are inside without having255.... and look in each one. (سراسری ریاضی ۹۳)

- | | | | |
|--------------------|-------------------|-------------------|-------------------|
| 251. 1) briefly | 2) exactly | 3) probably | 4) actively |
| 252. 1) taking | 2) to take | 3) to taking | 4) being taken |
| 253. 1) object | 2) issue | 3) field | 4) unit |
| 254. 1) discovered | 2) had discovered | 3) has discovered | 4) was discovered |
| 255. 1) opened | 2) opening | 3) to open | 4) been opened |

◀ متن زیر در مورد خنده و تأثیر آن بر سیستم ایمنی بدن است. معانی لغات درس‌های بعد آورده شده است.

شوخی / humor / نوشتن / compose / با خونسردی، به آرامی / calmly / به طور خصوصی / privately

Cloze Two. 3MIN

Do you know that laughter can help your immune system? It's even possible that with each laughter, you reduce your chance of getting a cold or having an allergy attack.256...., if you laugh before you go to bed, you'll257.... have a very good night's sleep. The medical research on laughter and the258.... to get well are making more and more people use laughter to feel better. Alen Klein says that we all need to laugh,259.... at ourselves. To260.... our "humor skills", we need to see the humor in our own actions and reactions. With practice we can get better at this.

(سراسری زبان ۹۳)

- | | | | |
|---------------------|-----------------|---------------|---------------|
| 256. 1) Because of | 2) In fact | 3) As long as | 4) As soon as |
| 257. 1) probably | 2) privately | 3) proudly | 4) calmly |
| 258. 1) guide | 2) mystery | 3) transfer | 4) desire |
| 259. 1) efficiently | 2) successfully | 3) especially | 4) previously |
| 260. 1) rise | 2) compose | 3) attract | 4) develop |

◀ سؤال آخر این متن از محدوده‌ی دانش زبانی کتک‌ور بیرون است. در این متن دو سؤال درباره‌ی گرامر است. کلاً سروکله‌ی گرامر در cloze زیاد پیدا می‌شود. اگر نمی‌توانید از کل متن سر در بیاورید، روی جملات به طور مجزا تمرکز کنید.

Cloze Three. 3MIN

The Romans spoke of health in a proverb: "A healthy mind in a healthy body." In addition to physical health, an/a261.... of mental health is important. Too much mental stress can have a bad262.... on one's physical well-being. The human body is much more263.... than any machine. Yet it needs less day-to-day care264.... any machine. No machine can do all the things the body can do. No machine will work for 70 years or more in day and night, requiring only air, water, food, and only265.... simple rules. No machine has been made which can adjust to so many different conditions as the human body.

(سراسری تئوری ۹۱)

- | | | | |
|---------------------|---------------|----------------|------------------|
| 261. 1) summarizing | 2) succeeding | 3) separating | 4) understanding |
| 262. 1) device | 2) effect | 3) stance | 4) phase |
| 263. 1) private | 2) certain | 3) complicated | 4) repetitive |
| 264. 1) than | 2) from | 3) with | 4) of |
| 265. 1) a little | 2) little | 3) a few | 4) few |

گاهی دقت کردن به اطلاعات قبلی و بعدی یک سؤال در حل آن بسیار مهم است. مثلاً در سؤال دوم از متن زیر، کافی است به جمله‌ی بعد دقت کنید تا بتوانید جواب صحیح را بیابید. این متن نیز مرتبط با سلامتی است ولی گزینه‌ها از درس‌های مختلف کتاب چهارم طرح شده‌اند. البته این کلمات ابتدا برای شما معنا شده‌اند:

مثال، نمونه sample / مثال instance / نگران، مرتبط concerned / زنده‌ماندن survive / اختصاص دادن devote / پیش‌بینی prediction

Cloze Four. 3MIN

Health can be thought of as the condition of being fit and well. The World Health Organization (WHO), the UN agency that is266.... with health care throughout the world, gives a more precise267.... . It says that health is the state of268.... physical, mental, and social well-being, and not merely the absence of disease and weakness. In a poor country, however, health might mean simply getting enough food to stay alive and avoiding the269.... serious diseases such as typhoid and cholera. As countries grow richer, they270.... the WHO's more positive standard of good health, because their people can afford better food and medical care. (سراسری زبان ۹۱)

- | | | | |
|------------------|--------------|---------------|---------------|
| 266. 1) accepted | 2) stretched | 3) consisted | 4) concerned |
| 267. 1) instance | 2) sample | 3) definition | 4) prediction |
| 268. 1) complete | 2) straight | 3) positive | 4) probable |
| 269. 1) firmly | 2) really | 3) directly | 4) actively |
| 270. 1) devote | 2) operate | 3) survive | 4) achieve |

متن زیر درباره‌ی آمبولانس و نقش آن در حوادث است. معانی لغات درس‌های آینده بیان شده است.

دلوپس، نگران anxious / کمک aid / بالابردن، افزودن enhance / پرتاب کردن launch / به جای یکدیگر interchangeably

Cloze Five. 3MIN

The word "ambulant" means "walking" and comes from the Latin ambulant meaning to walk. The first ambulances were indeed "walking" hospitals, which followed armies around in order to give271.... aid to those wounded in battle. The French272.... ambulance wagons towards the end of the 18th century. During the Crimean War, wagons273.... by men or horses took the wounded to hospital,274.... there was no275.... organized ambulance teams. Other countries also adopted this method for dealing with injuries in war. (سراسری قاچ از کشور ۹۰)

- | | | | |
|-------------------------|-------------|----------------|---------------|
| 271. 1) previous | 2) anxious | 3) flexible | 4) speedy |
| 272. 1) forwarded | 2) located | 3) introduced | 4) researched |
| 273. 1) enhanced | 2) drawn | 3) launched | 4) stuck |
| 274. 1) because | 2) although | 3) so that | 4) whether |
| 275. 1) interchangeably | 2) silently | 3) fortunately | 4) properly |