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اولین و باکیفیت ترین

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جهت دریافت برنامه ی شخصی سازی شده یک <mark>هفته ای</mark> رایگان کلیک کنید و یا به شماره ی ۲۵۶۴۶۲۳۴ ۹ ۹ ۵ <mark>عدد ۱</mark> را ارسال کنید.



--٤ تست زبان انگلیسی ۳ – درس ۲

Since the team won the big game, fans were into the stadium for free as a way of celebrating.



1) jumped

2) allowed

3) introduced

4) compiled

There is no doubt that computer skills are for success in today's business environment.



1) neat

2) essential

3) famous

4) comprehensible

متن زير را بخوانيد و به ۴ سؤال بعدي پاسخ دهيد.

Many people are saying that Pluto is no longer a planet. Are they right? Is Pluto no longer a planet?

There's debate in scientific world about this issue. National Geographic News says that, according to the International Astronomical Union, a full-fledged planet is an object that orbits the sun and is large enough to have become round due to the force of its own gravity. Because Pluto doesn't meet these standards, the IAU classifies Pluto as a dwarf planet.

Not everyone agrees that this is a good way to decide, though. Andy Cheng, a planetary scientist at John Hopking University, says that the new rules aren't clear enough and asks the question "how round is round?" "I'll still continue to maintain that Pluto is a planet," he said.

Owen Gingerich is an astronomer and historian at Harvard University in Cambridge, Massachusetts, and head of the IAU committee proposing the definition. He favored a special distinction for Pluto. Gingerich suggested to call the big eight planest classical planets - as opposed to just plain "planets" - and Pluto and the other dwarf planets, so there would be two classes of planets. He believes that reclassifying Pluto as a dwarf planet is not "sensitive to the historical and cultural role that Pluto has played."

The argument continues. In the meantimes, however, many people are correct - new textbooks will list Pluto as being a dwarf planet. What do you think it is?

According to the passage, all of the following are TRUE about the article, EXCEPT....



- 1) there's an ever-going discussion whether Pluto is a standard planet or not, but it is officially known as a dwarf palnet
- 2) Andy Cheng believes that it is not possible to consider Pluto as a standard planet since it is not round enough
- 3) Owen Gingerich's classification of classical planets does not include pluto
- 4) IAU believes planets must be able turn around the sun again and they must be large enough to have become round because of their own gravity

What does the word "this" in line 6 refer to?



- 1) The common saying about Pluto not being a standard planet
- 2) The fact that the size and roundness of planets must be the factor to decide which one is a standard planet
- 3) The idea of Andy Cheng who is a planetary scientist and has information about planets
- 4) The Standards of IAU about the factors of dwarf planets

What's the main idea expressed in the passage?



- 1) The validity of great scientist's words about the solar system
- 2) How a planet is considered as a standard planet
- 3) The disagreement and different opinions about the fact that Pluto is a planet or not
- 4) The importance of IAU opinion about all planets in the solar system and the fact that no one can consider Pluto as a planet if they don't

why does the IAU classify Phuto as a dwarf planet?



- 1) Because Pluto doesn't meet International Astronomical Union's standards.
- 2) Because Pluto isn't a full-fledged planet.
- 3) Because Pluto doesn't orbit the sun.
- 4) Because Pluto is large enough to have become round due to the force of its own gravity.

متن زير را با استفاده از ۴ سؤال بعدى كامل كنيد.

The effect of sibling relationships in childhood can last a lifetime. Many experts say that the relationship among brothers and sisters explain a great deal about family life, ...1... today when brothers and sisters often spend more time with each other ...2... with their parents.

Studies have shown that sibling relationships between sister-sister pairs and brother-brother pairs are different. Sister pairs are the closest. Brothers are the most competitive. Sisters are usually more supportive of each other. They are more talkative, frank, and better at ...3... themselves and sharing their feelings. On the other hand, brothers usually have more arguments with each other.

Experts agree that relationships among siblings are influenced by many factors. ...4..., studies have shown that both brothers and sisters become more competitive and aggressive when their parents treat them differently from one another. Moreover, genetics, gender, life events, birth order, people, and experiences outside the family all shape the lives of siblings.

1) especially	2) rarely	3) exactly	4) wrongly	Y
1) like	2) than	3) as	4) from	٨
1) preparing	2) narrating	3) expressing	4) expecting	٩
1) However	2) No matter	3) Despite	4) For example	1.

با استفاده از ۵ سوال بعدی متن زیر را کامل کنید.

think that this list			e true emotions; they alsove, hope, empathy, ar	
1) variations	2) collections	3) consumptions	4) radiations	11
1) can be identified	2) can identify	3) has identified	4) can be identifying	17
1) Another	2) Other	3) Others	4) Each Other	18
1) as well as	2) instead	3) as a result	4) such as	14
1) is difficult to measure		2) is difficult for measuring		10

4) are difficult for measuring

3) are difficult to measure

John Milton (1608-74) is usually thought of as the greatest of all English poets after Shakespeare. His most magnificent poem is Paradise Lost (1667), which tells the story of God's dealings with mankind, from the creation of the world, as told in the Bible.

Milton was born in London and went to st. Paul's School, where he was so eager to learn that, he said. "From the twelve year of my age, I scarce ever went to bed before midnight'. At 16 he went to Chist's College, Cambridge, and when he left after more than seven years, he setted down to continue studying in a Buckinggmshire village called Horton. Already he knew that he wanted to write a great poem and he believe that he must be not only a learned man but also a good one.

Although he was not ready, yet to begin his great task, Milton did write other poems while he lived at Horton. Among them were L'Allegro and Il Penseroso (both 1631-32). L'Allegro described the thing that a cheerful man likes and Il Penseroso the things a serious man likes. Also written at Horton were Comus (1634), a masque in praise of purity, and Lycidas (1637), a beautiful, sad poem lamenting the death of Edward King, a fellow-student who had been drowned.

The passage is mainly about

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- 1) Milton's early life
- 2) Milton's life and work
- 3) the way the Bible influenced Milton
- 4) why Shakespeare is considered a better poet than Milton

The passage points out that Milton started his school



1) when he was 10

2) at St. Paul's School

3) in Christ's College

4) because he lived in London

After more than seven years at Christ's College. John Milton



- 1) was not interested in poems yet
- 2) belived that he had to be a learned man
- 3) settled down to continue studying in Horton
- 4) felt he needed peace and quiet

Which statement about Milton's poem is NOT true?



- 1) Milton did not write any poems while he was in Horton.
- 2) L'Allegro describedthe thing that a cheerful man likes.
- 3) Il Penseroso described the things that a serious man likes.
- 4) He also wrote Comus, a masque in praise of purity, and Lycidas.

Mary had not seen her neighbor for 15 years, but she her immediately.



- 1) developed
- 2) recognized
- 3) compared
- 4) reflected

متن زیر را بخوانید و به ۵ سؤال بعدی پاسخ بدهید.

You've probably read stories or seen movies about treasure maps. Maybe a pirate was looking for buried treasure. Maybe an explorer was seeking a lost fortune. Most treasure maps are made up by storytellers, but one treasure map is very real and very old.

The Copper Scroll is a treasure map like no other. Instead of being written on paper or animal skin, this map is written on copper. The map is from the Middle East and is over 2,000 years old. Because it is made from copper, the map didn't hold up very well over time. Researchres had to cut the map into strips and then carefully put them back together.

The map's writing is difficult to read, so people aren't sure what it says. Most think the map lists the places where silver and gold were buried. But so far, none of the treasure listed on the map has been found. However, the map is still important. It has helped researchers learn more about how people spoke and wrote thousands of years ago.

21 1) people who study old language 2) treasure maps in fiction 3) life thousands of years ago 4) an old treasure map How is the map different from other treasure map? 1) It is written on copper instead of paper 2) It describes an unreal treasure. 3) It comes from a story.

The underlined word "it" in the second paragraph refers to

1) The Copper Scroll

2) animal skin

3) Middle East

4) copper

Why are people nusure about what treasure map says?

- 1) The map uses a secret code.
- 2) It is difficult to write on copper.

4) It is not important to researchers.

What is the passage mostly about?

- 3) The map is difficult to read.
- 4) No one understands the language on the scrooll.

What is an effect of the map being written on copper?



1) It is damaged.

2) It is worth a lot of money.

3) It is heavy.

4) It is easy to cut into strips.

A: What did you find?

B: I found the keys I lost yesterday.

1) which

2) who

3) where

4) whom

متن زير را با استفاده از ۵ سؤال بعدى كامل كنيد.

It is possible that sleep plays an important role in health, but scientists are not yet sure what it is. Some psychologists argue that it allows the brain ...1... and store information. However, ...2... for scientists to study sleep effectively because they have no way to find out exactly what is going through a person's head while he or she is asleep. What people remember afterward may ...3... accurate or complete. However, in recent years, ...4... have been carried out with new technology that has made it possible to learn a great deal more about sleep. Scientists placed special equipment on the heads of sleeping people to ...5... the electrical activity of the brain. Based on the results of these studies, the scientists now think that sleep may serve a number of purposes for the brain and the body.

1) rest

- 2) resting
- 3) the rest
- 4) that is rests

- 1) difficult
- 2) that difficult
- 3) there is difficult
- 4) it is difficult

- 1) be not
- 2) not be
- 3) do not be
- 4) not being



- 1) products
- 2) solutions
- 3) temperatures
- 4) experiments

- 1) exist
- 2) respect
- 3) measure
- 4) prevent



You're always tired. If you didn't go to bed so late every night, you tired all time.



- 2) wouldn't be
- 3) hadn't been
- 4) haven't been

The research was so well-funded achieved withing months.

1) that results were

2) hence, results being

3) for results to be

4) and results



متن زير را بخوانيد و به ۴ سؤال بعدي پاسخ دهيد.

A long-standing myth about bilingualism is that children's intelligence will be negatively influenced if they are bilingual. Some of the earliest rescearch into bilingualism examined whether bilingual children were ahead or behind monolingual children on IQ tests. From the 1920s to the 1960s, monolingual children were usually found ahead of bilinguals on IQ tests. The conclusion was that bilingual children were mentally confused. It was said that having two languages in the brain disrupted effective thinking. In fact, researchers believed that having one well-developed language was better that having two half-developed languages.

The idea that bilinguals may have a lower IQ still exists among many people, particularly monolinguals. Howere, we now know that these early pieces of research were misconceived and incorrect. First, around seventy percent of the bilinguals weren't able to speak both their languages at the same level of proficiency and such research often gave them an IQ test in their weaker language. The testing of the bilinguals was thus unfair. Second, the bilinguals tended to come from poor or rural backgrounds while the monolinguals mostly came from middle class or urban families. Therefore, the results were more likely to be due to social class differences than language differences.

With which of the following statements does the author probably agree?



- 1) Monolingual children perform better than bilingual children in school.
- 2) Having two languages in the brain does not make you mentally confused.
- 3) An IQ test is the best way to measure children's educational achievement.
- 4) Bilingual children should be given an IQ test in their weaker language.

The bilingual children who took part in the IQ tests mentioned paragraph 1



- 1) were of the same social class as the monolingual children
- 2) were mostly less fluent in one of their languages
- 3) performed better than the monolinguals on the tests
- 4) believed that they were not able to think effectively

The underlined phrase "due to" in paragraph 2 is closest in meaning to



- 1) because
- 2) despite
- 3) instead
- 4) besides

Which of the following best describes the structure of the information in the passage?



- 1) A study is discussed and its final results are described one after another.
- 2) A process is introduced and important steps involved in it are mentioned.
- 3) A false claim is made and reasons why the claim is unfounded are offered.
- 4) A problem is described and some possible solutions to handle it are listed.

Buying such a big sofa when you have little space in your house to put you don know how to spend your money.

- 1) which means
- 2) means
- 3) it means
- 4) so it means

We spent ample time exploring all the different ways to getting home before deciding to fly.



- 1) eventually
- 2) shortly
- 3) consciously
- 4) exclusively

I've tried to the image of my mother's sad face, but it just keeps coming back to me.



1) conjure up

2) put up with

3) turn up

4) blot out

متن زیر را بخوانید و به ۴ سؤال بعدی پاسخ دهید.

Netball is particulary popular in the UK, Australia and New Zealand and I have played this wonderful game since I was at primary school. It is a team sport which is similar to both basketball and handball. There are seven players on each team and they each wear a bib which shows the name of the position they play. Players must throw the ball to one another and the aim of the game is to pass the ball to the 'Goal Shooter' or 'Goal Attack' who can shoot the ball into the net to score a goal. However, the key aspects of netball are that you cannot bounce the ball and you cannot move your feet when you have the ball. This is called the footwork rule and it can be quite difficult to grasp for young children playing the game! A full match lasts for one hour and in a single match often about 100 goals are scored which shows what a fast-paced and exciting game netball is!

Netball is typically played by women and girls. However, at many universities, there are mixed netball leagues in which teams must have both male and female players. In the UK, there are many different schemes to try to inspire people to play netball. One such scheme is called 'Back to Netball' which encourages women who have not played netball since they were at school to rediscover their love for the sport and get back on the cour! Walking netball is another variation of the sport aimed at older women and those who want to exercise in a gentler way. So, why not watch a video of netball online and then have a go for yourself?

What is the author's main purpose in the passage?



- 1) To explain the rules of betball.
- 2) TO compare netbell and walking netball.
- 3) To give information about a specific sport.
- 4) TO explain the reasons for the popularity of a particular sport.

The word "this" in paragraph 1 refers to which of the following?



- 1) That you cannot bounce the ball.
- 2) That the aim of the game is passing the ball to the 'Goal Shooter'.
- 3) That you are not allowed to move your feet when you have the ball.
- 4) That it can be quite difficult to grap for young children playing the game.

It is stated in the passage that 'Back to Netball' is a plan that



- 1) is about a gentler way of exercising.
- 2) makes online videos of netball available.
- 3) motivates UKwomen to try netball again.
- 4) supports both male and female netball players in the UK.

There is NOT sufficient information in the passage to answer which of the follow questions?



- 1) How long does a full netball match take?
- 2) Which sports can netball be compared to?
- 3) How do netball players show their position in the match?
- 4) Why is walking netball safer than all the other variations of netball?

متن زیر را بخوانید و به ۴ سؤال بعدی پاسخ دهید.

Brainstorm a list of all the things that make you happy. Just write whatever comes into your mind without thinking about it too much. Now look at that list and tick all the ones that are fun or enjoyable. Probably most of them, right? So, if you could spend most of your time doing all this fun stuff, you would be really happy, surely?

Well, maybe not. For most people, only doing things for fun is not enough for long-term happiness. That is because, according to author of Happiness by Design Paul Dolan, your happiness depends on a 'pleasure-purpose balance'. If most of the things on your list of what makes you happy fall under the category of 'pleasure', then that might be what you think makes you happy. But what will actually make you happy is balancing them out with activities that give your life purpose.

We tend to know straight away if something is enjoyable, but knowing what brings meaning and value requires more thought. For example, most people will say that air pilots have jobs with clear purpose. They are responsible for hundreds of people and fly all over the world. But in reality, their day-to-day work might involve spending time in boring hotels or stuck in airports waiting for flights, and routine actions they have performed hundreds of times. Those activities might not feel very meaningful - and they are probably not fun either. Just like everyone else, the pilot needs balance in their work and life to be happy.

The aurhor's main purpose in the passage is to discuss



- 1) why doing fun activities is enough for out happiness.
- 2) what actually makes people happy.
- 3) the reasons for happiness.
- 4) the effects of happiness.

According to the passage, in Happiness by Design, Paul Dolau



1) answers a question

2) describes an experiment

3) supports an old way of thinking

4) provides interesting examples

The word "requires" in paragraph 3 is closest in meaning to



1) needs

2) receives

makes

4) depends

It is suggested in paragraph 3 that air pilots' work



- 1) never makes them want to give up.
- 2) does not involve the repetition of certain tasks.
- 3) may not be as meaningful as people commonly think.
- 4) is considered to be both fun and purposeful by pilots themselves.

There's not much in the way of in this town - just the cinema and a couple of coffee houses.



1) entertainment

2) arrangement

3) relationship

3) destination

متن زیر را بخوانید و به ۴ سؤال بعدی پاسخ دهید.

A few decades ago, professional footballers spent their nights partying. Now, they are much more aware of the benefits of a good night's sleep.

The change began in the mid-1990s, when mattress saleman Nick Littlehales contacted the manager of the Manchester United football team, Alex Fergusen, asking whether he had ever considered how sleep affected performance on the football field. Interested, Fergusen arranged for Littlehales to give a presentation to his team. Before long, the whole team had new mattresses and pillows, and Littlehales soon became football's leading mattressa advisor. In 1998, he supplied mattresses for Englad's World Cup team, and at the 2004 Euros, he created individual sleep routines for every player.

Gradually, club managers began to pay more attention to scientific sleep research, and for good reason. In 2011, a sleep specialist discovered that increasing sleep to 8-10 hours per night massively increased the speed and shot accuracy of basketball players. Other research shows that a single night of inadequate sleep can increase the risk of injury, and 64 hours of bad sleep reduces strength, power and balance, and can even cause the body to eat its own muscles!

What does the passage mainly discuss?



- 1) A complete change in sleeping habits.
- 2) Club managers and their decisions.
- 3) The importance of sleep in professional sports.
- 4) The relationship between sleep and sports injury.

According to the passage, Alex Ferguson



- 1) was attracted to Littlehales' idea.
- 2) was amazed by his players' partying
- 3) had a strange experience in the mid-1990s.
- 4) asked Littlehales to create sleep routines for his players.

The word "supplied" in paragraph 2 is closest in meaning to



- 1) ordered
- 2) chose
- 3) donated
- 4) provided

Which of the following best describes the function of the last sentence in paragraph 3?



- 1) It introduces the topic of the next paragraph.
- 2) It corrects a wrong belief which was described in the previous sentence.
- 3) It adds more information to support what was stated earlier in the paragraph.
- 4) It explains that the argument given in the previous sentence is not based on facts.

متن زیر را بخوانید و به ۴ سؤال بعدی پاسخ دهید.

How many planets are there in our galaxy? That is a tricky question to answer. Are there other planets that support life? That is exactly what the Kepler mission hopes to discover. NASA launched the Kepler space telescope, designed to find habitable planets, in 2009. So far it has discovered five new Earth-sized planets beyond our solar system. These planets are hotter than the Earth-much too hot for life as we know it. The Kepler team predict that they will need at least three years (and possibly longer) to find an Earth-like planet.

The simplest requirement for a planet to have life (carbon-based life like on Earth) is for there to be liquid water (not frozen or gas) so the distance from the planet's sun and therefore temperature are important. There also needs to be the correct amount of air. If a planet is as small as Mars (half the size of Earth) its weak gravity means that it cannot hold on to air molecules. If a planet is Neptune sized (four times bigger than Earth) it has very strong gravity and too much air. So size matters too.

The cost of the mission is approximately six hundred million dollars, It is scheduled to observe until 2013 but this could be extended. Will we be sad if we discover we are alone in our galaxy or happy if we find that we share it with other life forms?

What does the passage mainly discuss?



- 1) Features of five new Earth-sized planets.
- 2) An endeavor to find Earth-like planets.
- 3) Our solar system and its planets.
- 4) Making a space telescope.

The passage suggests that the Kepler mission



- 1) was inspired by another space mission.
- 2) was not finished immediately after it started.
- 3) did not seem to be as successful as other space missions.
- 4) found planets with the same temperature as that of the Earth.

Which of the following best describes the function of the underlined sente paragraph 2?



- 1) It describes a situation where the condition mentioned in the previous se cannot be met.
- 2) It provides the definition of a word mentioned in the previous sentence.
- 3) It provides a solution to a problem described in the previous sentence.
- 4) It draws a conclusion from the previous sentence.

There is enough information in the passage to answer which of the following questions?



- 1) How many planets are there in our galaxy?
- 2) How can Nasa reduce the cost of the Kepler mission?
- 3) What characteristics does a planet need to have in order to be able to support life?
- 4) Will we be sad if we discover we are alone in our galaxy or happy if we find that we share it with other life forms?

A dictionary is a book that explains the meanings of words and expressions. You can find words easily beacause dictionaries put them in alphabetical order. The word 'dictionary' comes from the Latin 'dictio' ('saying').

There are several kinds of dictionaries. Dictionaries that explain words and how they are used; dictionaries that translate words from one language to another; dictionaries of biography that tell about famous people; and tecnical dictionaries that explain the meanings of technical words.

Dictionaries that explain what words mean give a clear 'definition' of them. A good dictionary also gives more information about words. For instance, it explains how they are pronounced.

Usually the International Phonetic Alphabet (IPA) is used for this purpose. A complete dictionary also tells you about the origin of words and the story behind them. For example, the words like 'pajamas', 'bazaar' and 'paradise' entered English from Persian.

Words are easily for order. a) True	bund in dictionaries b) False	because dictionaries	s put them in alphab	۵۸
a) Truc	o) i disc			
The word 'dictionary a) True	' comes from the La b) False	tin 'dictio'.		۵۹
What do dictionaries 1) These dictionaries 2) Dictionaries of bio 3) They tell about fa 4) They translate wo	s explain the meaning ography explain IPA mous people.	gs of technical words	s.	۶۰
What does "them" in	the first line of para	graph 3 refer to?		91
1) pronunciations	2) words	3) dictionaries	4) spellings	
I have an article with 1) look at	a lot of new words, 2) look after	so I have to	before starting to translate. 4) look up	۶۲
The man about	I was talking sudd	lenly walked into the	e room.	84
1) that	2) whom	3) who	4) which	
The employees to the manager as soon as they occurred realized that they vector more easily and quickly solved. 1) reported the problems 2) who reported the problems 3) that the problems they reported 4) whom the problems reported				94
The teacher, th next unit in the book 1) not realized		ents had not gotten to 2) who did not re	the point, moved on to talize	۶۵
3) was not realized		4) that she did no	t realize	
step towards happines		t to be happy, you ha 3) heavy	we actually taken a	99
1) Hardworking	2) hervous	3) neavy	4) huge	
cars just because he l	had a bad experience	with one of them.	panies produce low qua	PY
1) accept	2) discuss	3) generalize	4) emphasize	
Ali left his job. If he 1) would lose	e kept on doing it, he 2) can lose	a large amoun 3) might be lost	t of money. 4) was lost	PA

متن زير را بخوانيد و به ۴ سؤال بعدي پاسخ دهيد.

The crystal clear, blue water and the magnificent sun make the Caribbean island of Saint Maarten a favorite vacation spot, one that is popular with North Americans during their winter holidays from December through March, as well as with South Americans and Europeans from April through August. The French and Dutch settled on the island in the 1600s, and to this day, the island is divided between the two of them. The French capital is Marigot; the Dutch capital is Philipsburg.

Tourists soon discover that St. Maarten has an interesting history. Ancient artifacts found on the island date back to the Stone Age, 6,000 years ago! Tourists also learn that 1,200 years ago the Arawak Indians inhabited all the islands of the West Indies and were a peaceful people living under the guidance of their chiefs. Three hundred years after the Arawaks first arrived on St. Maarten, in the 1300s, they were defeated and forced to abandon the island by a hostile trible of Indians originating in South America. This new tribe was called the Carib. The Caribbean Sea was named after them. Unlike the Arawakes, they had no permanent chiefs or leaders, except in times of strife. And they were extremely warlike. Worse, they were cannibalistic, eating the enemy warriors they captured. In fact, the very word cannibal comes from the Spanish name for the Carib Indians. The Spanish arrived in the fifteenth century and, unfortunately, they carried diseases to which the Indiand had no immunity. Many Indians succumbed to common Europen illnesses; others died from the hard labor forced upon them.

One can infer from the passage that the Stone Age people lived on St. Maarten aroun the year

1) 6000 B.C.

2) 4000 B.C. 3) 800 A.D.

4) 1300 A.D.

Which of the following is NOT true about the Carib Indians?



1) The sea was named after them.

- 2) They were peaceful fishermen. hunters, and farmers.
- 3) They ate human flesh.
- 4) They settled after defeating the Aeawak Indians.

According to the passage, the Carib Indians were finally defeated by



1) sickness and forced labor.

2) the more aggressive Arawak tribe.

3) the Dutch West India Company.

4) the French explorers.

According to the article, present-day St. Maarten



1) belongs to the Spanish.

2) is independent.

3) is shared by the French and the Dutch. 4) is part of the U.S. Virgin Islands.

My parents healthier if they lived in a village.



1) can be

2) would be

3) are

4) must be

متن زیر را بخوانید و به ۴ سؤال بعدی پاسخ دهید.

A balanced diet and regular exercise are a winning combination if you are looking after your physical health. However, most people do not know how to do exercise properly. Instead of focusing on how to get the best results. most people usually rush through their workouts and exercises, and make the same common workout mistakes again and again. If someone is not working out properly, it is impossible for them to see the results they want. Therefore, fitness experts have devised strategies to teach people how to exercise correctly in order to achieve the greatest health benefits.

One of the most common workout mistakes is doing the same exercise over and over again. This does not challenge your muscles, and it can actually prevent muscles from growing and repairing themselves. It is important to change your routine every six to eight weeks instead of always sticking to the same old workout. It is also essential to add a variety of other workouts to your fitness program.

Another mistake people make is to work out too hard, too often. Your body needs to rest for at least two days between workouts every week; otherwise, no <u>progress</u> will be made. For those who don't want to miss even a day, shorter workouts of about twenty minutes can be done on the rest days. Experts, however, recommend taking at least one day off completely each week.

What is the best title for the passage?

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- 1) Why Training Experts Don't Recommend Daily Exercise
- 2) Are You Working Out Properly?
- 3) A Balanced Diet and Regular Exercise
- 4) How to Add a Variety of Workouts to Your Fitness Plan

Which of the following statements is TRUE, according to the passage?



- 1) Daily hard workouts are absolutely necessary for us to stay healthy.
- 2) Regular exercise is believed to be more important than a balanced diet.
- 3) Doing a variety of exercises is better than doing the same one all the time.
- 4) It's recommended to take at least one day off from exercise every two days.

The underlined word "progress" in paragraph 3 is closest in meaning to



- 1) improvement
- 2) arrangement
- 3) entertainment
- 4) agreement

Which of the following can be inferred from the passage?



- 1) If you work out properly, you will see the results in exactly eight weeks.
- 2) Doing the same exercise again and again will help your muscles to repair themselves.
- 3) Twenty minutes of hard exercise is enough to gain the greatest health benefits.
- 4) Muscles should be regularly provided with a physical challenge to grow.

			www.a	koedu.ir
Sarah has recentl	y opened a shop in the	heart of the city		YA
1) electrical	2) immediate	3) commercial	4) probable	
As law and civil	zation developed, it be	ecame necessary to ide	entify days more accur	ately (va)
and to when	n they began and ended	d.		
1) die out	2) put out	3) hang out	4) work out	

You can see why they refused her for a pay rise, but I suppose it was perf reasonable for her to ask.



1) honor

2) demand

3) issue

4) source

متن زیر را بخوانید و به ۴ سؤال بعدی پاسخ دهید.

Naval architects never claim that a ship is unsinkable, but the sinking of the passenger-and-car ferry Estonia in the Baltic surely should have never have happened. It was well designed and carefully maintained. It carried the proper number of lifeboats. It had been thoroughly inspected the day of its fatal voyage. Yet hours later, the Estonia rolled over and sank in a cold, stormy night. It went down so quickly that most of those on board, caught in their dark, flooding cabins, had no chance to save themselves: Of those who managed to scramble overboard, only 139 survived. The rest died of hypothermia before the rescuers could pluck them from the cold sea. The final death toll amounted to 912 souls. However, there were an unpleasant number of questions about why the Estonia sank and why so many survivors were men in the prime of life, while most of the dead were women, children and the elderly.

One can understand from the reading that



- 1) the lifesaving equipment did not work well and lifeboats could not be lowered.
- 2) 139 people managed to leave the vessel but died in freezing water.
- 3) naval architects claimed that the Estonia was unsinkable.
- 4) most victims were trapped inside the boat as they were in their cabins.

It is clear from the passage that the survivors of the accident



- 1) helped one another to overcome the tragedy that had affected them all.
- 2) were mostly young men but women, children and the elderly stood little chance.
- 3) helped save hundred of lives.
- 4) are still suffering from severe post-traumatic stress disorder.

According to the passage, when the Estonia sank,



- 1) there were only 139 passengers on board.
- 2) few of the passengers were asleep.
- 3) there were not enough lifeboats for the number of people on board.
- 4) faster reaction by the crew could have increased the Estonia's chances of survival.

			www.akuet	Ju.II
The underlined word	"amount to" is closest	in meaning to		14
1) add up to	2) make up of	3) put out	4) move out of	
Using mobile phone pressure and sle		et for long hours can	increase people's bloo	۸۵
1) convert	2) compile	3) cause	4) collect	
definitions. It also Therefore, it is3	gives examples of h	out words such as species to use the words a dictionary. Teach	ن زیر را با استفاده از ۵ سوال با elling, pronuciations an ds in sentences2 ners can4 you wit	d
1) situation	2) information	3) collocation	4) expectation	18
1) correctly	2) correct	3) correction	4) corrects	AY
1) international	2) mental	3) accidental	4) essential	٨٨
1) pronounce	2) provide	3) prepare	4) produce	٨٩
1) immediately	2) probably	3) dangerously	4) effectively	٩٠
You probably picked	up my keys of	yours.		91
1) future	2) instead	3) therefore	4) besides	

با استفاده از متن زیر به ۴ سؤال بعدی پاسخ دهید.

Robert Adam was the son of an architect, William Adam, and he had three brothers who were also architects. The building he designed with them were simple and well arranged outside, and the large rooms inside were beautifully shaped and decorated. He made the shape more interesting by having corners and curved walls, or sometimes a row of columns across one end. The ceilings and walls had beautiful patterns in plasterwork. which were painted in light colors. As well as designing the houses and decorating the rooms, Robert Adam also designed the furniture to go in the rooms. The furniture, the mantelpieces, the door handles and even the keyhole covers were all carefully designed and made. Mach of his work was done inside existing houses, such as Syon House, near London. His best country houses, such as Kenwood, in London, and Harewood House, in Yourshire, were built from 1760 to the early 1770s.

Adam studied architecture aboard while on the Grand Tour to Italy. He was especially interested in the house in the Roman city of Pompeii and he copied their decoration in his designs. He established himself in London in 1758 and was later joined by his brother James. When Adam made a design for plasterwork decorations it could be used in several houses, since the moulds which shaped the plaster could be used again.

According to the passage, which sentence is NOT true? 97 1) Robert Adam used the Italian aechitecture. 2) William Adam decorated buildings aboard. 3) Adam studied architecture in a foreign country. 4) The buildings Adam designed were curved in some parts. According to the passage, much of Adam's work was done 1) from 1760 to 1770 2) in the Roman city 3) inside his best country houses 4) inside existing houses near London Decoration in Adam's designs was copied from 94 1) his brother's woek 2) the houses in Pompeii 3) the houses in London 4) the best houses in England Adam was able to use the decoration designs more than once because he 90

3) was tried

4) would try

1) has tried

could establish them himself
 designed them more than once

3) made several plasterwork decorations for houses4) used the moulds which could be used many times

2) tried

I am sure he could pass the test if he a little harder.

- 1) originally
- 2) wisely
- 3) increasingly
- 4) accidentally
- 97

- 1) if I wondered I would like
- 2) I'd like to wonder about

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- 3) I wondered if I would like
- 4) if I liked it I'd wonder about

- 1) elementary
- 2) expanded
- 3) imaginary
- 4) advanced



- 1) were born
- 2) have born
- 3) who were born
- 4) who have born



Unfortunately, I missed the "El Clasico" last night because I was too tired and straight to bed. But I saw the on the morning news.



- 1) applications
- 2) entries
- 3) introductions
- 4) highlights

با استفاده از متن زير به ۴ سؤال بعدى پاسخ دهيد.

Robert Adam was the son of an architect, William Adam, and he had three brothers who were also architects. The buildings he designed with them were simple and well arranged outside, and the large rooms inside were beautifully shaped and decorated. He made the shape more interesting by having corners and curved walls, or sometimes a row of columns across one end. The ceilings and walls had beautiful patterns in plasterwork, which were painted in light colors. As well as designing the houses and decorating the room, Robert Adam also designed the furniture to go in the rooms. The furniture, the mantelpieces, the door handles and even the keyhole covers were all carefully designed and made.

Much of his work was done inside exist houses, such as Syon House, near London. His best country houses, such as Kenwood, in London, and Harrewood House, in Yorkshire, were bult frome 1760 to the early 1770s.

Adam studied architecture abroad while on the Grand Tour to Italy. He was especially interested in the houses in the Roman city of Pompeii and he copied their decoration in his designs. He established himself in London in 1758 and was later joined by his brother James.

When Adam made a design for plasterwork decorations it could be used in several houses, since the moulds which shaped the plaster could be used again.

According to the passage, much of Adam's work was done



1) from 1760 to 1770

- 2) in the Roman city
- 3) inside his best country houses
- 4) inside existing houses near London

Decoration in Adam's designs was copied from



1) his brother's work

2) the houses in Pompeii

3) the houses in London

4) the best houses in England

Adam was able to use the decoration designs more than once because he



- 1) could establish them himself
- 2) designed them more than once
- 3) made several plasterwork decorations for houses
- 4) used the moulds which could be used many times

The best title for the passage could be



- 1) The History of architecture
- 2) William Adam's Best Work
- 3) Robert Adam as an Architect
- 4) The Best and Most famous Architects

با استفاده از متن زیر به ۴ سؤال بعدی پاسخ دهید.

Carbohydrates, which are sugars, are an essential part of a healthy diet. They provide the main source of energy for the body, and they also function to flavour and sweeten foods. Carbohydrates range from simple sugars like glucose to complex sugars such as amylose and amylopectin. Nutritionists estimate that carbohydrates should make up about one - fourth to one - fifth of a person's diet.

A diet that is <u>deficient</u> in carbohydrates can have a bad effect on a person's health. When the body lacks a sufficient amount of carbohydrates it must then use its protein supplies for energy, a process called gluconeogenesis. This, however, results in lack of necessary protein, and further health difficulties may occur. A lack of carbohydrates can also lead to ketosis, a build - up of ketones in the body that causes fatigue, lethargy, and bad breath.

Which of the following words could best replace "deficient" as used in the paragraph?



- 1) essential
- 2) efficient
- 3) complex
- 4) insufficient

According to the passage, what do most nutritionists suggest?



- 1) Sufficient carbohydrates will prevent gluconeogenesis.
- 2) Carbohydrates are simple sugars called glucose.
- 3) Carbohydrates should make up about a quarter of a person's daily diet.
- 4) Carbohydrates should be eaten in very small quantities.

















































































































































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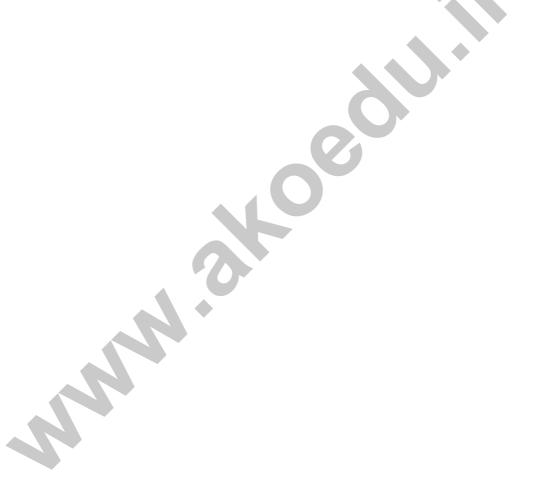




























































































































































































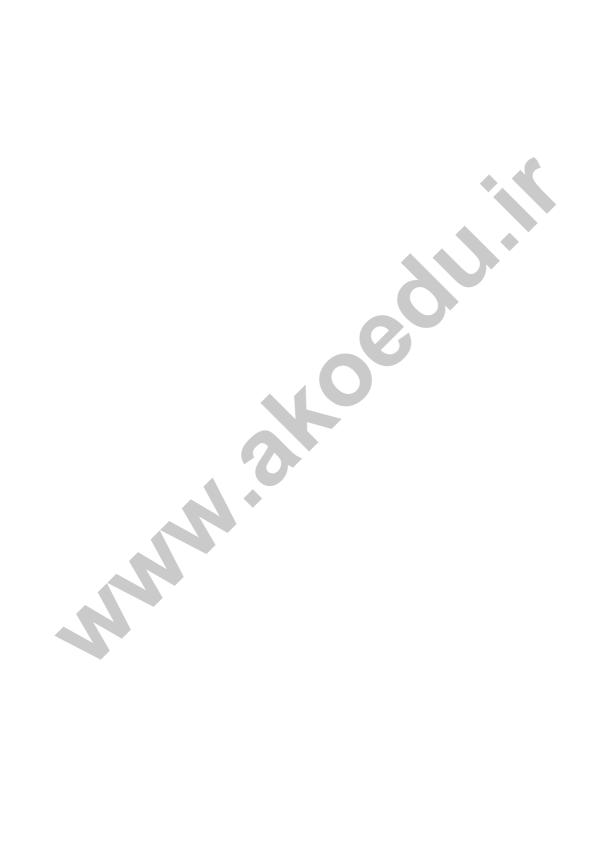






















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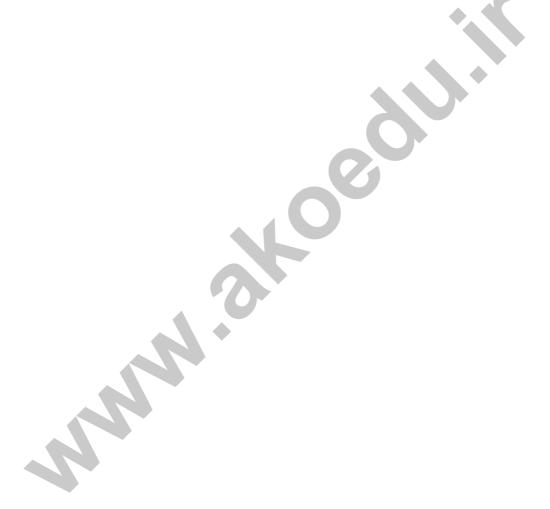


























































































































































































































































































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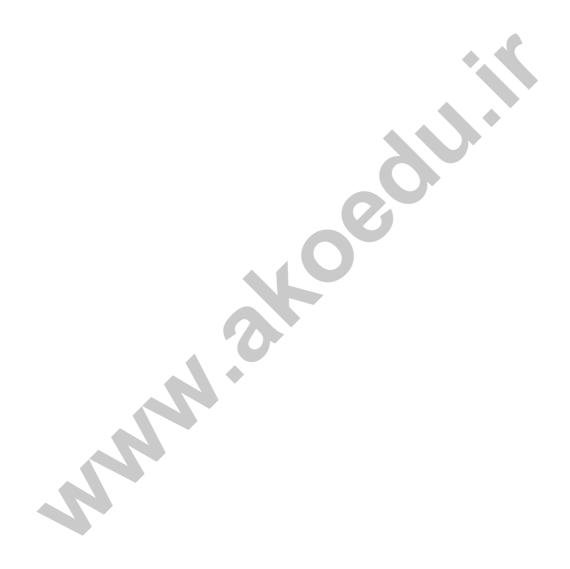






















































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