

## Listening

Listen and answer the questions.

1. What is the mother worried about?
2. How many fruits should a child have a day?
3. How does her son get to school in the morning?
4. does her son do any activities after school?
5. Could she take her son to the park?.

## Vocabulary

Choose the correct word for each blank.

Tuna   prepare   vinegar   dairy   traditional   ham   beef   grill

1. \_\_\_\_\_ is a large sea fish that is used for food.
2. To cook food under or over a very strong heat is called \_\_\_\_\_.
3. Please , cut the \_\_\_\_\_ that are suitable for roasting.
4. The doctor told me to eat less red meat and \_\_\_\_\_ .
5. The oil and \_\_\_\_\_ will appear to have put aside their differences and get along.
6. He goes for a magazine, but he pulls out a \_\_\_\_\_ sandwich instead.
7. Maryam and Ali were supposed to wear a handmade shirt and \_\_\_\_\_ dress for Norouz EVE.
8. She'll \_\_\_\_\_ the food ahead of time and freeze it.

Complete the note with *make, do, or have*.

We're going now – see you on Sunday evening!

Remember to \_\_\_\_\_ your beds and \_\_\_\_\_ the washing up before we come home!

And please \_\_\_\_\_ the cleaning if you \_\_\_\_\_ a mess in the kitchen. \_\_\_\_\_ a nice break but don't forget to \_\_\_\_\_ your homework!

## Grammar

Choose the correct option.

6. You \_\_\_\_\_ bring a bathing suit if you are going to the beach.
- a) should
  - b) should not
  - c) must

d) must not

7. To be safe, you \_\_\_\_\_ take a lot of cash with you.

a) should

b) should not

c) must

d) must not

8. You \_\_\_\_\_ research the places you plan to visit.

a) should

b) should not

c) must

d) must not

9. You \_\_\_\_\_ check in before you get on the airplane.

a) should

b) should not

c) must

d) must not

10. You \_\_\_\_\_ be at least 2 hours early for your flight.

a) should

b) should not

c) must

d) must not

**Complete the conversations with these words.**

a few   a little   any   many   much   none   a lot of

1. They have had \_\_\_\_\_ homework in mathematics recently.

2. How \_\_\_\_\_ time do you need to finish the work?

3. There are too \_\_\_\_\_ students in the library.

4. Have you visited \_\_\_\_\_ foreign countries?

5. Although he's very ill, he didn't take \_\_\_\_\_-medicine.

6. \_\_\_\_\_ people know as much about linguistics as John does.

7. They say \_\_\_\_\_ knowledge is a dangerous thing.

8. He's having \_\_\_\_\_ of trouble passing his driving test.

9. I spend \_\_\_\_\_ of my time reading novels.

10. He knows \_\_\_\_\_ English. He knows enough English to manage.

Translate to Persian.

1. If you are invited to dinner in an American home, you should take a small gift such as chocolates or flowers. Your host will probably serve the meal, and you should compliment him/her on the food.

2. For dessert, we often have fruit or cheese and biscuits. My favourite dessert is 'barm brack', which is a sweet bread with spices and dried fruit. Of course the traditional alcoholic drink is Guinness which you can find in every pub in Ireland!

### Translate to English.

1. مکانها بسیار دیدنی و زیبایی در مشهد وجود دارد. در مورد رستورانها می توان رستوران پدید شاندریز رو نام برد. رستورانی مجهز به سبک سنتی با انواع غذاهای ایرانی .

2. یکی از اداب غذا خوردن در ایران اینه که نباید به غذا خوردن دیگران نگاه کنی. خصوصا زمانی که شما میزبان باشید. به عنوان میزبان همیشه می بایست ابتدا غذا رو به مهمانها تعارف کنید و در انتها نباید از مهمانها زودتر غذای شما تمام شود.

### Reading

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty! You can find grains in bread, rice, and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones. Meat, beans, fish, and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat. Eat many kinds each week. Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you!

### Read the text and answer the questions.

Healthy food will make you . . .

a. sick.                      B. green.                      C. strong.                      D. tasty.

2. What food will help give you strong bones?

a. bread                      b. cheese                      c. nuts                      d. chips

3. What kind of vegetables should you eat each week?

a. none                      b. green vegetables                      c. one kind                      d. many kinds

4. You should eat cookies . . .

a. once in a while.      B. all the time.      C. instead of oatmeal.      D. to grow strong.

### Writing

Write about traditional food and drink in your favourite country. Use the text in exercise 2 help you. Write 50–60 words.