# AYDI EST.

Open Learning & Translation

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The Last Lecture

# READING COMPREHENSION

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Reading 1.7+8+9 Last

AYDI 2022/T1

# LECTURE NO.7

## 02.07.2022

# HELLO EVERYONE!

Page 90:

- B. Try to guess the meaning of the underlined words. For each sentence, circle the word which has the nearest meaning to the underlined word.
- 1. ..., as the friendship of the soul sisters mentioned above to that of the most nonchalant and casual playmates.
  - a. Nervous (عصبي)
  - b. Calm
  - c. Interested (مهتم بـ)
  - 2. A woman of marvelous taste is my shopping friend.
  - a. Wonderful
  - b. Strange (غريب)
  - c. Unbelievable (لا يمكن تصديقه)
- 3. Another kind of intimacy exists in the friendships that form across generations in mother-daughter relationships.
  - a. The state of feeling good
  - b. The state of being in love
  - c. The state of being so close to someone
  - Intimacy: الألفة

يمكن ان نقول (state) أو (case).

Intimacy could be with a neighbor, among brothers and sisters, among relatives, between a husband and wife etc.

- Between: (شخصين/شيئين)
- بین (أكثر من شخصین/شینین) :Among
- Relatives: افارب
- 4. The sexual, <u>flirty</u> part of our friendship is very small--but some--just enough to make it fun and different.
  - a. Playful and loving (مرح ومحب)
  - b. Annoying and insulting (مزعج ومهين)
  - c. Warm, nice and close
  - مغارُ للة الطراء : Flirty -
- 5. We needn't agree about everything to tolerate each other's point of view.
  - a. Accept willingly (پقبل عن طیب خاطر)
  - b. Accept without complaining (یقبل دون تذمر او شکوی)
  - c. Accept obligatorily (بقبل رغمًا عنه/مكر هُا)

The verb (need) here is a modal verb, so we say (we needn't) and don't say (we don't need).

- C. Reread the text trying to discover the writer's opinion towards the following statements, having in mind that the writer did not state her opinion openly.
  - 1. One should never trust friends fully.

It depends on the kind of friendship you have already started/created with your friend

- 2. Friends of the other sex can never be as true and honest as those of the same sex. \_\_\_\_\_AGREES
  - 2. Friends in need are friends in deed. <u>AGREES</u> وكما قلنا يقابل هذا المثل تاللغة العربية المثل القائل: الصديق وقت الضيق.

Our first text for today entitled "What are Biorhythms?" (biorhythms) هي المناطة النبولوجية الدقيقة التي ينشأ عليها الإنسان منذ نعومة أظفاره (biorhythms) هي المناطة النبولوجية الدقيقة التي ينشأ عليها الإنسان منذ نعومة أظفاره (he says goodbye to life)، ويقول المثل العربي (من شبّ على شيء شاب عليه).

Sometimes if you are going to have a certain plan which is going to be applied as a daily routine, for example, getting up in the early morning, leaving for your office/job/school/university, coming back at 2:30 afternoon, having lunch in a specific period of time, having a nap for one hour, having a cup of tea etc.; all of these activities can be considered as a daily routine or repeated actions done by the majority of people all over the world. They used to have certain biology clock within themselves.

قيلولة : Nap مثلًا إذا اضطررت السهر إلى ساعة متأخرة وانت غير معتاد على ذلك ماذا سيحدث لم في اليوم التالى ؟

You will get up very tired and exhausted because your biology clock was distorted.

مشقه محرف :Distorted مرهق :Exhausted - مرهق :Distorted - بستيقظ بعض الناس عند الساعة السابعة حتى يوم الجمعة وذلك الأنهم اعتادها على الاستيقاظ عند الساعة السابعة كل يوم الذهاب الى عملهم

الساعة السابعة كل يوم للذهاب إلى عملهم. وكلمة (Rhythm) هي اسم ماركة ساعات سويسرية متطورة جدًا ومعروفة غلى مستوى العالم، ومن هنا جاءت كلمة (biorhythms).

Go to **p.94**:

#### What are Biorhythms?

Let us read the text on **p.96**:

#### Biorhythms

1. At the beginning of this century, medical scientists made a surprising discovery: that we are built not just of flesh and blood but also of time. They were able to demonstrate that we all have an internal 'body clock' which regulates the rise and fall of our body energies, making us different from one day to the next. These forces became known as biorhythm; they create the 'highs and 'lows' in our everyday life.

- Century: فرن

- Medical scientists: علماء الطب

- Discovery: اكتشاف

- Flesh: لحم

- Demonstrate: to show how something works (یشرح/بیرهن)
- Internal: داخلی
- Internal ≠ external
- Regulate: (ينظم) to control/adjust an activity or process, especially by rules. The noun from this word is 'regulation'.

The writer talks about (body clock) which is something inside you pushing you to do things.

يتحدث الكاتيب عن (الساعة البيولوجية) وهي شيء بداخلك يدفعك لفعل الأشياء.

(Highs and lows) means the energy and the declined energy in some cases.

All physicians and scientists advise pupils students to study in the early morning.

So, let us look at the second paragraph:

2. The idea of an internal 'body clock' should not be too surprising, since the lives of most living things are dominated by the 24-hour night-and-day cycle. The most obvious feature of this cycle is the way we feel tired and fall asleep at night and become awake and alert during the day. If the 24-hour rhythm is interrupted, most people experience unpleasant side effects. For example, international aeroplane travellers often experience 'jet lag' when traveling across time zones. People who are not used to shift work can find that lack of sleep affects their work performance.

So, 'the body clock' and the '24-hour night-and-day cycle' is what the paragraph is going to discuss.

- Cycle: دررة
- Obvious: clear
- Dominated: controlled, governed
- Unpleasant: disagreeable, not good (کریه/بغیض)
- Alert: watchful, vigilant.
- Interrupted: stopped/disturbed
- Side effects: secondary effects
- International aeroplane travellers: people who travel for long distances (الناس الذين يسافرون لمسافات طويلة)

Here you have to differentiate between two words: 'aeroplane' and 'airlines'.

The 'aeroplane' is the plane itself, while the 'airlines' is the company that takes passengers and goods to different places by plane.

"aeroplane" هي الطائرة نفسها، بينما "airlines" هي الشركة التي تنقل الركاب والبضائع إلى

اماكن مختلفة بالطائرة.

الطائرة :Aeroplane

الخطوط الجوية :Airlines -

اختلاف التوقيت : Jet lag -

اضطراب الرحلات الجوية الطويلة : Jet lag mood -

المناطق الزمنية: Time zones -

International aeroplane travellers often experience 'jet lag' when traveling across time zones.

Jet lag: Feeling very tired of time changes after long journey on a plane. الشعور بالتعب الشيد سبب الغرق الوقت بعد رحلة طويلة على متن طائرة (أي بسبب الغرق في التوقيت بين المناطق الزمنية)

- Shift (v): ينقل/يغير/يبدل

تغير /مناوبة/فترة عمل :(Shift (n) -

- Shift work: العمل بنظام الورديات

- Performance: اداء

- Work performance: اداء وظيفي

So, this is one example which is:

People who are not used to shift work can find that lack of sleep affects their work performance.

Let us move to the next paragraph:

- 3. As well as the daily rhythm of sleeping and waking, we also have other rhythms which last longer than one day and which influence wide areas of our lives. Most of us would agree that we feel good on some days and not so good on others. Sometimes we are all fingers and thumbs but on other days we have excellent coordination. There are times when we appear to be accident-prone, or when our temper seems to be on a short fuse. Isn't it also strange how ideas seem to flow on some days but at other times are apparently nonexistent? Musicians, painters and writers often talk about 'dry spells'.
  - As well as: in addition to
  - Rhythm: ايقاع

This paragraph is going to be about the other rhythms that we have in our daily life.

What are these rhythms?

According to the writer:

Most of us would agree that we feel good on some days and not so good on others.

So, it is *not only* about the daily cycle and the 24 hours, but it is also about the days of the week. Sometimes, we feel good on certain days, but bad on other days.

- All fingers and thumbs (idiom): having no coordination/you are not active as you should be.

If you are a composer and you play on the piano, some days you may feel

that you can't move your fingers and play on the piano; it depends on your mood and depends on your physiological or physical state.

On the other hand, sometimes you feel that you can do everything right well.

- Coordination: الانسجام
- Prone to: ready for something.
- Accident-prone: likely to do something or suffer from something, especially something bad or harmful.
  - Temper: mood (مزاج)
  - Fuse:

This word can be used in any electrical devices and it can be used for a human body. The fuses in the body are the spaces between the muscles and the bones i.e. the joints (المفاصل).

وهناك معنى أخر لـ (fuse) حيث نقول بالعامية (طئ فيوزو) أو (احترء فيوزو) و هذا يعني أنه ( he .(can't concentrate

- On a short fuse: If someone has a short fuse, he gets angry or nervous very easily.
  - Spells: فترات
  - Dry spells: periods of time in which you are not active (فقرات جفاف)

Go to the next paragraph:

- 4. Scientists have identified the following three biorhythmic cycles: physical, emotional and intellectual. Each cycle lasts approximately 28 days and each is divided into a high energy period and a low energy period of equal length.
  - Identified: classified
  - Physical: جسدي
  - Emotional: عاطفي
  - Intellectual: نکري

These three cycles are inseparable i.e. they are connected together.

- Last: تستمر
- Approximately: somehow/nearly (تقريبا)
- طاقة مرتفعة : High energy
- طاقة منخفضة . Low energy
- متساوية الطول . Equal length -

Each cycle lasts 28 days of a month. It means you may have two days to rest. All of us feel what mentioned in this paragraph; when our energy is high, we feel happy and we can do everything easily, but when our energy is low, we feel pessimistic (متشانمين) and tired and we can't do anything.

During the low energy period we are less resistant to illness, less well coordinated and tire more easily. The low period puts energy into our 'batteries' for the next high period.

- Resistant: مقاوم

- Immunity: مناعة

According to the writer, our bodies save the energy for the low energy periods.

The next paragraph says:

- 5. The 'critical' or weakest time is the time of changeover from the high energy period to the low energy period, or vice versa. This 'critical' time usually lasts a day. On the critical day of a physical biorhythm, there is a greater chance of accident and illness.
  - وقت حرج :Critical time

It is the changeover or the shift between the two periods.

- Changeover: to change something from one state to another without having the preparation/plan right well (تَحُوُل). It means the quick rise and quick fall.
  - Vice versa: the other way round (والعكس بالعكس العكس صحيح) نى بعض الأحيان نشعر بالنعب ونشعل بانه الأيمكننا القيام بأي شيء.

In this case you should be frank with yourself and respect your body power, your psychology, your physical needs etc.

Don't work day and night until you lose your energy. If you do so, then you need intensive care or you need to sleep 72 hours together.

- Intensive care: عناية مشددة

كلمة (accident) هنا لا تشير إلى (car accident) كما هو دارج في اللغة العربية، فاله (accident) هو أي (bad event).

Accident: bad event

So, the last paragraph says:

- 6. Human experience is always individual and we each have our own biorhythmic experiences. Some people experience such enormous physical turbulence on their 'physically critical' days that they have to go to bed. Accidents appear to happen so frequently during turbulent biorhythms that some car insurance companies in Japan have issued biorhythm forecasts to policyholders in order to cut down the number of costly incidents.
  - Individual: personal (شخصني)

- Enormous: very big, huge.

- Turbulence disruption, unrest, disorder, tension

أي (قلق/اضطراب/انعدام الراحة).

- Insurance companies: شركات التأمين

الـ (complete insurance) هو (التامين الشامل)، والتامين في الدول الغربية يشمل التامين على كل شيء حتى الحيوانات الأليفة التي تقوم بتربيتها.

- Issue: publish (پُصنڊر)

- Forecast (v.): to predict, to calculate, to foresee (پيندر، نيبئ)

"Forecast" is also a noun and in English they say 'weather forecast' for (النشرة الجوية).

بولیصة او سند تامین :Policy -

- Policyholder: people who have insurance policy (اصحاب سند التامين

- Costly: مُكلِف

- Cut down: to reduce the amount of something.

This means each one of us is different from the others. In other words, if I am in the period of high energy today, someone else may be in the low energy period and so on.

Thank You

# LECTURE NO.8

16.07.2022

## **HELLO EVERYONE!**

Go to page 103 an let us read the text:

# One Sure Way to Stop Smoking

1. "I smoke for my health," I stated in an article in 1979. Since I am a doctor, this medical advice attracted amused attention. I reasoned that smoking made me cough, thus preventing pneumonia. It increased my heart rate and made extra exercise unnecessary. Smoking curbed my appetite and kept me from getting fat.

So, if a doctor says "I smoke to make my health better', this means that everybody will smoke. So, it is a dangerous statement.

- Attract: يجذب، يفتن

- Amused attention: funny attention, attention interesting.

- Reasoned: found out, thought.

- Preventing: بملغ

- Pneumonia; an illness in the lunges

الالتهاب الرنوي الحاد/ذات الرئة

Here, the 'p' letter is silent; we don't pronounce it.

بزيد، ينمى، ينمو :Increase -

على نحو إضافي، إضافي : Extra

- Curb: weaken/stop (یکبح/ یضبط)

He reasoned that smoking made him cough, thus preventing pneumonia. Also, smoking increased his heart rate and made extra exercise unnecessary. Smoking curbed his appetite and kept him from getting fat.

Go to the second paragraph:

- 2. I no longer smoke for my health. My health can't stand the help. At 51, I d a heart attack. had a heart attack.
  - No longer: لم اعد

#### - Stand: bear/endure (پحتمل)

I squandered my inheritance. Risk factors for early heart attacks include high blood pressure, diabetes, family history of heart disease, high blood-cholesterol levels and smoking.

- Squandered: waste/spend all my money (بدد/هدر)
- الميراث :Inheritance
- خطر، مجازفة :Risk
- Heart attacks: نوبات قلبية
- High blood pressure: ارتفاع ضغط الدم
- مرض السكر: Diabetes
- مرض القلب : Heart disease
- أَرْتَقَاع مستويات إلكولسترول في الدم :High blood-cholesterol levels -

All the risk factors I had no control over were in my favour. I chose to smoke. Strange how the evidence that linked smoking to heart disease once appeared equivocal to me. Now the same data appear overwhelmingly convincing.

The meaning here is that you cannot control the high blood pressure, diabetes, and family history of heart disease but you can control smoking.

The writer says that he doesn't have any of the above illnesses or problems but he smokes; so, he had a heart attack.

- Equivocal: uncertain, not clear, ambiguous, cannot be understood (مبهم/غامض).
  - Data: information.
  - Overwhelmingly: to a great extent, to a great degree (الى اقصى حد)

Go to the third paragraph:

3. Why stop now? Smokers who give up after their first heart attack have an 80-per-cent chance of living ten more years – if they don't stop, a 60-per-cent chance.

Smoking makes you die before.

Go to the next paragraph:

- 4. As a smoker, I resented the fact that we received no gratitude, only scorn, from non-smokers. How could they know smoking was bad if there were no smokers to prove it? Being a member of the experimental group deserves a certain measure of societal appreciation. I've done my share--I'm ready to join the control group.
  - Resent: hate very much.
  - Gratitude: thanking (امتنان)
  - Scorn: insult, bad words (الحنقار)
  - Experimental: تجريبي
  - Deserve: يستحق
  - Measure: إجراء

- Societal: اجتماعي/مجتمعي

- Appreciation: approval, acceptance (تقدير /إعجاب)

Three important points can help smokers to be in a good way:

1. A smoker never gets fat.

- 2. A smoker is never bitten by a dog (because he had a stick).
- 3. No thief could enter his house (because he coughs all the time).
- Passive smoking: التدخين السلبي
- Passive smokers: مدخنین سلبیین

People who are among smokers and they smell the smoke of smokers' cigarettes.

- Stop smoking/give up smoking/quit smoking/abstain from smoking:

یهجر/ ینخلی عن :Ouit -

Go to the next paragraph:

5. Was it easy to stop? Of course. Here is all you have to do. First, experience a crushing pain under your breastbone as you finish a cigarette. Next, have yourself admitted to a coronary-care unit and stripped of your clothing. Then, remain in the unit at absolute bed rest for four days while smoking is prohibited.

In fact, stop smoking needs great will.

في الواقع يحتاج الإقلاع عن التدخين يحتاج إلى إرادة عظيمة عريمة صلية

- Crushing: very strong

- Breastbone: عظام القفض الصدري

- Admit: allow (someone) to enter a place (پُدخِل)

- Have yourself admitted: go to

- Coronary: (متعلق بالقلب)

وحدة: Unit -

- Coronary care unit وحدة العناية القلبية / قسم القلبية /

- Strip) يىنغۇرى (ك

- Absolute: complete.
- Prohibited not allowed.

# 6. This broke my habit. See if it works for you.

This made him stop smoking.

Smoking is spread in our society even among teenagers and it is a very bad habit because it is extremely harmful.

Do the exercises for next time because they are very important.

Page 110:

# CULTURAL TASTE BUNDS

1. Why does one person's mouth water when lobsters are mentioned while

Reading 1.7+8+9 Last

someone else's turns in disgust? Scientists have worked hard to discover the reason for this, but they have sometimes felt like blind men trying to describe an elephant. We are turned on—or—off by the flavor, smell, texture and appearance of food. Cultural biases play an important part as do our inborn personal tastes.

When the taste of food turns on, it means that it makes you want to eat it. Similarly, to "turn you off" here means to stop your appetite.

نقبل او ندبر :Turn on-or-off

- (Water) in the first line is a verb; it is not a noun. It means (یسیل لعابه)

- Lobsters: sea food; especially (سرطانات البحر)

- Disgust: اشمنزاز/غثیان

- Blind: أعمى

- Flavor: the taste (مذاق/نكهة)

- Texture: ingredients, the things that made something (رَيْنِيةُ رُنْرُكِيبِ/فَرِلْمُ)

- Appearance: مظهر /شكل

- Bias: تحيز/انحياز/نزعة
- Cultural bias: تحيز ثقافي

- Inborn: فطري/طبيعي/موروث

So, the author here in this paragraph is asking why some people like a certain kind of food and others hate it?

Go to the second paragraph:

2. According to psychologist Linda Bartoshuk, of Yale University's School of Medicine, "We're born liking sweet tastes and disliking bitter ones." But we learn other fondnesses and aversions.

So, she is a psychologist and she works in Yale University in America.

- Psychologist: a specialist person who studies and deals with 'psychology'

- Bitter: مر/لاذع

- Fondnesses: things that we like very much (ولع)
- Aversions: things we hate or dislike (کره/نفور)

So, 'aversion' is the opposite of 'fondness.'

Go to the third paragraph:

3. Until recently, psychologist Paul Rozin of the University of Pennsylvania believed that we learned these things from our families; he was surprised to find out that he was wrong. Parents have no significant effect on their children's likes or dislikes or desires to try new foods, Rozin reported this year in Developmental Psychology.

This paragraph is saying that parents have no significant effect on children's choices of food.

- Significant: important.
- Effect: اثر

- Desire: want (برغب)

ملم النفس التنموي: Developmental Psychology

Go to the fourth paragraph:

4. He now thinks cultural background is the single most important influence on our tastes because it leads us to certain combinations of foods and flavors.

Americans are familiar with fish boiled or baked and served with lemon; the Japanese eat it boiled or baked and served with lemon; the Japanese eat it raw or uncooked and decorated with ginger.

This paragraph talks about cultural background as the single most important factor. The most important thing which affects our taste is the cultural background which we belong to.

So, it is our culture which makes us like spicy food or unsalted food or any other kind of food.

- Background: خلفية

- Influence: تأثير

- Combination: mixture (مزيج)

مسلوق :Boiled

محمص/مشوي :Baked -

- Serve: in this context means (present) i.e. (والمراح)

For example:

- You ask your mother or wife that "what food are you going to serve for dinner today?"
  - This restaurant serves delicious food.

- Raw: نيء

- Ginger: الزنجبيل

- Fishy:حزنخ

5. But in a recent interview, Rozin was quick to point to the difficulty in his research: "There's a lot of variation in taste among nationalities." To be sure, not all Japanese like raw salmon and many Americans have overcome their cultural bias against raw fish and now enjoy it. Individual food preferences, Rozin believes; "are accidental. If you get sick on something once, you are not likely to eat it again."

The idea here is that Rozin discovered that the cultural background doesn't always influence our taste; she said there is what is called variation in food references.

- Recent: new

- Interview: مقابلة

- Research: سحت

- Variation: اختلاف

- Nationalities: جنسیات

- Overcome: يتغلب على
- Salmon: a kind of fish (سمك السلمون)
- Accidental: unintentional (غير مقصود)

Go to the last paragraph:

- 6. As advertisers well know, we can be attracted to certain foods without having to taste them. Television commercials sell crackers by their sound and soft drinks by their colour. But perhaps the fastest way to our stomachs is through snob appeal: "We learn to eat caviar and lobsters because we associate them with the upper classes."
- Advertisers: people who work in the field of propaganda or advertisement
  - Commercials: إعلانات تجارية
  - Crackers: مقرمشات/بسكويت رقيق

كذلك كلمة (crackers) نعلى (مفر فعات) أو (العاب نارية).

- مشروبات غازية :Soft drinks
- Stomach: where the food goes (المعدة)
- Snob: to imitate someone else, to copy someone because you think that he is better than you (المقلد لغيره).
  - Appeal: in this context means (جاذبية/إغراء/فتنة)
  - Caviar: کافیار
  - يربط (ذهنياً) :Associate
  - Upper classes: طبقات عليه الستقراطية

\*\*\*\*\*\*\*\*

Go to page 99 to do the exercise:

Try to guess the meaning of the <u>underlined</u> words. For each sentence, circle the word which has the <u>nearest meaning</u> to the underlined word as used in the passage.

- 1. They were able to demonstrate that we all have an internal 'body clock' which regulates our body energies...
  - a. explain
  - b. make it clear
  - c. exemplify (يعطي مثال)
  - d. prove.
  - Proof (noun)؛ دلیل/إثبات
- 2. People who are not used to shift work schedules can find that lack of sleep affects their work performance.
  - 'Schedules' means 'timetables'.
  - a. how active they are
  - b. how they do their work
  - c. how the product of their work is (کیف یکون نتاج عملهم)
  - 3. There are times when we appear to be accident-prone, or when our

temper seems to be on a short fuse.

a. likely to cause accidents (من المحتمل أن تتسبب في وقوع حوادث)

b. likely to avoid accidents (من المحتمل أن تتجنب الحوادث)

c. likely to be involved in accidents

(Short fuse) means that you can't focus when you are doing something i.e. you lose the skill of focusing.

4. The 'critical' or weakest time is the time of changeover from the high energy period to the low energy period, or vice versa.

a. along the same line (على غرار/على نفس المنوال)

#### b. in the opposite direction

c. the other way round

(Changeover) is a kind of change from a high rise to a low rise.

Changeover = Switch over: التحول

5. Some people experience such enormous physical turbulence on their 'physically critical' days that they have to go to bed.

#### a. restlessness

- b. problem
- c. feeling unwell
- Restlessness (n): lack of rest/absence of rest (عدم الراحة/العدام الراحة)
- غير مرتاح :(Restless (adj.)
- 6. For example, international aeroplane travellers often experience 'jet lag' when traveling across time zones.
  - a. feeling of pleasant safe arrival

#### b. a tired and confused feeling

- c. strange and unpleasant feeling
- d. nothing difference in time
- مناطق زمنية :Time zones
- 7. Sometimes we are all thumbs but on other days we have excellent coordination.

#### a. lack coordination

- b. lack of coordination of our hands
- c. have no control over our body
- d. have no control over our eyes
- All thumbs (idiom): having no coordination/you are not active as you should be.
- 8. There are times when we appear to be accident-prone, or when our temper seems to be on a short fuse.
  - a. get sick quickly

#### b. get angry quickly

- c. improves quickly
- d. be on high alert

Page 112:				
B. Circle the right choice to complete the following statements:				
1. Cultural does influence our inborn personal tastes.				
a. background b. tastes c. biases d. bases				
- Nagging: النق				
2. Though we are born with certain likes and dislikes towards certain tastes,				
we are still able to learn new and fondnesses.				
a. tastes b. attitudes c. types of food d. aversions				
- Aversion: hate/dislike				
3. Parents have no effect on their children's tastes.				
a. real b. significant c. little d. much				
4. Cultural background leads us to certain combinations of different				
a. <u>foods and flavors</u> b. new tastes				
c. strange dishes d. boiled and baked fish				
C. Find the words or expressions in the passage that are equivalent to the				
following:				
1. In paragraph 1: large shellfish with eight legs and two claws.				
lobster				
- Shellfish: محار				
- Claws: مخالب				
2. In paragraph 2: strong dislike: aversion				
3. In paragraph 3: wrote an account of what is studied, heard or seen.				
reported hy heating in an even helped				
4. In paragraph 4: cooked by heating in an ovenbaked				
- Oven: فرن - Boiled: المسلاف:				
- Fried: متلين				
- ۱۰ المحبور - Baked				
- Roasted: مبنوع				
5. In paragraph 4 and 5: not cookedraw				
- Raw:				
6. In paragraph 6: the specially prepared eggs of large fish, eaten usually at the				
start of a meal, caviar				
*****				
Thank You				

# LECTURE NO.9 THE LAST LECTURE

23.07.2022

#### **HELLO EVERYONE!**

Page 12:

# PUNCTUATION

The Purpose of Punctuation:

The primary purpose of punctuation is to ensure the clarity and readability of writing. Punctuation clarifies sentence structure, separating some words and grouping others. It adds meaning to written words and guides the understanding of readers as they move through sentences.

- Primary: main (أساسي)
- Purpose: goal (هدف/غرض/غاية)
- Ensure: يضمن / يكفل
- Readability: the process of reading (قابلية القراءة)
- Clarifies: make something clear (بوضح)
- Sentence structure: يَتَاعَ الجملة
- يفصل :Separate
- يجمع :(Group (v
- يقودانو حهايهدي آير شد: Guide

#### "1. The full-stop or period: "."

The full-stop is used to mark the end of straightforward declarative sentences and to mark the end of some abbreviations, as in:

- "There is really no such creature as a single individual." (Lewis Thomas)
- 2:00 A.M.
- واضيح / ضريح: Straightforward
- جمل تقریزیه :Declarative sentences

اختصارات !Abbreviations

أي ليست "سؤال". تستخدم النقطة (.) في نهاية الجمل.

#### 2. The exclamation mark: "!"

It indicates surprise, command (in imperative sentences) and strong emotions, as in:

- What a beautiful lady she was!
- Close the door!
- How incredible!
- Indicate: يشير
- مفاجأة :Surprise

- امر :Command
- جمل إلز امية/تدل على الأمر :Imperative sentences -
- Incredible: لا يصدق

#### 3. The question mark: "?"

It follows an interrogative sentence and it also comes after a declarative sentence which ends in question tag, as in:

- Why did you leave her?
- You are not happy, are you?
- Interrogative sentence: جملة استفهامية
- Question tag: سؤال طرفي

Another example:

- She is a beautiful girl, isn't she?

وافضل ترجمة للـ (question tag) مهما كانت صيغته هي: (اليس كذلك؟).

Don't capitalize the question tag. We said (, are you?) and (, isn't she?).

#### 4. The colon: ":"

The colon appears when introducing a list or when explaining or clarifying what is just said, or when introducing a formal statement, as in:

- I want to buy these items: two shirts, one robe, and two skirts.
- Her husband is a very horrible man: he never stops belittling her even in public.
  - That proverbs says: "No pain, no gain."
  - Appear: يظهر
  - Formal statement: قول/تصریح رسمی
  - Belittle: humiliate (بهين/بندل/بستخف بـ)
  - Proverbs: امثال
  - Pain: الم
  - کسب/ریح :Gain

### 5. The semicolon: ";"

It relates two independent sentences which are not connected by a conjunction but which are closely related together in meaning, making the use of a full-stop inappropriate, as in:

- We usually think of cold weather when the North Pole is mentioned; we fail to see how people can lead a normal life there.

- Independent sentences: جمل مستقلة

- Conjunction: ادوات ربط

وكمثال على أدوات الربط لدينا (.and, or, but, so etc).

- Inappropriate: غير مناسب

- North Pole: القطب الشمالي

When the writer wants to add new information relating to the first sentence, he uses a semicolon between these two sentences.

6. The hyphen: "-"

It indicates that two words or two parts of a word belong together. It joins the parts of a compound, as in:

- He is a well-educated man.
- This is a once-in-a-lifetime opportunity.
- Well-educated: مثقف

#### 7. The dash: "\_"

The main indicates an interruption in the flow of thought, and it introduces explanatory words or summaries, as in:

- The hero of the play the townspeople see him as a hero but in fact he is not - presents himself as an undefeatable man.
  - Interruption: مقاطعة
  - Explanatory: شرحي/إيضاحي
  - Presents himself: يقدّم نفسه
  - Undefeatable: لا يُهِزُم

بمكننا أن نعتبر الجملة التالية جملة اعتر اصية

- the townspeople see him as a hero but in fact he is not

الجملة الأساسية هي:

The hero of the play presents himself as an undefeatable man.

#### 8. The comma: "

It separates words, phrases, and clauses in a series. It also relates two independent sentences connected with a coordinating conjunction (but, and, or ...); and it marks that element in the sentence which is not important to its meaning, as in:

- She loves to attend everything that has to do with art, plays, films, operas, and painting.
  - He loves her so much, but unfortunately he couldn't marry her.
  - What she said, in short, is that he was so lovely.
  - Separate اتفصل
  - Phräses: عبارات
  - Clauses: شفاه جمل
  - Series! Julia
  - ادوات العطف: Coordinating conjunctions

Page 115:

1. It has been said that 'We are what we eat', and from a physiological int of view it is the factorial and the same of the sa point of view it is the food we eat that builds our bodies and influences our general health and disposition.

فيزيولوجي/وظائفي/مرتبط بوظائف الأعضاء الداخلية :Physiological (يوثر) Influence: affect

Reading 1.7+8+9 Last

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  - Undefeatable: لا يُهِزِّم

بمكننا أن نعتبر الجمئة التالية جملة اعتراضية

- the townspeople see him as a hero but in fact he is not -

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  - He loves her so much, but unfortunately he couldn't marry her.
  - What she said, in short, is that he was so lovely.
  - Separate: تنصل
  - Phrases: الله الله
  - Clauses: اغناه جمل
  - Series Like
  - Coordinating conjunctions: ادوات العطف

#### Page 115:

- 1. It has been said that 'We are what we eat', and from a physiological point of view it is the food we eat that builds our bodies and influences our general health and disposition.
  - فيزيولوجي/وظائفي/مرتبط بوظائف الأعضاء الداخلية :Physiological -
- Influence: affect (يؤثر

Disposition: the nature of someone (الطبع)

As you see, the food we eat affects our health and our mood and when I know what kind of food you have, I can told you what kind of people you are.

- 2. One of the saddest features of the modern world is that millions of people round the globe do not have enough to eat and many more do not have the right kinds of food required for good health. We are constantly faced with the stark contrast between nations in the developed countries who have more food than they need, and the millions in many developing countries who are hungry and often starving.
  - Features: ميزات
  - Constantly: continuously, always.
  - Stark: strong, severe or sharp (قاسي)
  - Contrast: difference (تناقض)
  - Stark contrast: تناقض صبارخ
  - Nations: امم
  - Developed countries: دول / بلدان متقدمة
  - Developing countries: چول نامیة
  - Starving: very hungry (يتضور جوعاً)

Here we have a comparison between the developed countries who have more food than they need and the developing countries whose peoples are hungry.

- 3. In order to be healthy, man needs a balanced diet containing protein, fat, carbohydrate, vitamins and minerals. The carbohydrate in bread, rice, potatoes and sugary foods provide energy for the body. Too much carbohydrate, however, results in obesity which can endanger health. The fats and oils in milk, cream, butter, cheese and fat meat provide the body's main stored food and contain twice-as-much energy as carbohydrates. The protein in cheese, eggs, meat, fish and milk promote growth and repair damage to the body's tissues. The body also needs small amounts of vitamins and minerals. Provided a person's diet consists of a variety of foods such as meat, fish, eggs, milk, green vegetables and fruit, the required amounts of vitamins and minerals are taken in.
  - Minerals: معادن
  - Obesity being very fat (البدانة) and (obese) is an adjective (بدين).
  - متوازن :Balanced
  - Carbohydrate: کربو هیدرات
  - Endanger (v): يعرض للخطر
  - Fats: دهون
  - Promote; to advance, to boost, to help (يعزز)
  - Growth: النمو
  - Repair: يصلح
  - Damage: ضرر

Tissues: الألسجة

- Amounts: تايم

Provided: on the condition that, "if", شريطة أن

يتكون من :Consist of

مجموعة متنوعة/تشكيلة/تنوع :Varity

- Required: مطلوب

كميات مطلوبة :Required amounts

Here we talk about the balanced food that we should eat.

- 4. Food is a daily necessity for life, but the way in which it is prepared and served is an integral part of every culture. Compare the way in which meat, fish and vegetables are prepared in Cantonese cooking with the way they are prepared in Indian, French or Spanish cooking and it is immediately apparent how different food preparation is in the various cultures.
  - Necessity (n): ضرورة/حاجة

- Integral: essential/basic

- Cantonese: special kitchens which usually cook food for certain people as public restaurant. They spread in China.

- Apparent: clear.

The writer here talks about the different ways of preparing food. We have the same ingredients, but we cook in different ways and we add different spices.

- 5. Historically, the diets of different societies have been dictated by such factors as climate, soll and the ease or difficulty of transporting foods from one place to another. The simple diet of the Bedouin Arab, and occasional meat and vegetables resulted from an arid environment which only allowed a few foods to be produced. On the other hand, a country such as France, endowed as it is with a good climate and rich soil, has always had an abundance and great variety of foods. Consequently, French cuisine has developed into one of great complexity and variety.
  - Dictate: give orders
  - الملیت/فر صنت :Dictated
  - Have been dictated: imposed (فرضت)
  - Factors: عوامل
  - Climate: امناخ
  - Soil: التربة
  - Ease (n): سهولة
  - Transporting: نقل
  - The Bedouin Arab: العرب البدو
  - Dates: تمر
  - Grain: cereals (حبوب)
  - Occasional: seasonal (موسمي)
  - Occasional vegetables: خضر او ات موسمية

- Arid: dry (حاف/قاحل)

- Arid environment: بيئة جافة/بيئة قاحلة

- من ناحية اخرى/من جهة اخرى : On the other hand
- Endowed: وُ هِبِت/مُنِحت
- ربة غنية :Rich soil
- Abundance: plenty of/large amounts of something (وفرة/كثرة)
- Consequently: بالتالي
- Cuisine: particular style of cooking (مطبخ)
- المُطبخ الفرنسي/فن الطهو الفرنسي: French cuisine
- Complexity (n): تعقيد
- Varity (n): تنوع

Here we talk about the different types of cuisines according to the difference of the climate between the areas and the countries.

- 6. The kinds of foods people become accustomed to in the early formative years become an integral part of their psychological make-up. If they move to another country and culture, they tend to take their eating habits with them and to cling to the style of food to which they are accustomed, if is psychologically reassuring to eat the foods one is used to: the best way to make a foreign visitor feels 'at home' is to offer them the kind of food they would eat in their own country.
  - Accustomed to: used to
  - Formative years
  - Integral part! جزء لا يتجزأ
  - Make-up: structure
  - Psychological make-up: تركيبة نفسية
  - Tend to: يميل إلى
  - Cling to hold tightly (پتشبث برایتمسك بر)
  - Reassuring: comforting (مُطَّمن)
  - مطمئن نفسياً «Psychologically reassuring
- 7. When discussing food and diet, it is always necessary to treat the world's population as two distinct sections: those who have food in relative abundance and those who suffer shortages of even the most basic foods. The inhabitants of developed countries benefit from their wealth and the advances in food technology. Refrigeration, food preservation and rapid transport systems allow people in Britain, for example, to enjoy foods from all parts of the world. Unable to grow sufficient food for their needs, the British import a wide variety of foods, from the humble potato to exotic tropical fruits Food processing has meant that the seasons no longer dictate diet; vegetables such as peas and beans are canned or frozen and are available the whole year round, soft fruits such as strawberry, which are only produced locally for a short season, can be imported from other parts of the world; citrus fruits and

bananas, which do not grow at all in temperate Britain, are brought in from the Mediterranean and the tropics and are continuously available.

- . Dict: سالم اللهام اللهام
- Distinct: different, separate.
- Relative: اسبى
- Shortages: lack of something, and here it is the opposite of "abundance".
- Inhabitants: سکان
- Benefit: make use/take advantage (يستفيد من/ينتفع من)
- سروة :Wealth
- Advances: التقدم
- Refrigeration: نبرید
- Preservation: keeping something unchanged in a good shape (حنظ)
- Rapid: quick (سريع)
- Rapid transport: النقل السريع
- بستورد :Import
- Exotic: غريب
- Tropical fruits: فاكهة استوانية
- Canned: سلحاً
- Cans: تابلعم
- Citrus: الحمضيات
- Humble: modest, simple, (cheap)
- Food processing: food preparation.
- Peas: بازلاء
- فاصولياء :Beans
- Available: can be found
- Year round: على مدار العام
- Strawberry: فراولة/فريز
- Temperate: معتدل/معتدل المتاح
- Mediterranean البحر الأبيض المتوسط
- The tropics: المَذَاطِقُ المدارية
- Continuously: باستمران

Go to the last paragraph:

8. The developed countries do, however, pay a penalty for having such an abundance of food: obesity and the concomitant diseases such as heart disease are more prevalent. It has been said that the French, for example, who consume a particularly rich diet commit suicide with a knife and fork. But even in the rich countries, an economic recession can alter eating habits. Although some developed nations have become slightly poorer, the result has not been damaging and may even prove to be a good thing in that the people in these countries will eat a little less. The effects of economic recession on many developing countries, however, have been disastrous, with famine and death

- Debts: ديون	
- Saddled with huge foreign debts: - الخارجية	ار هق کاها
- Developed countries: دول/بلدان متقدمة	
- From abroad: من الخارج	
- Fortunately: لحسن الحظ	
- Fortunately ≠ Unfortunately	
- Aid: مساعدات	
يمكننا أن نقول (aids).	وكلمة (aid) لا تُجمع أي لا
- Food aid: مساعدات غذانية	
- Embarrassingly: بشکل محرج	
- Surpluses: الفائض	
في غضون :Meanwhile	
- Globe: world	
- Wondering: asking	
****	
Let us answer the questions on p.119	
B. Circle the right choice to complete the following s	tatements
1. Bread, rice, and potatoes contain a high proportio	n of
a. protein	
b. carbohydrate	
c. vitamins	
d. minerals	
- Proportion: حصنة	
- Calories: حريرات/سعرات حرارية	
2. The way food is prepared is an important feature of	of a nation's
a. economy	The fluction 5
b. trade balance	
c. culture	
d. well being	
3. The principal cause of famine in Africa is	
a. drought	
b. disease	
c. bad administration	
d. war	
- Drought: الجفائي	
According the text the right answer is (drought).	
This are	واما برايي فكل ما ذُكِر ص
عنى وسطي. 4. The national diet is dictated by the following factor	
a. climate	
b. soil	(1911년), 1912년 전 12일 - 12일 - 12일 2일 - 12일 - 12일 12일 - 12일 - 12일 - 12일
c. transportation	
d. all of these	
<b>Reading 1.7+8+9 Last</b> 24	AYDI 2022/T1

	orld are wondering	
5. Hungry people of the wo	and are wondering _	
a. what to eat		
b. what to plant		[[기계대] [1] 기계 시간 [12 12 12 12 1
c. how to eat		
d. if they will eat		
Go to p.120:		
c Find the words or expre	essions in the passac	e that are equivalent to the
following:	and the second section is a	e that are equivalent to the
- Equivalent: synonym (-	(مر ادف	
Synonyms (مرادفات) ≠ Aı		
1. In paragraph 1: relating	to the study of -l	
i. in paragraph it relating		ts and animals:
2 In naragraph 2: hoing w	Physiological	
2. In paragraph 3: being vo		
2 In name wash 2. bala st	<u>Obesity</u>	
3. In paragraph 3: help the		
	<u>Promote</u>	
4 In paragraph 4: necessa	420 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
	Integral	
- Integral part: crucial par	🌂 (جزء لايتجزا) rt	
5. In paragraph 5: dry.		
	Arid	
طقة قاحلة/جافة :Arid zone		
<ol><li>In paragraph 5: possess</li></ol>	naturally.	
	Endowed	
7. In paragraph 6: relating	to the mind and its	processes.
	Psychological	
8. In paragraph 7: great, p	elenty.	
	Abundance	
عصول/حائزة/منحة :Bounty	کر م/سخاء/مد	
9. In paragraph 7: unusua	ĺ	
	<u>Exotic (strange)</u>	
<sup>10.</sup> In paragraph 7: free fro	om extremes of heat	on sold
	Tassa and 115	or cold.
11. in paragraph 8: accom	Temperate (Jie	
r agraph of accom		
12. In paragrant, o	(نرم) Concomitant	<u>(4)</u>
12. In paragraph 8: comm	on.	
경식을 되었다면 하면서 그 개류가 그렇게 가는 말하는 것이다. 모모나	Provalout ( tilu/ Vil	
Prevalent: widely sprea	ıd.	
13. In paragraph 8: burde	ned with.	
V. (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Saddled with	
	*******	
Reading 1.7+8+9 Last	<b>7</b> E	AYDI 2022/T1
VI / Last	25	

Let us move to Section 5. The first text is entitled Contemporary American Society.

Let us read the text on page 126:

#### CONTEMPORARY AMERICAN SOCIETY

#### A Magazine Article

- 1. Since the 1960's, both the number of single-parent families and the number of mothers who work outside the home have doubled. Obviously, children have greater responsibilities in these nontraditional families. However, bringing up children to be independent has always been a part of the American culture. At an early age American children learn to do things on their own. They learn to take care of themselves by cleaning their rooms; helping with the dishes and the laundry, and spending time away from their parents, either in daycare, with a babysitter, or alone. Older children often do work for other people such as babysitting or cutting the grass. Most teenagers try to find summer or after-school jobs so that they can have their own spending money. While in college young people usually work part time and during summer vacations in a variety of jobs ranging from construction work to waiting on tables in restaurants.
  - The 1960's: الستينيات
  - Single-parent families: الْعَالَلاتَ اللَّتِي تَحْتُوي فقط على أن أو أم
  - Doubled: يتضياعفت
  - Obviously: clearly
  - Responsibilities: مسووليات
  - Nontraditional: عثير تقليدي
  - Independent: مستقل
  - Laundry: washing the clothes (غسيل النادبس)
  - Babysitter: جايسة اطفال/مربية اطقال
  - Cutting the grass: تقطيع العشب
  - Teenagers: مراهتين
  - Vacations: عطلات
  - Variety: تَنوغ/تَسْكُولَةُ
  - Ranging: تشراوح
  - Construction work: اعمال البناء
  - Waiting on tables in restaurants: working as waiters in a restaurant
  - Waiter: نادل
  - Waitress: نادلة

As you see, bringing up children to be independent is a part of the American culture, for example, parents ask their children to tidy their rooms, wash the dishes etc.

2. In the past, most young people moved away from home when they

finished high school, either to go to college or to get a job and live with friends. Now, however, the cost of living is so high that many people under 25 are moving back in with their parents. Young people are getting married later now than they used to: the average age for a woman to get married is now about 24 and for, a man, 26. Nowadays, newly married couples often postpone having children while they are establishing careers. Once they have children, they face difficult decisions about whether the mother should continue working and, if so, who should care for the children.

Postpone: put off (اور جال)

. Establish: found (يوسى)

. Career: job

. Decisions: قرارات

Now, let's do the exercise on p.128:

A. Circle the <u>WORONG</u> choice which does NOT complete the fallowing statements correctly:

رحى الانشاء إلى أنه قبل (wrong choice) واليس (rights choice).

- 1. ...... children to take care of themselves has always been part of the American culture.
  - a. Helping

b. Bringing up

c. Making

d. Teaching

The WRONG answer is (bringing up). The CORRECT answer is (teaching).

- 2. Most ..... try to find summer or after school jobs so that they can have their own pocket money.
  - a. adults

b. children

c. teenagers

d. older children

The WRONG answer is (children). The CORRECT answer is (teenagers).

- 3. Newly married couples ...... having children until they establish their career.
  - a. put off

b. postpone

c. defer

d. refuse

The WRONG answer is (defer). The CORRECT answers are (put off) and (postpone).

- Postpone = put off: يرجَل

Let us move to the last text which is entitled Lies, Lies, and here are the Statistics

- Lies: اكانيب

Lie (verb + noun): بكذب/كذبة

- Lie (v1)  $\rightarrow$  Lied (v2)  $\rightarrow$  Lied (v3)
- Tell a lie: يكنب

النون الفعل (lie) يأتي معه حرف الجر (to) ونقول بالعربي (يكذب على).

There is an old proverb in Arabic not in English says: If you are not going to be strong, try to make a lie.

Let us read the text on page 136:

# LIES, LIES, AND HERE ARE THE STATISTICS

(Vincent Klernan, Washington)

- 1. A study designed to reveal the truth about lying shows that undergraduates lie to their mothers in 46 per cent of their conversations. Still, mums fare better than total strangers, who are told lies an astonishing 77 per cent of the time.
  - Statistics: احصانیات
  - Designed: specified (منصصة
- To reveal: to show (يُظهر)
  - Undergraduates: students (طلایت جامعیین)
  - Lie to: یکذب علی
  - Conversations: احادیث
  - Strangers: foreigners (غرباء)
  - Astonishing: surprising
- 2. Bella DePaulo and a team of psychologists from the University of Virginia, Charlottesville, asked 77 undergraduates and 70 local townspeople to keep a record of all their conversations for a week, and jot down whether they lied at any time. DePaulo defined lying as 'when you intentionally try to mislead someone', so she would catch the smallest of lies.
  - Townspeople: people from the town
  - Jot down: write down
  - Defined: عزف
  - Laying (noun): الكنب
  - Intentionally; on purpose (عن قصد)
- Mislead: to give false information, to tell something that is not correct (يضلل)

When you intentionally try to mislead someone, it means you tell lies. Sometimes, the others would discover that you are telling not the truth, but they would accept this as a kind of respect.

عندما تحاول تضليل شخص ما عن قصد فهذا يعني أنك تكذب. في بعض الأحيان قد يكتشف الأخرون أنك لا تقول الحقيقة لكنهم سيتقبلون ما قلته كنوع من الاحترام لك.

3. The students told an average of two lies a day, while the others lied once a day. They said they had been studying when they had been out with friends. One told his parents that a textbook cost \$50 rather than \$20 - so that they

would send him extra money. Female students constantly told their plainlooking room-mates that they were pretty. "They're everyday lies," says pepaulo.

- Average: معدل

كتاب مقرر :Textbook

- Constantly: continuously/always/all the time (باستمرار)

- Room-mates: friends in the room; the people you are living with.

- Plain-looking: not very beautiful and not bad (عادي المظهر)

- Pretty: beautiful.

4. DePaulo and her colleagues conclude that people tend to tell fewer lies to those they feel closest to. College students lied to their best friends 28 per cent of the time but lied to acquaintances 48 per cent of the time. In close relationships, people were more likely to tell kindhearted lies, designed to protect feelings, rather than self-serving lies. In short, don't expect even your closest friend to tell you about your hideous taste in sweaters, says DePaulo.

- Colleagues: classmates (زملاء الدراسة)

- Conclude: يستنتج/يخُلص إلى

- Tend to: بمبل إلى

- Acquaintances: people you know but they are not very close people (معارف)

- Close relationships: علاقات مميعة/مقربة

- Kindhearted: simple lies (as if you are joking with them)

- Designed: مصممة

- Protect feelings: حماية المشاعر

- Rather than: بدلا من

Self-serving lies: lacking consideration for others, serving self-interest (عدم مراعاة الآخرين وحدمة المصلحة الذاتية)

(بغیض/مکروه/غیر مقبول) Hideous: hateful/shocking/not accepted

- Taste: ذوق

- Sweater: سيرة

5. Romantic partners fall somewhere between close friends and acquaintances on the dishonesty spectrum. Both students and people outside university lied to romantic partners about a third of the time. DePaulo thinks that unmarried lovers can expect less honesty than best friends because of the insecurity that comes with romance.

- Partners: شركاء

- Romantic partners: people in love

- Dishonesty: كذب/عدم الصدق

Spectrum: range of color or light (طلبف)

- Expect: يتوقع - Honesty: صدق - Insecurity: lack of security (انعدام الأمان)

Go to the last paragraph:

6. DePaulo thinks the results are representative of society as a whole because the two groups had such similar patterns of lying behaviour. She also believes those taking part were telling the truth about lying. The researchers grilled them vigorously to check whether they had written misleading reports.

- Results: نتائج

- Representative: typical/characteristic of (تمثيلي/نمونجي)

- Patterns: أنماط/نماذج

- Researchers: باحثين

- Grill: interrogate/to question (پستجوب)

- Vigorously: strongly/harshly/not in a soft way/sharply/seriously

- Misleading reports: تقارير مضللة

As you see, lying exists all over the world and in all societies.

كما ترون الكنب موجود في جميع أنحاء العالم وفي جميع المجتمعات.

Let us do the exercise on p.138:

B. B. Try to guess the meaning of the underlined words. For each sentence, circle the word which has the most similar meaning to the underlined word.

1. College students lied to their best friends 28 per cent of the time but lied to acquaintances 48 per cent of the time.

a. relatives اقارب

#### b. people you know

- c. lovers
- d. close friends
- Acquaintances: معارف
- 2. Romantic partners fall somewhere between close friends and acquaintances on the dishonesty spectrum.

a. measure

b. balance

c. level

d. range

- 3. ...unmarried lovers can expect less honesty than best friends because of the insecurity that comes with romance.
  - a. feeling unsafe
  - b. feeling dangerous
  - c. feeling horror
- 4. The researchers grilled them vigorously to check whether they had written misleading reports.
  - a. examined
  - b. tasted
- c. put them under fire
  - d. questioned them severely

Vigorously: strongly

5. Bella DePaulo and a team of psychologists ... asked 77 undergraduates and 70 local townspeople to keep a record of all their conversations for a week, and jot down whether they lied at any time.

a. write

The Table

b. notice

c. tell

d. keep in mind

ماتحدث قلدلًا عن أسيلة الامتحان: دانمًا ما يأتي في الإمتكان نصين، السؤال الأول يكون عادة:

# 1. Read the following text and answer the questions below:

All the answers related to the text (كُلُّ الإجابات تتعلق بالنص). Sometimes you may have 5 choices and sometimes you may have 4 choices. You have to be very reasonable to find the most suitable appropriate closest meaning of the word.

# 2. Choose the nearest suitable meaning of the underlined words:

Here you have sentences like our exercises and there are underlined expressions and sometimes words/vocabs. It doesn't mean that only the ones that we had in our class; you have sometimes extra ones but from the text itself. You may have 5 or 6 sentences.

احيانًا يكون لديكم تعابير وأحيانًا كلمات أو مفرداتًا، هذا لا يعني انكم ستجدون المفردات أو التعابير الموجودة في أسنلة النص في الكتاب فقط، بل قد تجدون الحيانًا كُلَمَات إضافية لكنها جميعها من النص

# 3. Choose the missing punctuation according to ...

You are given certain sentences and you are given 4 or 5 choices and you have to tell which one suits.

قوموا بتذكيري في المحاضرة القادمة أن أشرح لكم الـ (punctuation) وطريقة استخدامها.

# 4. Fill in the gaps with the correct words:

أنا لا أحب هذا السؤال ولكن أحيانًا أجبر عليه، وهذا السؤال يتعلق بالـ (comprehension)، وقلنا سابقًا إن الـ (comprehension) تتعلق بعدة مهارات ومنها مهارة (filling in gaps). وفي الحقيقة هذا السؤال عبارة عن (helping question).

It is a helping question but you may have 6 words within the list for 5 spaces/gaps.

ماذا عن السوال الخامس؟

هذا سيكون لديكم نص آخر من الكتاب وساطرح عليكم بعض الأسنلة المتعلقة بهذا النص.

ربما أسالكم عن الـ (meaning) أو (what type of sentence is this?) أنا أقصد

(is it a verb? Is it an adverb? Is it an abbreviation? etc.) (grammatically)

The last question is:

# 6. Match each term with its definition:

I will give you 5 or 6 words within a list and I will give you down the meaning and you have to choose the correct meaning.

Try to read between the lines and try to be very conscious because I'm not going to choose easy going words; I'm going to go in details deeply.

My questions are dealing with varieties and they are really really chosen right well to evaluate your ability of comprehension.

فالغاية دانمًا هي الـ (evaluation) أي (التقييم)، وطبعًا كلُّ الأسنلة مؤتَّمتة.

# Thank You

# Wish you all the best

احذر المحاضرات المسروقةا

إمكتبة العائدي للا تنشر محاضراتها على البنترنت ونحن للانتحمل مسؤولية أي نقص أو تشويه أو تزوير تجده في تلك المحاضرات. فالمرجع الرئيسي للمحاضرات هو المحاضرات الورقية فقط والتي يمكنك الحصول عليها من مقر مكتبة العائدي في المرة – نفق الآداب]





