



مجاز است.

استفاده از:

DIRECTIONS: READ THE FOLLOWING SENTENCES, AND CHOOSE THE CORRECT ANSWER EITHER TO FILL IN THE BLANK OR FOR THE MEANING OF THE UNDERLINED WORD.

1. She begged me to change my mind, but I remained
a. remnant b. impact c. incinerate d. adamant
2. Jillhim in the ribs.
a. pulled b. nudged c. tucked d. slumped
3. He lay in pain.
a. slipping b. writhing c. shrinking d. limping
4. His face was as two orderlies moved him into the emergency room.
a. ashen b. crept up c. gritted d. grinned
5. Bill up the steps.
a. fluttered b. skidded c. sprinted d. ducked
6. It really him to see Anita doing so well now.
a. diminished b. dropped c. hit d. galled
7. You did that on purpose, you little devil!
a. brave b. cheeky c. courageous d. sleepy
8. Nursing is still one of the most careers.
a. fulfilling b. cultivating c. exploring d. embracing
9. Beth's quiet voice helped to the situation.
a. extrovert b. rub off c. defuse d. appeal
10. I'm not going to an invitation to go to New York!
a. turn in b. turn down c. turn out d. turn on
11. Treatment is to the needs of each patient.
a. secured b. interested c. tailored d. dealt



پیام نور -

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نام درس: خواندن و درک مفاهیم (۳)

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12. They want to their own import- export business.

- a. set off b. set up c. set forth d. set out

13. He made, budget space movies.

- a. low-tech b. sort of c. slow down d. inescapable

14. 'But what shall I do?' Bernard

- a. terrified b. healed c. soothed d. wailed

15. He kept the dog with a stick.

- a. changing b. whacking c. shrieking d. blubbering

16. The new resort area has tourism.

- a. reduced b. boosted c. haunted d. inflicted

17. With electric cars there is a big environmental

- a. disorder b. chronic c. serving d. pay off

18. Goods are normally within 24 hours.

- a. dispatched b. warded c. declined d. cried

19. He stared at the burnt- out car in disbelief.

- a. dumb b. foolish c. coaxing d. joyful

20. She's just for a few minutes.

- a. misfired b. tumbled out c. stepped out d. filled out

21. Many forms of cancer can be cured if early.

- a. retraced b. recalled c. detected d. adapted

22. He was asked to proposals for reforming the law.

- a. pull off b. draw up c. put on d. draw out

23. People were around in the mud.

- a. panting b. sneaking c. sloshing d. resolving

24. He to his feet as we came in.

- a. scrambled b. pulled himself c. reached d. clanged



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25. 'What you got there?' he asked in a slow southern
- a. squeeze b. jolt c. glint d. drawl
26. The goats at each other with their horns.
- a. lunged b. passed on c. stayed up d. looked for
27. She has refused to the possibility of singing again.
- a. doze off b. buzz with c. ruled out d. stag up
28. She seemed kind of tired, but she when Helen came over.
- a. mustered b. curled up c. perked up d. slouched
29. I wondered where the pictures would..... after the auction.
- a. catch up b. end up c. care for d. cut off
30. We want to the myth that you cannot eat well in Britain.
- a. compel b. dispel c. ail d. bulge
31. Bill Jammed the brake all the way down.
- a. hold b. touch c. find d. press
32. Hoisting his left leg up and into the well where the pedals were he kicked the driver's out of the way.
- a. push b. lift c. drop d. touch
33. I saw a big piece of metal whizzing through the air.
- a. shining b. changing colors
c. moving very quickly d. turning around
34. I was not too alarmed, but was completely doubled up with stomach cramps.
- a. hunger b. trouble c. pain d. emptiness
35. 'Go on' he whispered, giving me a in the back.
- a. trance b. hook c. point d. prod
36. He let up on the brake.
- a. put less pressure b. hold it firmly
c. left a place d. pressed firmly



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- 37 He began dragging himself along the fence, resolved that he would walk.
a. surprised b. expected c. disappointed d. determined
38. For the remainder of his days he ate every meal with the family.
a. best b. rest c. most d. few
39. At least she had the gumption to phone me.
a. power b. support c. feeling d. courage
40. Linda's enthusiasm began to ebb away.
a. decrease b. increase c. rise d. flow

PART TWO: READ THE FOLLOWING PASSAGES AND ANSWER THE QUESTIONS BY CHOOSING THE BEST CHOICE.

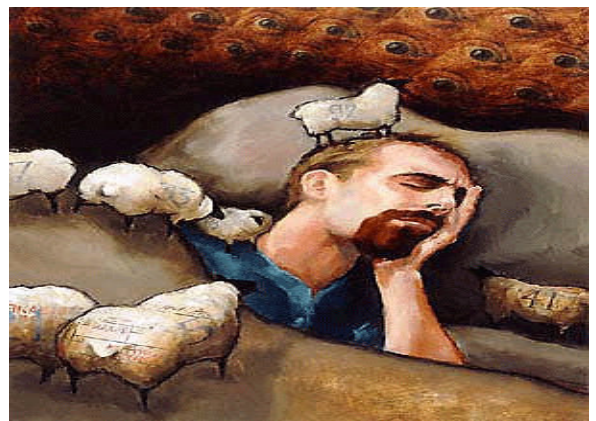
As anyone who has suffered through a few sleepless nights might know, losing sleep can slow reflexes and fog the mind. Study volunteers deprived of just a couple of hours for a few nights in a row experienced slowed reaction times and poor concentration. The consequences can be deadly. Experts warn that lack of sleep causes hundreds of thousands of road accidents all over the world each year.

New findings have found some other good reasons to get plenty of shuteye. For instance, a sound sleep seems to be key to a healthy heart. As soon as people drift off, levels of hormones that stimulate the nervous system during the waking hours, called catecholamines, begin to ebb. The result: Blood pressure falls. Heart rate slows. Blood vessels relax, making it easier for blood to flow. Our hearts, in other words, get a much deserved rest.

Not so when study subjects are deprived of sleep. Catecholamine levels can actually climb, raising blood pressure and making the heart work harder than normal. That added burden, over time, could spell trouble.

Sleeplessness can knock the stuffing out of the body's immune system as well. Immune cells may be responsible for commanding sleep, in fact. And when we don't obey their orders, germ-fighting cells called natural killers begin to weaken.

One or two nights of bad sleep probably don't pose much danger. "However, chronic sleep deprivation might," says a neuroscientist named Carol Everson. In a recent study, she found that when rats are sleep-deprived over a three-week period, bacteria that normally reside in the gut





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begin to spread to organs and the bloodstream, making the animals ill, and in some cases, death can result. "That's worrying because their basic biological needs are a lot like ours," says Everson.

How much shuteye do you need to steer clear of trouble? The experts' advice is to aim for seven to nine hours a night. If you find yourself tossing and turning, ease off the coffee, tea or cola. Back off on stressful thoughts too – another sleep thief. If you still have trouble sleeping, talk to your doctor.

41. What does 'knock the stuffing out' mean?

- a. reduce the amount of
b. Clear something
c. start to sleep
d. make something weaker

42. According to the passage, which of the following ideas is **FALSE**?

- a. lack of sleep makes people confused and slower in reactions.
b. when we sleep, our heart gets the rest that it needs.
c. If you can't sleep at night, don't ease off the coffee.
d. when we sleep, levels of hormones called catecholamine decrease.

43. Which of the following ideas is stated explicitly in the passage?

- a. drivers who have had sleep deprivation may not react quickly to avoid dangers on the roads.
b. people may lose their lives if they do not get enough sleep.
c. we have lower levels of stimulating hormones in our blood while we are sleeping.
d. our hearts rest by having a lower rate.

44. What happened to the rats that were deprived of sleeping for three weeks?

- a. they all died
b. they became ill
c. they had bacteria
d. they had gut problems

45. Which of the following is not mentioned as a technique to sleep better?

- a. Drinking less coffee
b. Avoiding stressful thoughts
c. Not drinking much tea or cola
d. Tossing and turning in your bed

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house-building business to live a more leisurely life with his wife and enjoy his extended family. He would miss the paycheck each week, but he wanted to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but over time it was easy to see that his heart was not in his work. He **resorted** to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.



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When the carpenter finished his work, his employer came to inspect the house. Then he handed the front-door key to the carpenter and said, "This is your house... my gift to you."

The carpenter was shocked!

What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then, with a shock, we realize we have to live in the house we have built. If we could do it over, we would do it much differently.

But, you cannot go back. You are the carpenter, and every day you hammer a nail, place a board, or erect a wall. Someone once said, "Life is a do-it-yourself project." Your attitude, and the choices you make today, help build the "house" you will live in tomorrow. Therefore, *build* wisely!

46. In line 3, the writer says "they could get by". What does it mean?

- a. they had a lot of money
- b. they had just enough money
- c. they did not need any money
- d. they had no money

47. In line 17, we read, "life is a do-it-yourself project." What does it mean?

- a. we can use others ideas in building our lives.
- b. we must build our lives very carefully and wisely.
- c. our future life is the result of our own decisions today.
- d. we should think carefully before deciding about our own lives.

48. Which of the following ideas is stated implicitly in the passage?

- a. The employer had planned to surprise the carpenter.
- b. The carpenter did not build the house as skillfully as he could.
- c. The carpenter used materials that were not very good.
- d. The carpenter was shocked when the employer gave him the key.

49. According to the passage, which of the following sentences is false?

- a. the house was his retirement gift.
- b. The carpenter agreed to build another house before retiring.
- c. The last house he built was a very good one.
- d. Our future life is the result of what we do today.

50. In line 6, "resort" means

- a. do something unpleasant
- b. worded skillfully
- c. was active
- d. did something again