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| مقطع تحصیلی:کاردانی■کارشناسی🞎 رشته: مترجمی آثار مکتوب و متون رسمی ترم: دوم سال تحصیلی: 1398- 1399  نام درس:.آزمایشگاه مقدماتی نام ونام خانوادگی مدرس: عارفه امینی فسخودی  آدرس email مدرس: Arefe.amini@gmail.com تلفن همراه مدرس:09126366912 |
| جزوه درس: آزمایشگاه مقدماتی درس 10 . مربوط به هفته : اول🞎 دوم 🞎سوم🞎 چهارم ■ پنجم 🞎  text: دارد ■ندارد🞎 voice:دارد■ ندارد 🞎 (داخل گروه) power point:دارد🞎 ندارد■  تلفن همراه مدیر گروه : ............................................ |
| **Fit /fɪt/:** healthy and strong, especially because you do regular physical exercise   * She tries to **keep fit** by jogging every day. * He is back in training after his back injury but is not yet considered **match fit** (= fit enough to play in a match). * Hiking helps keep him **physically fit.** * **fit to do something**: He won't be fit to play in the match on Saturday. * **fit for something (British English):** He's had a bad cold and isn't fit enough for work yet.   **Look at the following words which you will be faced with during the unit.**   |  |  |  | | --- | --- | --- | | **item** | **pronunciation** | **definition** | | diet (n) | /ˈdaɪət/ | the food and drink that you eat and drink regularly | | tighten (v) | /ˈtaɪtn/ | to hold or fix something more securely in position; to make something or become more difficult to move, open or separate | | sit-up (n) | /ˈsɪt ʌp/ | an exercise for making your stomach muscles strong, in which you lie on your back on the floor and raise the top part of your body to a sitting position | | jogging (n) | /ˈdʒɑːɡɪŋ/ | ​the activity of running slowly and steadily as a form of exercise to go jogging | | put on phrasal verb |  | ​to become heavier, especially by the amount mentioned SYNONYM gain | | join (something) (v) | /dʒɔɪn/ | to become a member of an organization, a company, a club, etc. |     **For more information, you can follow the link** [**https://www.oxfordlearnersdictionaries.com/**](https://www.oxfordlearnersdictionaries.com/).  **Now, please listen to the tracks and do the exercises. The answers will be checked on WhatsApp.**  **Please do not hesitate to contact me directly on WhatsApp should you have any problems.**  **Wish you all health, happiness, and prosperity. ☺** |