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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 فسخودیآدرس 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.**

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| **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. ☺** |