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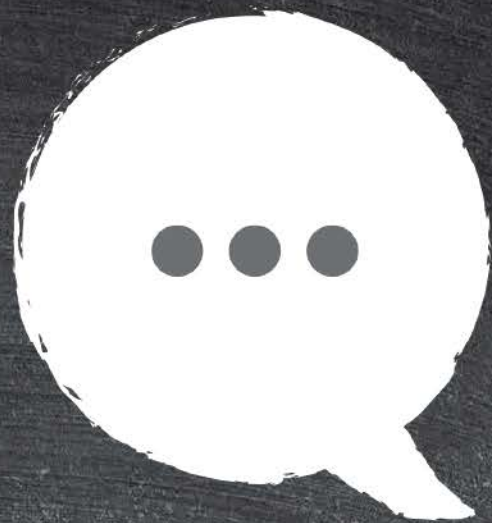
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LESSON NOTES

Culture Class: Essential Persian Vocabulary #1 National Holidays

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

1

PERSIAN

What are the five most important public holidays in Iran? .1

1.2 .1. عید نوروز

2.3 .2. روز طبیعت (سیزده به در)

3.4 .3. مبعث حضرت رسول اکرم

4.5 .4. سالگرد پیروزی انقلاب

5.6 .5. تولد حضرت مهدی

ENGLISH

1. What are the five most important public holidays in Iran?

2. 1. Iranian New Year

3. 2. Nature day

4. 3. Muhammad's first revelation

5. 4. Iranian Revolution Anniversary

6. 5. Birth of Imam Mahdi

ROMANIZATION

1. What are the five most important public holidays in Iran?

CONT'D OVER

2. 1. Eid-e Nowrooz
3. 2. rooz-e tabiaat (sizdah bedar)
4. 3. mabaas-e hazrat-e rasool-e akram
5. 4. saalgard-e piroozi-e enqelaab
6. 5. tavallo-d-e hazrat-e mahdi

VOCABULARY

Persian	Romanization	English	Class
عید نوروز	Eid-e Nowrooz	Iranian New Year	phrase
روز طبیعت (سیزده به در)	rooz-e tabiaat (sizdah bedar)	Nature Day	phrase
مبعث حضرت رسول اکرم	mabaas-e hazrat-e rasool-e akram	Muhammad's first revelation	phrase
سالگرد پیروزی انقلاب	saalgard-e piroozi-e enqelaab	Iranian Revolution Anniversary	phrase
تولد حضرت مهدی	tavallo-d-e hazrat-e mahdi	Birth of Imam Mahdi	phrase

SAMPLE SENTENCES

<p>نوروز جشن آغاز سال و یکی از قدیمی ترین جشن‌های به جا مانده از ایران باستان است.</p> <p>norooz jashn-e aaqaaz-e saal va yeki az qadimitarin jashnhaaye be jaa maande az iraan-e baastan ast.</p> <p>Nowruz is the beginning of the year ceremony and one of the most ancient ceremonies of Old Persia.</p>	<p>روز طبیعت یا سیزده‌به‌در سیزدهمین روز از ماه فروردین است.</p> <p>rooz-e tabi'at yaa sizdah be dar sizdahomin rooz az maah-e farvardin ast.</p> <p>Nature Day is the 13th day of Farvardin.</p>
<p>حضرت محمد در روز مبعث جبرئیل را ملاقات کرد.</p> <p>hazrat-e mohammad dar rooz-e mab'as jabra'il raa molaqaat kard.</p> <p>Prophet Muhammad met the angel Gabriel on "Mab'as" day.</p>	<p>سالگرد پیروزی انقلاب روز ۲۲ بهمن است.</p> <p>saalgard-e piroozi-e enqelaab rooz-e 22 bahman ast.</p> <p>The anniversary of the Islamic Revolution is on the 22nd of Bahman.</p>

نیمه شعبان روز تولد امام مهدی است.

nime sha'baan rooz-e tavallod-e emaam mahdi ast.

Nime Sha'baan is Imam Mahdi's birthday.

CULTURAL INSIGHT

1. Iranian New Year

Iranian New Year marks the first day of spring and the beginning of the year in the Iranian calendar. It's celebrated and observed principally in Iran, but has also spread to many other parts of the world. In Iran, this official holiday lasts for 13 days.

2. Nature day

This is a traditional Persian ceremony that takes place on the thirteenth day of the first month of the Iranian calendar, when people spend the day outdoors. It may have started because some people believe thirteen is an unlucky number, so everybody should stay outside on that day.

3. Muhammad's first

revelation

Muhammad's first revelation celebrates when the angel Gabriel revealed to him a verse from the Quran. It's a big ceremony in Iran, where they decorate the streets with illumination and hand out sweets, making it a traditional wedding day as well.

4. Iranian Revolution Anniversary

The Anniversary of the Iranian Revolution celebrates the overthrow of the empire and replacement with an Islamic republic. During this ten-day festivity, there are many events and activities to mark the victory of the Islamic Revolution.

5. Birth of Imam Mahdi

The birthday of Imam Mahdi, the 12th imam of Shia Muslims, is marked as the Day of the Deprived, to show people who are less fortunate that there's no need to despair.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #2 Foods

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- 2 Persian
- 2 English
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- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

2

PERSIAN

What are the five most popular foods in Iran? .1

1. خورش کرفس .2

2. کوفته تبریزی .3

3. آش رشته .4

4. قورمه سبزی .5

5. کله پاچه .6

ENGLISH

1. What are the five most popular foods in Iran?
2. 1. celery stew
3. 2. Tabrizi meatball
4. 3. Ash Reshteh
5. 4. Persian green herb stew
6. 5. sheep head and feet soup

ROMANIZATION

1. What are the five most popular foods in Iran?

CONT'D OVER

2. 1. khoresht-e karafs
3. 2. koofte tabrizi
4. 3. aash-e reshte
5. 4. qorme sabzi
6. 5. kalle paache

VOCABULARY

Persian	Romanization	English	Class
خورشت کرفس	khoresht-e karafs	celery stew	phrase
کوفته تبریزی	koofte tabrizi	Tabrizi meatball	phrase
آش رشته	aash-e reshte	Ash Reshteh	phrase
قورمه سبزی	qorme sabzi	Persian green herb stew	phrase
کله پاچه	kalle paache	sheep head and feet soup	phrase

SAMPLE SENTENCES

<p>خورشت کرفس یکی از خورش‌های اصیل ایرانی است .</p> <p>khoresht-e karafs yeki az khoreshhaaye asil-e iraani ast.</p> <p>Celery stew is one of the original Iranian stews.</p>	<p>کوفته تبریزی یکی از غذاهای معروف تبریز است .</p> <p>koofte tabrizi yeki az qazaahaaye maroof-e tabriz ast.</p> <p>Tabrizi meatball is one of the famous foods from Tabriz.</p>
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آش رشته یکی از معروفترین و
متداولترین آش‌های بومی ایران است.

aash-e reshte yeki az marooftarin va
motadaaveltarin aashhaaye boomi-e iraan ast.

Ash Reshteh is one of the most popular
and common Iranian stews.

قرمه سبزی یک خورشید ایرانی درست
شده از سبزیجات است.

qorme sabzi yek khoreshht-e iraani dorost shode
az sabzijaat ast.

Persian green herb stew is a Persian stew
that's made from vegetables.

مردم معمولاً کله پاچه را صبح زود می‌خورند.

mardom mamoolan kalle paache raa sobh-e zood mikhorand.

People usually eat Kale Pache early in the morning.

CULTURAL INSIGHT

1. Celery stew

This is an Iranian stew that's served with rice. It's made of onion, celery, mint, parsley, salt, pepper and beef or lamb.

2. Tabrizi meatball

This dish consists of balls of minced or ground beef or lamb, mixed with spices and onions, peas, rice, and egg. In Iran, they also have barberries, dried plum, and walnut inside the meatball.

3. Ash Reshteh

Ash Reshteh is a type of stew commonly made in Iran. The ingredients used are thin noodles, a dairy product called kashk, chickpeas, black eye beans, lentils, spinach, onions, and herbs such as parsley and dill.

4. Persian green herb stew

The main ingredients in Persian green herb stew are a mixture of sauteed herbs—consisting mainly of parsley, leeks or green onions, coriander, and spinach. It's seasoned with the key spice of *shambalileh*, or dried fenugreek leaves.

5. Sheep head and feet soup

This is a traditional dish in Iran. It's made with lamb's head—including the brain, eyes, and tongue—as well as its hooves, seasoned with lemon and cinnamon.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #3 Beverages

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- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

3

PERSIAN

What are the five most popular beverages in Iran? .1

1. آب پرتقال .2

2. دوغ .3

3. آب انار .4

4. چایی دارچینی .5

5. آب هویج .6

ENGLISH

1. What are the five most popular beverages in Iran?
2. 1. Orange juice
3. 2. Doogh
4. 3. Pomegranate juice
5. 4. Cinnamon tea
6. 5. Carrot juice

ROMANIZATION

1. What are the five most popular beverages in Iran?

CONT'D OVER

2. 1. aab porteqaal
3. 2. dooq-e
4. 3. aab-e anaar
5. 4. chaee daarchini
6. 5. aab havij

VOCABULARY

Persian	Romanization	English	Class
آب پرتقال	aab porteqaal	orange juice	phrase
دوغ	dooq-e	doogh	noun
آب انار	aab-e anaar	pomegranate juice	phrase
چایی دارچینی	chaee daarchini	cinamon tea	phrase
آب هویج	aab havij	carrot juice	phrase

SAMPLE SENTENCES

<p>آب پرتقال یک نوشیدنی بسیار خوشمزه همراه با صبحانه است.</p> <p>aab porteqaal yek nooshidani-e besyaar khoshmazze hamraah baa sobhaane ast.</p> <p>Orange juice is a very delicious drink at breakfast.</p>	<p>دوغ یک نوشیدنی بسیار متداول همراه با کباب می باشد.</p> <p>dooq-e aabali yek nooshidani-e besyaar motadaavel hamraah ba kabaab mibaashad.</p> <p>Doogh is very popular drink with Kebab.</p>
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از آب انار جهت درست کردن رب انار استفاده می شود که ماده اصلی خورشفت فسنجان می باشد.

az aab-e anaar jahat-e dorost kardan-e rob-e anaar estefaade mishavad ke maade asli khoreshht-e fesenjan mibaashad.

Pomegranate juice is used for making "rob-e anar," which is a main ingredient of "Fesenjan" stew.

چای دارچینی یک نوشیدنی گرم است که برای روزهای سرد مناسب است.

chaay daarchini yek nooshidani-e garm ast ke baraaye roozhaaye sard monaaseb ast.

Cinnamon tea is a hot drink suitable for drinking on cold days.

آب هویج به همراه بستنی وانیلی یک دسر خوشمزه و معروف در ایران است.

aab havij be hamraah-e bastani vanili yek deser-e khoshmazze va maroof dar iraan ast.

Carrot juice with vanilla ice cream is a delicious and famous desert in Iran.

CULTURAL INSIGHT

1. Orange juice

Orange juice is one of the most popular juices in Iran. Iranians think it's the best medicine for the flu because of its high concentration of vitamin C.

2. Doogh

The traditional drink accompanying Iranian dishes is doogh, a combination of yogurt, still or carbonated water, salt, and dried mint. It's an excellent source of calcium, protein, and potassium.

3. Pomegranate juice

The pomegranate is widely considered to have originated in Iran and has been cultivated since ancient times. Pomegranate was a symbol of fertility in ancient Persian culture. Pomegranate juice and paste can be found in some Iranian chicken dishes, ghormas, and refreshment bars.

4. Cinnamon tea

Tea is the hot beverage of choice in Iran, where it's served for breakfast, lunch, dinner, and in

between. Cinnamon tea is one of the most famous teas in Iran, and it is made from cinnamon sticks and black tea.

5. Carrot juice

Carrot juice is often consumed as a health drink. Iranians also use carrots to make many other delicious and healthy foods like carrot stew, carrot halva, carrot juice with ice cream, carrot jam, and pickled carrot.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #4 Popular homecooked meals

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- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

4

PERSIAN

What are the five most popular home cooked meals in Iran? .1

1.2 .1 کوکو سبزی

2.3 .2 آبگوشت

3.4 .3 لوبیا پلو

4.5 .4 قیمه پلو

5.6 .5 کوکو سیب زمینی

ENGLISH

1. What are the five most popular home cooked meals in Iran?

2. 1. Persian herb quiche

3. 2. Persian lamb shank soup

4. 3. Green bean rice

5. 4. Split yellow pea stew

6. 5. Persian potato quiche

ROMANIZATION

1. What are the five most popular home cooked meals in Iran?

CONT'D OVER

2. 1. kookoo sabzi
3. 2. aabgoosht
4. 3. loobiaa polo
5. 4. qeime polo
6. 5. kookoo sibzamini

VOCABULARY

Persian	Romanization	English	Class
کوکو سبزی	kookoo sabzi	Persian herb quiche	phrase
آبگوشت	aabgoosht	Persian lamb shank soup	phrase
لوبیا پلو	loobiaa polo	green bean rice	phrase
قیمه پلو	qeime polo	split yellow pea stew	phrase
کوکو سیبزمینی	kookoo sibzamini	Persian potato quiche	phrase

SAMPLE SENTENCES

<p>کوکو سبزی سرشار از ویتامین بوده و به دلیل سریع آماده شدن بسیار محبوب می باشد.</p> <p>kookoo sabzi sarshaar az vitaamin boode va be dalil-e sari aamaade shodan besyaar mahboob mibaashad.</p> <p>Persian herb quiche includes lots of vitamins, and because of its fast preparation, it's very popular.</p>	<p>آبگوشت به طور سنتی در دیگ های کوچک سنگی و یا یک دیگ فلزی پخته می شود.</p> <p>aabgoosht be tor-e sonnati dar dighaaye koochak-e sangi va yaa yek dig-e felezi pokhte mishavad.</p> <p>Persian lamb shank soup is traditionally cooked in a small stone pot or a metal pot.</p>
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ایرانی ها معمولا لوبیا پلو را همراه با
سالاد شیرازی سرو می کنند.

iraanihaa mamoolan loobiaa polo raa hamraah
baa saalaad-e shiraaazi serv mikonand.

Iranians usually serve Persian Green
Bean Rice with shirazi salad.

قیمه پلو معروفترین غذای نذری
می باشد که در روز عاشورا پخته می
شود.

qeime polo ma'rooftarin qazaaye nazri mibaashad
ke dar rooz-e aashooraa pokhte mishavad.

Split yellow pea stew is the most famous
food served during "Ashura".

کوکو سیب زمینی یک انتخاب خوب برای درست کردن زمان رفتن به پیکنیک می باشد.
kookoo sibzamini yek entekhaab-e khoob baraaye dorost kardan zamaan-e raftan be piknik mibaashad.

Persian potato quiche is a good choice to make when going on a picnic.

CULTURAL INSIGHT

1. Persian herb quiche

Persian herb quiche uses six different herbs and greens, and can be prepared in fifteen minutes. In some parts of Iran it's cooked during Persian New Year celebrations.

2. Persian lamb shank soup

This dish is traditionally cooked in a small stone crock pot or a metal cooking pot. Originally, it was only made with lamb and chickpeas. But nowadays, it also uses other ingredients such as potatoes and tomatoes.

3. Green bean rice

Persian Green Bean Rice is one of the most popular Iranian dishes. It is a combination of rice, green beans, tomato sauce, and spices.

4. Split yellow pea stew

Split yellow pea stew is one of the most famous Persian stews, and it's usually served with Persian rice. This stew is a combination of split yellow peas, dried limes, beef, onion, tomato paste, potatoes, and spices.

5. Persian potato

quiche

Persian potato quiche is a very popular dish, prepared for a light lunch or supper, picnic food, or to feed unexpected guests. It has potatoes, eggs, salt, and black pepper.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #5 Sweets and desserts

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

5

PERSIAN

What are the five most popular sweets and desserts in Iran? .1

1. کیک یزدی .2

2. پشمک .3

3. حلوا .4

4. مسقطی .5

5. پولکی .6

ENGLISH

1. What are the five most popular sweets and desserts in Iran?

2. 1. Cake Yazdi

3. 2. Persian fairy floss

4. 3. Halva

5. 4. Starch fudge

6. 5. Poolaki

ROMANIZATION

1. What are the five most popular sweets and desserts in Iran?

CONT'D OVER

2. 1. keik yazdi
3. 2. pashmak
4. 3. halva
5. 4. masqati
6. 5. poolaki

VOCABULARY

Persian	Romanization	English	Class
کیک یزدی	keik yazdi, keik	cake Yazdi, cake	noun
پشمک	pashmak	Persian fairy floss	noun
حلوا	halva	halva	noun
مسقطی	masqati	starch fudge	noun
پولکی	poolaki	poolaki	noun

SAMPLE SENTENCES

<p>آیا باید برای تولدش کیک تهیه کنیم؟ ayaa baayad baraaye tavallodash keik tahieh konim?</p> <p>Shall we prepare a cake for his birthday?</p>	<p>کیک یزدی یک دسر خوشمزه است که می توان در هر زمان از طول روز از آن لذت برد.</p> <p>keik yazdi yek deser-e khoshmaze ast ke mitavaan dar har zamaan az tool-e rooz az aan lezzat bord.</p> <p>Cake Yazdi is a delicious dessert that can be enjoyed at any time of the day.</p>
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<p>پشتمک معمولا در مکان‌های عمومی مثل پارک‌ها فروخته می‌شود.</p> <p>pashmak mamoolan dar makaanhaaye omoomi mesl-e paarkhaa forookhte mishavad.</p> <p>Persian cotton candy is usually sold in common places like parks.</p>	<p>حلوا معمولا در مراسم عزاداری به خاطر از دست دادن عزیزان درست می‌شود.</p> <p>halvaa mamoolan dar maraasem-e azaadaari be khaater-e az dast daadan-e azizaan dorost mishavad.</p> <p>Halva is usually made for mourning ceremonies on behalf of the lost loved ones.</p>
<p>مسقطی یکی از شیرینی‌های معروف ایرانی است که از سوغاتی‌های شیراز محسوب می‌شود.</p> <p>masqati yeki az shirinihaaye maroof-e iraani ast ke az soqaatihaaye shiraaz mahsoob mishavad.</p> <p>Starch fudge is one of the famous sweets of Iran and is considered as a special souvenir of Shiraz.</p>	<p>پولکی یکی از سوغاتی‌ها و شیرینی‌های معروف اصفهان است.</p> <p>poolaki yeki az soqaatihaa va shirinihaaye maroof-e esfahaan ast.</p> <p>Poolaki is one of the sweets and souvenirs of Isfahan.</p>

CULTURAL INSIGHT

1. Cake Yazdi

Cake Yazdi is a no-frosting, mildly sweet cupcake with a rosewater aroma, cardamom flavor, and chopped pistachios sprinkled on top. The name comes after the city of Yazd, in central Iran.

2. Persian fairy floss

This is a kind of cotton candy. Since it's mostly air, it's usually large and voluminous. The name in Persian means "wool-like", since it resembles sheep's wool.

3. Halva

Halva is a confection made from wheat flour and butter, flavored with rose water. It is usually served for funerals, often with almonds or coconut shavings on top.

4. Starch fudge

This traditional sweet is made of starch infused with aromatic rosewater and saffron. Traditionally, it is cut into diamond shapes, garnished with pistachios and almonds, and served with tea.

5. Poolaki

Poolaki is a caramelized hard sugar candy made mainly in Isfahan, similar to toffee. It is flavored with saffron, dried lime, or cocoa powder, and is shaped into small circles.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #6 Fruits

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- 3 Sample Sentences
- 4 Cultural Insight

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PERSIAN

What are the five most popular fruits in Iran .1

1.2 .1 انار

2.3 .2 انگور

3.4 .3 خربزه

4.5 .4 گیلان

5.6 .5 به

ENGLISH

1. What are the five most popular fruits in Iran?
2. 1. pomegranate
3. 2. grape
4. 3. honeydew
5. 4. cherry
6. 5. quince

ROMANIZATION

1. What are the five most popular fruits in Iran?

CONT'D OVER

2. 1. anaar
3. 2. angoor
4. 3. kharboze
5. 4. gilaas
6. 5. beh

VOCABULARY

Persian	Romanization	English	Class
انار	anaar	pomegranate	noun
انگور	angoor	grape	noun
خریزه	kharboze	honeydew	noun
گیلاس	gilaas	cherry	noun
به	beh	quince	noun

SAMPLE SENTENCES

<p>ایران بزرگ‌ترین تولیدکنندهٔ انار در دنیا می‌باشد.</p> <p>iraan bozorgtarin tolid konandeye anaar dar donyaa mibaashad.</p> <p>Iran is the biggest producer of pomegranate in the world.</p>	<p>از برگ انگور برای درست کردن دلمه استفاده می‌شود.</p> <p>az barg-e angoor baraaeye dorost kardan-e dolme estefaade mishavad.</p> <p>Grape leaves are used to make dolma.</p>
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خوردن خربزه با عسل برای معده مضر است.

khordan-e kharboze baa asal baraaye me'de mozer ast.

Eating honeydew with honey is harmful for the stomach.

ایران سومین تولید کننده گیلاس در جهان پس از ترکیه و آمریکا می باشد.

iraan sevvomin tolid konande gilaas dar jahaan pas az torkie va aamrikaa mibaashad.

Iran is the third largest producer of cherries in the world after Turkey and the US.

مریای به بسیار در ایران معروف می باشد.

morabbaaye beh besyaar dar iraan maroof mibaashad.

Quince jam is very famous in Iran.

CULTURAL INSIGHT

1. Pomegranate

The pomegranate is believed to have originated in Iran. Its juice and paste are used in some Iranian food. Pomegranate skins can also be used to stain wool and silk in the carpet industry.

2. Grape

Grapes are eaten raw and can be used for making juice, jelly, grape seed extract, raisins, vinegar, and grape seed oil in Iran. Iranians also use grape leaves for making dolma, a delicious Iranian meal.

3. Honeydew

Honeydew is kind of melon, which is originally from Iran. It's common in Iran to eat honeydew with food or after the meal as a dessert. It's a very popular summer fruit.

4. Cherry

Iranians use cherries as a fruit or to make jam and compote.

5. Quince

In Iran, quince fruit is consumed raw or in stews or soups, made into jam or pickled. The syrup left when making jam is also used to prepare a refreshing summer drink.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #7 Vegetables

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- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
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PERSIAN

What are the five most popular vegetables in Iran? .1

1. کدو تنبل .2

2. اسفناج .3

3. کرفس .4

4. باقالی .5

5. کدو .6

ENGLISH

1. What are the five most popular vegetables in Iran?

2. 1. pumpkin

3. 2. spinach

4. 3. celery

5. 4. broad beans

6. 5. zucchini

ROMANIZATION

1. What are the five most popular vegetables in Iran?

CONT'D OVER

2. 1. kadoo tanbal
3. 2. esfenaaj
4. 3. karafs
5. 4. baaqaali
6. 5. kadoo

VOCABULARY

Persian	Romanization	English	Class
کدو تنبل	kadoo tanbal	pumpkin	noun
اسفناج	esfenaaj	spinach	noun
کرفس	karafs	celery	noun
باقالی	baaqaali	broad beans	noun
کدو	kadoo	zucchini	noun

SAMPLE SENTENCES

ایرانی ها از کدو تنبل برای درست کردن
غذاها و دسرهای مختلفی استفاده می
کنند.

Iraanihaa az kadoo tanbal baraaye dorost kardan-
e qazaahaa va deserhaaye mokhtalefi estefaade
mikonand.

Iranians use pumpkin to make a variety of
foods and desserts.

ماست و اسفناج یک دسر ایرانی است.

maast o esfenaaj (boraani) yek deser-e iraani ast.

Spinach with yogurt is a Persian appetizer.

خورشت کرفس از غذاهای اصیل ایرانی است.

khoresht-e karafs az qazaahaaye asil irani ast.

Celery stew is one of the original Iranian stews.

باقالی پلو با ماهیچه یک غذای رسمی برای میهمانی های ایرانی است.

baaqaali polo baa maahiche yek qazaaye rasmi baraaye mihmaanihaaye iraani ast.

Broad beans with rice and lamb shank is a formal food for Iranian parties.

کدوی سبز برای درست کردن یک خورشت خوشمزه ایرانی مورد استفاده قرار می گیرد.

kadooy-e sabz baraaye dorost kardan-e yek khoreshht khoshmazze-ye iraani mored-e estefaade qaraar migirad.

The zucchini is used to make a delicious Iranian stew.

CULTURAL INSIGHT

1. Pumpkin

Pumpkin can be found in many Iranian dishes, including pie, mousse, puree, cake, heated pumpkin seed as a snack, or in Pumpkin Khoreshht, a famous Iranian dish.

2. Spinach

Spinach is a common vegetable in Persian cooking. Iranians use it to prepare yogurt dessert, turtilla, soups, and stews.

3. Celery

Celery is used both as a vegetable and a seasoning. Iranians use celery for making stews, salads, soups and many kinds of pickles.

4. Broad beans

Broad beans are cultivated in the central and north parts of Iran. The dried beans can be cooked with rice to form one of the most famous dishes in Iran, called *baghalee polo*.

5. Zucchini

The zucchini is a summer squash, used in many Iranian dishes, such as soups, salads or the zucchini stew.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #8 Food Souvenirs

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

8

PERSIAN

What are the five most popular food souvenirs in Iran? .1

1. قطاب .2

2. کلوچه .3

3. نان شیرمال .4

4. سوهان .5

5. گز .6

ENGLISH

1. What are the five most popular food souvenirs in Iran?

2. 1. qotaab

3. 2. koloocheh

4. 3. sheermal

5. 4. sohan

6. 5. gaz

ROMANIZATION

1. What are the five most popular food souvenirs in Iran?

CONT'D OVER

2. 1. qotaab
3. 2. kolooche
4. 3. nan shirmal
5. 4. sohaan
6. 5. gaz

VOCABULARY

Persian	Romanization	English	Class
قطاب	qotaab	qotaab	noun
کلوچه	kolooche	koloocheh	noun
نان شیرمال	nan shirmal	sheermal	noun
سوهان	sohaan	sohan	noun
گز	gaz	gaz	noun

SAMPLE SENTENCES

<p>قطاب معروفترین شیرینی سنتی شهر یزد است.</p> <p>qotaab ma'rooftarin shiriniyr sonatiye shahr-e yazd ast.</p> <p>Qottab is the most famous traditional sweet pastry of Yazd.</p>	<p>کلوچه نوعی شیرینی ایرانی است که در بخش های مختلفی از ایران درست می شود.</p> <p>kolooche noi shirini-e iraaani ast ke dar bakhshhaaye mokhtalefi az iraan dorost mishavad.</p> <p>Koloocheh is a kind of Persian cookie made in various parts of Iran.</p>
---	--

نان شیرمال، نانی سنتی با طعم زعفران
است که در ایران تهیه می شود.

naan-e shirmaal, naani sonnati baa ta'm-e
za'feraan ast ke dar iraan tahie mishavad.

Sheermal is a saffron-flavored traditional
bread made in Iran.

سوهان شکننده و به رنگ کارامل است.
sohaan shekanande va be rang-e kaaraamel ast.

Sohan is brittle and caramel in color.

گزیکی از تنقلات شیرین معروف و سنتی ایران است.

Gaz yeki az tanagholaat-e shirin-e maeroof va sonnati-e iraan ast.

Gaz is one of the most famous and traditional sweet snacks of Iran.

CULTURAL INSIGHT

1. Qotaab

This is a deep-fried pastry filled with almonds and cardamom, then rolled in icing sugar. The city of Yazd is well known for its qotaab.

2. Koloocheh

Koloocheh is a Persian cookie made in various parts of Iran, but the most famous comes from Lahijan. In the south of Iran, it's prepared during Iranian New Year.

3. Sheermal

This is a traditional Iranian saffron-flavored flatbread. It's a very delicious type of bread that can be served for breakfast and also with many foods.

4. Sohan

Sohan Halwa is a saffron brittle toffee, produced in Qom and Isfahan. It is known as the Gift of Qom, and pilgrims and travelers to the holy city of Qom buy it as a souvenir.

5. Gaz

Gaz is a Persian nougat from the cities of Isfahan and Boldaji. The main ingredient is Gaz Angabin, which is the root of the tamarisk tree that comes from around this area.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #9 Pop and Traditional Culture

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

9

PERSIAN

What are the five most popular pop or traditional culture in Iran? .1

1.2 .1 چهارشنبه سوری

2.3 .2 بله برون

3.4 .3 پاتختی

4.5 .4 شب یلدا

5.6 .5 خانه تکانی

ENGLISH

1. What are the five most popular pop or traditional culture in Iran?
2. 1. Wednesday feast
3. 2. Bale Boroun
4. 3. Patakhti
5. 4. Yalda night
6. 5. Spring cleaning

ROMANIZATION

1. What are the five most popular pop or traditional culture in Iran?

CONT'D OVER

2. 1. chaahaarshanbe soori
3. 2. bale boroon
4. 3. paatakhti
5. 4. Shab-e Yaldaa
6. 5. khaane tekaani

VOCABULARY

Persian	Romanization	English	Class
چهارشنبه سوری	chaahaarshanbe soori	Wednesday feast	phrase
بله برون	bale boroon	Bale Boroun	phrase
پاتختی	paatakhti	Patakhti	noun
شب یلدا	Shab-e Yaldaa	Yalda night	noun
خانه تکانی	khaane tekaani	Spring cleaning	phrase

SAMPLE SENTENCES

<p>چهارشنبه سوری، شب آخرین سه شنبه سال ایرانی است.</p> <p>chahaarshanbe soori, shab-e aakharin se shanbe saal-e iraani ast.</p> <p>Wednesday Feast is the last Tuesday night of the Iranian year.</p>	<p>مراسم بله برون زمان کوتاهی پس از خواستگاری رسمی برگزار می شود.</p> <p>marasem-e bale boroon zamaan-e kootaahi pas az khaastegaari-e rasmi bargozaar mishavad.</p> <p>Bale Boroun ceremony takes place a short time after the formal proposal.</p>
---	--

در پاتختی، بستگان عروس و داماد برای آن ها هدیه می آورند.

dar paatakhti, bastegaan-e aroos va daamaad baraaye aanhaa hedia miaavarand.

On Patakhti, the relatives of the bride and the groom bring them presents.

در شب یلدا، اعضای خانواده با هم در خانه بزرگتر خانواده جمع می شوند و تمام شب را بیدار می مانند.

dar shab-e yaldae, a'zaaye khaanevaade baa ham dar khaane bozorgtar-e khaanevaade jam mishavand va tamaam-e shab raa bidaar mimaanand.

On Yalda night, family members get together in the house of the eldest member and stay awake all night long.

یکی از مقدمات استقبال از بهار و سال نو خانه تکانی است.

yeki az moqadamaat-e esteqbaal az bahaar va saal-e no khaane tekaani ast.

One of the preparations to welcome the spring and the New Year is the spring cleaning.

CULTURAL INSIGHT

1. Wednesday feast

Also known as the Festival of Fire, the celebration starts on the last Tuesday evening of the Iranian year. Iranians make bonfires in the streets and jump over them, while singing and asking the fire to take their sickness and problems and in turn give them warmth and energy.

2. Bale Boroun

Bale Boroun is the ceremony that takes place after a formal proposal, publicly announcing the couple's intention of marriage. The groom's parents usually give a gift to the bride, which is traditionally a piece of cloth and a ring.

3. Patakhti

Patakhti is similar to a bridal shower, but is held after the wedding. The bride wears floral ornaments, and the house is decorated with flowers. The guests bring them presents and money, and it's celebrated with dancing and singing.

4. Yalda night

On Yalda festival, Iranians celebrate the renewal of the sun and the victory of light over darkness. On this night, family members get together and stay awake all night long. Dried nuts, watermelon, and pomegranate are served, as supplications to God for increasing his bounty.

5. Spring cleaning

The spring cleaning takes place before the Iranian New Year. It literally means "shaking the house," and on this day, Iranians clean the house thoroughly.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #10 Traditional Clothing

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

10

PERSIAN

What are the five most popular traditional clothing in Iran .1

1.2 .1 بختیاری

2.3 .2 قوچانی

3.4 .3 قشقایی

4.5 .4 کردی

5.6 .5 بلوچی

ENGLISH

1. What are the five most popular traditional clothing in Iran?
2. 1. bakhtiari dress
3. 2. qoochani
4. 3. qashqai dress
5. 4. kurdish clothing
6. 5. baluchi male clothing

ROMANIZATION

1. What are the five most popular traditional clothing in Iran?

CONT'D OVER

2. 1. bakhtiari
3. 2. qoochaani
4. 3. qashqaayi
5. 4. kordi
6. 5. baloochi

VOCABULARY

Persian	Romanization	English	Class
بختیاری	bakhtiari	bakhtiari dress	noun
قوچانی	qoochaani	qoochani	noun
قشقای	qashqaayi	qashqai dress	noun
کردی	kordi	kurdish clothing	noun
بلوچی	baloochi	baluchi male clothing	noun

SAMPLE SENTENCES

<p>لباس بختیاری سنتی برای زنان متشکل از یک دامن بلند رنگارنگ با لایه های بسیار زیادی است.</p> <p>lebaas-e bakhriaari-e sonnati baraaye zanaan motashakel az yek daaman-e boland-e rangaarang ba laayehaaye besyaar ziaadi ast.</p> <p>The traditional Bakhtiari dress for women consists of a long colorful skirt with many layers.</p>	<p>در زبان قوچانی دامن، "شیلوار" نامیده میشود.</p> <p>dar zabaan qoochaani daaman, "shilvaar" naamide mishavad.</p> <p>Skirt is called 'Shilvar' in Qoochani language.</p>
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لباس زنان قشقایی با رنگارنگی و تنوعش شناخته می‌شود.

lebaas zan-e qashqayi baa rangarangi va tanavvoaesh shenaakhte mishavad.

Women's Qashqai clothes are known for their color variations.

لباس کردی معمولا دارای یک کمر بند خیلی پهن است.

lebaas-e kordi mamoolan daaraaye yek kamarband-e kheili pahn ast.

Kurdish clothing commonly involves belts that are very wide.

لباس مردانه بلوچی معمولا سفید رنگ است.

lebaas-e mardaaneye baloochi mamoolan sefid rang ast.

Baluchi's men clothes are usually white.

CULTURAL INSIGHT

1. Bakhtiari dress

The Bakhtiari dress is a long colorful skirt with many layers, with a type of apron on the top of it. Bakhtiari women also wear long scarves and wraps.

2. Qoochani

Qoochani skirts are usually shorter and the shoes are usually suitable for long walks or climbs. They also use vests and head covers and use lots of bright colors and lines in the garments.

3. Qashqai dress

Qashqai women's dress include long skirts with brighter colors and lighter color shirts. They also wear scarves tightly closed at the bottom of the chin that may cover the shirt entirely.

4. Kurdish clothing

Kurdish clothing usually includes a head covering, a wide belt and baggy shirt, a skirt and trousers. Both men and women wear belts to give the outfit some shape.

5. Baluchi male clothing

The Baluchi male outfit consists of a long shirt with long sleeves, with pants in a matching color. They usually wear turbans or hats with it to protect against bad weather.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #11 Historical figures

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

11

PERSIAN

Who are the five most famous historical figures in Iran? .1

1.2 .1 داریوش کبیر

2.3 .2 آیت الله خمینی

3.4 .3 محمد مصدق

4.5 .4 زکریای رازی

5.6 .5 امیرکبیر

ENGLISH

1. Who are the five most famous historical figures in Iran?
2. 1. Cyrus the Great
3. 2. Imam Khomeini
4. 3. Mohammed Mossadegh
5. 4. Zakariya Razi
6. 5. Amir Kabir

ROMANIZATION

1. Who are the five most famous historical figures in Iran?

CONT'D OVER

2. 1. daryush-e kabir
3. 2. aayatollaah khomeyni
4. 3. Mohammad Mosaddeq
5. 4. Zakariy-ye Razi
6. 5. amir kabir

VOCABULARY

Persian	Romanization	English	Class
کوروش کبی	daryush-e kabir	Cyrus the Great	proper noun
امام خمینی	aayatollaah khomeyni	Imam Khomeini	proper noun
محمد مصدّق	Mohammad Mosaddeq	Mohammed Mossadegh	proper noun
زکریای رازی	Zakariy-ye Razi	Zakariya Razi	proper noun
امیرکبیر	amir kabir	Amir Kabir	proper noun

SAMPLE SENTENCES

<p>مقبره کوروش کبیر در استان شیراز واقع شده است.</p> <p>maqbare koorosh-e kabir dar ostaan-e shiraz vaaqe shode ast.</p> <p>The tomb of Cyrus the Great is located in Shiraz province.</p>	<p>خمینی اولین رهبر مذهبی بعد از انقلاب اسلامی بود.</p> <p>khomeini avvalin rahbar-e mazhabi ba'd az enqelaab-e eslaami bood.</p> <p>Khomeini was the first religious leader after the Islamic Revolution of 1979.</p>
--	--

مصدق به خاطر ملی کردن صنعت نفت
در ایران مشهور است.

mosadeq be khaater-e melli kardan-e san'at-e
naft dar iraan mashhoor ast.

Mossadegh is famous for the
nationalization of the Iranian oil industry.

رازی کاشف الکل است.

raazi kaashef-e alkol ast.

Razi was the discoverer of alcohol.

امیر کبیر در حمام باغ فین، واقع در کاشان ایران به قتل رسید.

amir kabir dar hammaam-e baaq-e fiin vaaq' dar kaashaan, iraan be qatl resid.

Amir Kabir was murdered in the bathroom of Fin Garden, which is located in Kashan, Iran.

CULTURAL INSIGHT

1. Cyrus the Great

Cyrus the Great was the third king of the Persian Achaemenid Empire. He ruled the empire at its peak, when it included the Caucasus, Central Asia, the Aegean Islands, and northern Greece, parts of the Balkans, and North Africa.

2. Imam Khomeini

Ayatollah or Imam Khomeini, was an Iranian religious leader and politician, and leader of the 1979 Iranian Revolution, which saw the overthrow of Mohammad Reza Pahlavi, the Shah of Iran.

3. Mohammed Mossadegh

Mohammed Mossadegh was the democratically elected Prime Minister of Iran whose government was overthrown in a coup d'état in 1953. His most notable policy was the nationalization of the Iranian oil industry.

4. Zakariya Razi

Zakariya Razi was a prominent figure in the Islamic Golden Age as a physician, chemist, philosopher, and scholar. Numerous "firsts" in medical research, clinical care, and chemistry are attributed to him, including being the first to differentiate smallpox from measles.

5. Amir Kabir

Amir Kabir lived from 1807 to 1852, and was chief minister to Naser al-Din Shah Qajar, the Shah of Persia, for the first three years of his reign, and was one of the most capable and innovative figures to appear in the whole Qajar period.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #12 Animals

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

12

PERSIAN

What are the five most typical animals in Iran? .1

1.2 .1 یوزپلنگ آسیایی

2.3 .2 خرس بلوچستان

3.4 .3 سیل دریای خزر

4.5 .4 شغال زرد

5.6 .5 لاکپشت سبز

ENGLISH

1. What are the five most typical animals in Iran?

2. 1. Asiatic cheetah

3. 2. Baluchistan bear

4. 3. Caspian seal

5. 4. Golden jackal

6. 5. Green sea turtle

ROMANIZATION

1. What are the five most typical animals in Iran?

CONT'D OVER

2. 1. yuzpalang-e aasiaayi
3. 2. khers-e baluchestaan
4. 3. sil-e daryaa-ye khazar
5. 4. shoqaal-e zard
6. 5. laakposht-e sabz

VOCABULARY

Persian	Romanization	English	Class
یوزپلنگ آسیایی	yuzpalang-e aasiaayi	Asiatic cheetah	noun
خرس بلوچستان	khers-e baluchestaan	Baluchistan bear	noun
سیل دریای خزر	sil-e daryaa-ye khazar	Caspian seal	noun
شغال زرد	shoqaal-e zard	golden jackal	noun
لاکپشت سبز	laakposht-e sabz	green sea turtle	noun

SAMPLE SENTENCES

<p>یوزپلنگ سریعترین حیوان روی زمین است. yoozpalang saritarin heivaan-e rooye zamin ast. The cheetah is the fastest animal on earth.</p>	<p>خرس بلوچستان یکی از نادرترین پستانداران موجود در جهان است. khers-e baluchestaan yeki az naadertarin pestaandaaraan-e mojud dar jahaan ast. The Baluchistan bear is one of the rarest mammals in the world.</p>
---	---

سپل‌های دریای خزر می‌توانند تا ۵۰ متر
در عمق آب نفوذ کنند.

silhaaye daryaaye khazar mitavaanand taa 50
metr dar omq-e aab nofooz konand.

Caspian seals can dive to a depth of 50
meters.

شغال زرد یک همه چیز خوار است.
shoqaal-e zard yek hame chiz khaar ast.

The golden jackal is an omnivore.

لاک پشت‌ها ممکن است تا ۸۰ سال عمر کنند.

laakposht haa momken ast taa 80 saal omr konand.

Turtles may live to eighty years.

CULTURAL INSIGHT

1. Asiatic cheetah

The Asiatic cheetah, or Iranian cheetah, is a critically endangered species, and the world's last few are known to live mostly in Iran.

2. Baluchistan bear

The Baluchistan bear, also called the Pakistan black bear, is a black bear found in the Baluchistan Mountains of southern Pakistan and Iran.

3. Caspian seal

The Caspian seal is one of the smallest earless seal species and can be found only in the Caspian Sea.

4. Golden jackal

The golden jackal is a canid native to North Africa, Southeast Asia, the Middle East, Asia Minor, and parts of Europe.

5. Green sea turtle

The green sea turtle is a large-sized sea turtle on the critical list of endangered species.

There are populations throughout tropical and subtropical oceans.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #13 Plants

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

13

PERSIAN

What are the five most typical plants in Iran? .1

1.2 .1 سرو

2.3 .2 بلوط

3.4 .3 پسته

4.5 .4 خرما

5.6 .5 درخت حرا

ENGLISH

1. What are the five most typical plants in Iran?

2. 1. cypress

3. 2. oak

4. 3. pistachio

5. 4. date palm

6. 5. hara tree

ROMANIZATION

1. What are the five most typical plants in Iran?

CONT'D OVER

2. 1. sarv
3. 2. baloot
4. 3. peste
5. 4. khormaa
6. 5. derakht-e haraa

VOCABULARY

Persian	Romanization	English	Class
سرو	sarv	cypress	noun
بلوط	baloot	oak	noun
پسته	peste	pistachio	noun
خرما	khormaa	date palm	noun
درخت حرا	derakht-e haraa	hara tree	noun

SAMPLE SENTENCES

<p>سرو ایرانی نماد مقاومت است. sarv-e iraani namaad moqaavemat ast.</p> <p>Cypress symbolizes tolerance.</p>	<p>درخت بلوط می تواند ۵۰۰ تا ۲۰۰۰ سال عمر کند. derakht-e baloot mitavaanad 500 ta 2000 saal omr konad.</p> <p>Oaks can live from 500 to 2,000 years.</p>
--	--

ایران تولید کننده عمده پسته در جهان
می باشد.

iraan tolid konande-ye omdeye peste dar jahaan
mibaashad.

Iran is a major producer of pistachios in
the world.

ایرانی ها روزه خود را در رمضان با
خرما باز می کنند.

iraanihaa roozeye khod raa dar ramezaan baa
khormaa baaz mikonand.

Iranians open their fast during Ramadan
with dates.

ارتفاع درخت حرا به حدود ۸ متر می رسد.

ertefaa'-e derakht-e haraa be hodood-e 8 metr miresad.

The height of hara trees may be up to eight meters.

CULTURAL INSIGHT

1. Cypress

Cypress can be found in many famous Persian gardens, such as Fin Garden, Mahaan, and Dowlat-Abad. The oldest living cypress is the Sarv-e Abarkuh in Yazd Province, which is approximately 4,000 years old.

2. Oak

In Iran, oaks mainly grow on the Zagros Mountains. The provinces of Kordestan, Fars, Lorestan, and Mazandaran are known to have the most beautiful oak forests in the world.

3. Pistachio

Iran is one of the major producers of pistachios. It's commonly used to make the traditional Ajil—a mix of nuts, seeds, and dried fruits—for Iranian ceremonies.

4. Date palm

Date palms are cultivated for their sweet edible fruit. Eating dates in Iran is very popular in Ramadan and at Iranian funerals. People also eat dates with tea every day.

5. Hara tree

The hara tree is also known as grey mangrove. It's mainly found in the Mangrove forests of Qeshm on the southern coast of Iran. This protected forest is a habitat for many kinds of animals.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #14 Geographical features

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

14

PERSIAN

What are the five most well-known geographical features in Iran? .1

1.2 .1 دشت لوت

2.3 .2 خلیج فارس

3.4 .3 دماوند

4.5 .4 توچال

5.6 .5 سبلان

ENGLISH

1. What are the five most well-known geographical features in Iran?

2. 1. Lut desert

3. 2. Persian Gulf

4. 3. Mount Damavand

5. 4. Mount Tochal

6. 5. Mount Sabalan

ROMANIZATION

1. What are the five most well-known geographical features in Iran?

CONT'D OVER

2. 1. dasht-e loot
3. 2. khalij-e faars
4. 3. Damaavand
5. 4. Tochaal
6. 5. Sabalaan

VOCABULARY

Persian	Romanization	English	Class
دشت لوت	dasht-e loot	Lut desert	proper noun
خلیج فارس	khalij-e faars	Persian Gulf	proper noun
دماوند	Damaavand	Mount Damavand	proper noun
توچال	Tochaal	Mount Tochal	proper noun
سبلان	Sabalaan	Mount Sabalan	proper noun

SAMPLE SENTENCES

<p>دشت لوت یک کویر نمک بزرگ در ایران و بیست و پنجمین دشت بزرگ در دنیا است.</p> <p>dasht-e loot yek kavir-e namak-e bozorg dar iraan va bist o panjomin dasht-e bozorg dar donyaa ast.</p> <p>The Lut Desert is a large salt desert in Iran and is the world's 25th largest desert.</p>	<p>خلیج فارس بین ایران و شبه جزیره عربستان واقع شده است.</p> <p>khalij-e faars bein-e iraan va shebhe jazireye arabestaan vaaqe shode ast.</p> <p>The Persian Gulf is located between Iran and the Arabian Peninsula.</p>
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کوه دماوند در شمال ایران واقع شده است.

kooh-e damaavand dar shomaal-e iraan vaaghe' shode ast.

Mount Damavand is located in the north of Iran.

توچال کوهی در رشته کوه البرز است.
tochaal koohi dar reshte kooh-e alborz ast.

Mount Tochal is a mountain in the Alborz range.

سبلان در شمال غربی ایران قرار گرفته است.

sabalaan dar shomaal-e gharbi-ye iraan gharaar gerefteh ast.

Sabalan is located in northwestern Iran.

CULTURAL INSIGHT

1. Lut desert

The Lut Desert is a large salt desert located in Kerman Province. It has seen temperatures as high as 159 degrees Fahrenheit, making it one of the hottest and driest places in the world.

2. Persian Gulf

The Persian Gulf is an extension of the Indian Ocean, located between Iran and the Arabian Peninsula. During the 1980-1988 Iran-Iraq War, the Persian Gulf was a focus of hostilities.

3. Mount Damavand

Mount Damavand is a volcano and the highest peak in Iran. It also has thermal springs, and is depicted on the reverse side of the Iranian 10,000 rial banknote.

4. Mount Tochal

Mount Tochal is a mountain in the Alborz range near metropolitan Tehran. The highest peak has an elevation of 3,964 meters. Skiing is possible eight months of the year, making it a popular ski resort for people from Tehran.

5. Mount Sabalan

Sabalan is an inactive volcano in northwestern Iran. It's the third highest mountain in the country. Some believe that Mount Sabalan was the place where the prophet Zoroaster meditated for some years.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #15 Cities

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

15

PERSIAN

What are the five most popular cities in Iran? .1

1. تهران .2

2. مشهد .3

3. تبریز .4

4. اصفهان .5

5. شیراز .6

ENGLISH

1. What are the five most popular cities in Iran?

2. 1. Tehran

3. 2. Mashhad

4. 3. Tabriz

5. 4. Isfahan

6. 5. Shiraz

ROMANIZATION

1. What are the five most popular cities in Iran?

CONT'D OVER

2. 1. Tehraan
3. 2. Mashhad
4. 3. Tabriz
5. 4. Esfahaan
6. 5. Shiraaz

VOCABULARY

Persian	Romanization	English	Class
تهران	Tehraan	Tehran	proper noun
مشهد	Mashhad	Mashhad	proper noun
تبریز	Tabriz	Tabriz	proper noun
اصفهان	Esfahaan	Isfahan	proper noun
شیراز	Shiraaz	Shiraz	proper noun

SAMPLE SENTENCES

<p>تهران پایتخت ایران و استان تهران است. tehraan paaytakht-e iraan va ostaan-e tehraan ast.</p> <p>Tehran is the capital of Iran and Tehran Province.</p>	<p>مشهد دومین شهر بزرگ مذهبی در جهان است. Mashhad dovomin shahr-e bozorg-e mazhabi dar jahaan ast.</p> <p>Mashhad is the second largest holy city in the world.</p>
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<p>زبان غالب گفتاری در تبریز آذری است. zabaan-e qaaleb-e goftaari dar tabriz aazarbaaijaani ast.</p> <p>The predominant language spoken in Tabriz is Azeri.</p>	<p>اصفهان در مرکز کشور واقع شده است. esfehaan dar markaz-e keshvar vaghe' shode ast.</p> <p>Isfahan is located in the center of the country.</p>
---	--

شیراز به عنوان شهر شعر، ادبیات، شراب و گل شناخته شده است.
Shiraaaz be onvaan-e shahr-e she'r, adabiaat, sharaab va gol shenaakhte shode ast.

Shiraz is known as the city of poets, literature, wine, and flowers.

CULTURAL INSIGHT

1. Tehran

Tehran is Iran's largest city, and the capital of Iran and Tehran Province. With a population of around 14 million in the wider metropolitan area, it's also the largest city in Western Asia.

2. Mashhad

Mashhad is the capital of Razavi Khorasan Province and the second most populous city in Iran. It's located close to the borders of Afghanistan and Turkmenistan. In ancient times, it was a major oasis along the Silk Road.

3. Tabriz

Tabriz is the fourth largest city in Iran, and capital of East Azerbaijan Province. Tabriz sits between mountains and rivers, making it a fertile area, but one that is prone to earthquakes.

4. Isfahan

Isfahan is the capital of Isfahan Province in central Iran. It's located on the main north-south and east-west routes crossing the country. It flourished in the sixteenth century under the Safavid dynasty, when it was the capital of Persia.

5. Shiraz

Shiraz is the fifth most populous city in Iran and the capital of Fars Province. It is one of the oldest cities of ancient Persia, and was the capital of old Persia in the eighteenth century.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #16 Sports

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

16

PERSIAN

What are the five most popular sports in Iran? .1

1. ورزش باستانی .2

2. شطرنج .3

3. والیبال .4

4. فوتبال .5

5. کشتی .6

ENGLISH

1. What are the five most popular sports in Iran?
2. 1. Bastani sport
3. 2. Chess
4. 3. Volleyball
5. 4. Soccer
6. 5. Wrestling

ROMANIZATION

1. What are the five most popular sports in Iran?

CONT'D OVER

2. 1. varzesh-e bastani
3. 2. shatranj
4. 3. vaalibaal
5. 4. footbaal
6. 5. koshti

VOCABULARY

Persian	Romanization	English	Class
ورزش باستانی	varzesh-e bastani	Bastani sport	noun
شطرنج	shatranj	chess	noun
والیبال	vaalibaal	volleyball	noun
فوتبال	footbaal	football or soccer	noun
کشتی	koshti	wrestling	noun

SAMPLE SENTENCES

<p>محلّی که در آن به ورزش باستانی می‌پردازند "زورخانه" نام دارد.</p> <p>mahali ke dar aan be varzesh-e baastaani mipardaazand zoorkhaane naam daarad.</p> <p>The place where people do the traditional style of wrestling is called "Zoorkhaneh."</p>	<p>شطرنج یک بازی فکری به حساب می‌آید.</p> <p>shatranj yek baazi-e fekri be hesaab miaayad.</p> <p>Chess is considered to be a game of the mind.</p>
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تیم ملی والیبال ایران یکی از پنج تیم
برتر جهان است.

tim-e melli-e vaalibaal-e iraan yeki az panj tim-e
bartar-e jahaan ast.

The Iran national volleyball team is one of
the five best teams in the world.

فوتبال یکی از محبوبترین ورزش ها در
میان ایرانیان است.

footbaal yeki az mahboobtarin varzeshhaa dar
miaan-e iraaniaan ast.

Soccer is one of the most popular sports
among Iranians.

کشتی یکی از قدیمی ترین ورزش های دنیا است.

koshti yeki az qadimitarin varzeshhaaye donyaa ast.

Wrestling is one the most ancient sports in the world.

CULTURAL INSIGHT

1. Bastani sport

Bastani sport, or "ancient sport," is a traditional style of wrestling from Iran. It combines elements of pre-Islamic Iranian culture with the spirituality of Sufism. Wrestlers are expected to be pure and truthful in addition to physically strong.

2. Chess

Chess is one of the most popular games in Iran. The origin of chess is disputed, but there is some evidence that chess originated in Persia, and later found its way to India.

3. Volleyball

Iran has one of the strongest volleyball teams in the world and the Iranian Youth and Junior national teams are also among the top three in the world.

4. Soccer

Soccer in Iran is possibly the most popular sport, and it's been part of life for Iranians for many decades now. Soccer was introduced to Iran by the British in 1898.

5. Wrestling

Iranian wrestling, known as "koshti" in Persian, has been practiced since ancient times throughout Iran. There are two main variations of this sport - one in which the objective is to lift or throw the opponent, and one where the goal is to touch a part of the opponent's body to the ground.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #17

Tourist attractions and places

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

17

PERSIAN

What are the five most popular tourist attractions in Iran? .1

1. پل خواجه .2

2. کلیسای وانک .3

3. باغ پرندگان .4

4. کوه آتشفشان .5

5. میدان نقش جهان .6

ENGLISH

1. What are the five most popular tourist attractions in Iran?

2. 1. Khaju Bridge

3. 2. Vank Cathedral

4. 3. Birds Garden

5. 4. Mount Atashgah

6. 5. Naqsh-e Jahan square

ROMANIZATION

1. What are the five most popular tourist attractions in Iran?

CONT'D OVER

2. 1. pol-e khaajoo
3. 2. kelisaaye vaank
4. 3. baaq-e parandegaan
5. 4. kooh-e aatashgaah
6. 5. meidaan-e naqsh-e jahaan

VOCABULARY

Persian	Romanization	English	Class
پل خواجه	pol-e khaajoo	Khaju Bridge	proper noun
کلیسای وانک	kelisaaye vaank	Vank Cathedral	proper noun
باغ پرندگان	baaq-e parandegaan	Birds Garden	proper noun
کوه آتشفگاه	kooh-e aatashgaah	Mount Atashgah	proper noun
میدان نقش جهان	meidaan-e naqsh-e jahaan	Naqsh-e Jahan square	proper noun

SAMPLE SENTENCES

<p>پل خواجه یکی از بهترین نمونه های معماری ایرانی است.</p> <p>pol-e khajoo yeki az behtarin nemooneh haaye me'maari-e iraani ast.</p> <p>Khaju Bridge is one of the finest examples of Persian architecture.</p>	<p>کلیسای وانک یکی از اولین کلیساهای اصفهان است.</p> <p>kelisaaye vaank yeki az avvalin kelisaahaaye esfahaan ast.</p> <p>Vank Cathedral was one of the first churches in Isfahan.</p>
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باغ پرندگان یک محل ایده آل برای کودکان برای دیدن انواع پرندگان است.

baaq-e parandegaan yek mahal-e ideaal baraaye koodakaan baraaye didan-e anvaa-e parandegaan ast.

Birds Garden is an ideal place for children to see many varieties of birds.

آتشفگاه نام کوهی در غرب اصفهان و در نزدیکی زاینده رود است.

aatashgaah naam-e koohi dar qarb-e esfahaan va dar nazdiki-e zaayanderood ast.

Atashgah is a mountain west of Isfahan, near the Zayandeh River.

میدان نقش جهان با ساختمان هایی از دوره صفویه احاطه شده است.

meidaan-e naqsh-e jahaan baa saakhtemaanhaayi az doreye safavie ehaate shode ast.

Naqsh-e Jahan square is surrounded by buildings from the Safavid era.

CULTURAL INSIGHT

1. Khaju Bridge

Khaju Bridge is the finest bridge in the province of Isfahan, and was built around the year 1650 C.E. Although it functions architecturally as a bridge, it also served as a place for public meetings.

2. Vank Cathedral

Vank Cathedral was one of the first churches in Isfahan, established by Armenian deportees. The cathedral shows a combination of building styles that reflects an eclectic mix of foreign influences.

3. Birds Garden

Birds Garden was founded in 1998 by the Isfahan Municipality. It's located in the Najvan Park area, along the Zayandeh Rood River. The garden has a vast variety of birds, both local and from other countries.

4. Mount Atashgah

Atashgah is a mountain west of Isfahan. It's named after the ruins of a Sassanid-era complex called "Fire temple of Isfahan" located on top of it. It includes a tower-like structure, and fire-temples that housed sacred fires.

5. Naqsh-e Jahan square

Naqsh-e Jahan square was built by Shah Abbas in the 17th century. Literally translated as "Image of the World Square," it is one of UNESCO's World Heritage Sites. The square is surrounded by monumental buildings, including mosques and a palace.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #18 Common things in the homes

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

18

PERSIAN

What are the five most common things found in a Persian home? .1

1. فرش .2

2. کرسی .3

3. یخچال .4

4. تلویزیون .5

5. پرده .6

ENGLISH

1. What are the five most common things found in a Persian home?

2. 1. carpet

3. 2. korsi

4. 3. refrigerator

5. 4. television

6. 5. curtain

ROMANIZATION

1. What are the five most common things found in a Persian home?

CONT'D OVER

2. 1. farsh
3. 2. Korsi
4. 3. yakhchaal
5. 4. television
6. 5. parde

VOCABULARY

Persian	Romanization	English	Class
فرش	farsh	carpet	noun
کرسی	korsi	korsi	noun
یخچال	yakhchaal	refrigerator	noun
تلویزیون	television	television	noun
پرده	parde	curtain	noun

SAMPLE SENTENCES

<p>فرش ایرانی بخش مهمی از فرهنگ و هنر ایران است.</p> <p>farsh-e iraani bakhsh-e mohemi az farhang va honar-e iraan ast.</p> <p>The Persian carpet is an essential part of Persian art and culture.</p>	<p>کرسی میز مخصوصی است که در داخل خانه‌ها در زمستان مورد استفاده قرار می‌گرفته است.</p> <p>korsi miz-e makhsoosi ast ke dar daakhel-e khaaneha dar zemestaan mored-e estefaade qaraar migerefte ast.</p> <p>Korsi is a special table that has been used inside houses during the winter.</p>
--	--

یخچال بخش بسیار مهمی از مدل زندگی زنان ایرانی به حساب می‌آید.

yakhchaal bakhsh-e besiaar mohemmi az model-e zendegi-e zanaan-e irani be hesaab miaayad.

A refrigerator is considered to be a very important part of women's lifestyles in Iran.

خانواده‌های ایرانی وقت زیادی را برای دیدن تلویزیون با همدیگر سپری میکنند.

khaanevaadehaaye iraani vaqt-e ziaadi ra baraaye didan-e televizion ba hamdigar separi mikonand.

Iranian families spend a large amount of time watching TV together.

طرح‌های پرده در خانه‌های ایرانی بسیار زیبا هستند.

tarh haaye parde dar khaanehaaye iraani besiaar zibaa hastand.

Curtain designs in Iranian houses are very beautiful.

CULTURAL INSIGHT

1. Carpet

Carpet-weaving is one of the most developed forms of Persian art, and goes back to ancient Persia. Depending on the size of the carpet, it may take anywhere from a few months to a few years to finish weaving one.

2. Korsi

Korsi is low table, with a heater underneath it and blankets over it. Families or group of friends sit on the floor around the korsi during meals and special events.

3. Refrigerator

Iranian housewives like large refrigerators. Usually each house has two refrigerators—one is only a refrigerator, and the second is a freezer. Iranians buy large amounts of fresh vegetables, cut them into pieces and preserve them in the freezer.

4. Television

Nowadays all Iranian homes have at least one TV set, and Iranian families spend a lot of time watching it together.

5.

Curtain

Iranians consider curtains to be an ornamental part of the dining room and not just a cloth to prevent outside light from shining into the home.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #19 Commonly used medicine and drugs

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

19

PERSIAN

What are the five most commonly used medicine and drugs in Iran? .1

1.2 .1 استامینوفن

2.3 .2 گل گاوزبان

3.4 .3 عرق بهار نارنج

4.5 .4 گلاب

5.6 .5 عرق نعناع

ENGLISH

1. What are the five most commonly used medicine and drugs in Iran?

2. 1. acetaminophen

3. 2. borage

4. 3. Petitgrain bigarade oil

5. 4. rose water

6. 5. Peppermint Distillate

ROMANIZATION

1. What are the five most commonly used medicine and drugs in Iran?

CONT'D OVER

2. 1. astaaminofen
3. 2. gol gaav zabaan
4. 3. araq -e bahaar naarenj
5. 4. golaab
6. 5. araq nanaa

VOCABULARY

Persian	Romanization	English	Class
استامینوفن	astaaminofen	acetaminophen	noun
گل گاوزبان	gol gaav zabaan	borage	noun
عرق بهار نارنج	araq -e bahaar naarenj	Petitgrain bigarade oil	phrase
گلاب	golaab	rose water	noun
عرق نعناع	araq nanaa	peppermint distillate	noun

SAMPLE SENTENCES

<p>استامینوفن یک داروی متداول جهت کاهش تب است که در ایران استفاده می شود.</p> <p>asetaminofen yek daarooeye motadaavel jahat-e kaاهش-e tab ast ke dar iraan estefaade mishavad.</p> <p>Acetaminophen is a commonly used drug in Iran for reducing fever.</p>	<p>گل گاوزبان یک گیاه دارویی معروف در ایران می باشد.</p> <p>gol-e gaav zabaan yek giah darooyi-e maroof dar iran mibashad.</p> <p>Borage is a famous medicinal plant in Iran.</p>
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عرق بهار نارنج آرامش بخش است و
اضطراب را از بین می برد.

aragh-e bahaar naarenj aaraamesh bakhsh ast
va ezteraab raa az bein mibarad.

Petitgrain Bigarade Oil is soothing and
eliminates anxiety.

گلاب دارای رایحه‌ای خوش می باشد که
در آشپزی ایرانی بسیار مورد استفاده
قرار می گیرد.

golaab daaraaye raayehe'i khosh mibaashad ke
dar aashpazi-e iraani besyaar mored-e estefaade
qaraar migirad.

Rose water has a very distinctive flavor
and is used heavily in Persian cuisine.

عرق نعناع می تواند باعث کاهش درد معده شود.

araq na'naa mitavaanad baaes-e kaahesh-e dard-e me'de shavad.

Peppermint distillate can ease stomach aches.

CULTURAL INSIGHT

1. Acetaminophen

Acetaminophen is used to relieve pain and reduce fever. It's a very common drug prescribed by doctors in Iran when people have fevers.

2. Borage

Borage is an herb, originally native to the Mediterranean region. Iranians use it in traditional medicine for infectious diseases and the flu. Tea made from the dried flowers is a traditional calming drink in Iran.

3. Petitgrain bigarade oil

Petitgrain Bigarade Oil is distilled from the leaves of the bitter orange tree. It is used for skin care, and to relieve anxiety and stress.

4. Rose water

This oil is extracted from rose petals using steam. Although it can be used in making perfumes, it also has therapeutic properties and is used to treat depression and also fight bacteria and viruses.

5. Peppermint distillate

Iranians use peppermint distillate as a medicine. It's used for the common cold, mouth and throat inflammation, sinus and respiratory infections and digestive problems.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #20 Natural disasters

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

20

PERSIAN

What are the five most common natural disasters in Iran? .1

1.2 .1 زلزله

2.3 .2 سيل

3.4 .3 خشکسالی

4.5 .4 طوفان شن

5.6 .5 آتشفشان

ENGLISH

1. What are the five most common natural disasters in Iran?

2. 1. earthquake

3. 2. flood

4. 3. drought

5. 4. sand storm

6. 5. volcano

ROMANIZATION

1. What are the five most common natural disasters in Iran?

CONT'D OVER

2. 1. zelzele
3. 2. seil
4. 3. khoshksaali
5. 4. toofaan-e shen
6. 5. aatashfeshaan

VOCABULARY

Persian	Romanization	English	Class
زلزله	zelzele	earthquake	noun
سیل	seil	flood	noun
خشکسالی	khoshksaali	drought	noun
طوفان شن	toofaan-e shen	sand storm	noun
آتشفشان	aatashfeshaan	volcano	noun

SAMPLE SENTENCES

<p>ایران کشوری زلزله خیز است. iraan keshvari zelzeleh khiz ast.</p> <p>Iran experiences many earthquakes.</p>	<p>یکی از معروفترین سیل ها در ایران در سال ۱۹۸۷ در میدان تجریش تهران اتفاق افتاد. yeki az ma'erooftarin seil haa dar iraan dar saal-e 1987 dar meidaan-e tajrish-e tehran ettefaagh oftaad.</p> <p>One of the most famous floods happened at Tajrish square in Tehran in 1987.</p>
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در بسیاری از نواحی ایران، خشکسالی یک تهدید حتمی و اجتناب ناپذیرمی باشد.
dar besyaari az navaahiye iraan, khoshksaali yek tahdid-e hatmi va ejtenaab naapazir mibaashad.

Drought is a real threat and unavoidable in many parts of Iran.

طوفان شن یکی از بزرگترین معضلات استان سیستان و بلوچستان است.

toofaan-e shen yeki az bozorgtarin mozalaat-e ostaan sistaan o baluchestaaan ast.

Sand storms are one of the biggest problems in Sistan and Baluchestan provinces.

در ایران شش کوه آتشفشانی وجود دارد که تعدادی از آن ها فعال هستند.

dar iraan shesh kooch-e aatashfashaani vojood daarad ke te'daadi az aanhaa fa'aal hastand.

Iran has six volcanoes and some of them are active.

CULTURAL INSIGHT

1. Earthquake

Iran is one of the countries with the most earthquake activity. The 2013 Sistan and Baluchestan earthquake, which was a magnitude 7.7, was the strongest of the 21st century.

2. Flood

Although Iran's average rainfall is only ten inches, the country's geographical location means that even light rains trigger floods. Inadequate building safety and unchecked construction along river banks has led to an increase in damage from flooding.

3. Drought

Precipitation in Iran is less than one third of the global average precipitation, and the rainfall distribution over the country is uneven. In Iran, droughts often cause severe damage to the agricultural and industrial sectors.

4. Sand storm

Sand storms form when strong winds blow loose sand and dirt away. In recent years, sand storms coming from neighboring western countries have increased, causing economic problems in western and central Iran.

5. Volcano

Iran has some active volcanoes, most notably Mount Damavand, in Alborz range. It is also the highest volcano in Asia and the highest mountain in the Middle East.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #21

Frequently used modes of transportation

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

21

PERSIAN

What are the five most frequently used modes of transportation in Iran? .1

1. مترو .2

2. تاکسی .3

3. اتوبوس .4

4. آژانس .5

5. قطار .6

ENGLISH

1. What are the five most frequently used modes of transportation in Iran?
2. 1. subway
3. 2. taxi
4. 3. bus
5. 4. car agency
6. 5. train

ROMANIZATION

CONT'D OVER

1. What are the five most frequently used modes of transportation in Iran?
2. 1. metro
3. 2. taaksi
4. 3. otoboos
5. 4. aazhaans
6. 5. qataar

VOCABULARY

Persian	Romanization	English	Class
مترو	metro	subway	noun
تاکسی	taaksi	taxi	noun
اتوبوس	otoboos	bus	noun
آژانس	aazhaans	car agency	noun
قطار	qataar	train	noun

SAMPLE SENTENCES

امروزه افراد زیادی در تهران برای رفتن به محل کار خود از مترو استفاده می کنند.

emrooze afraad-e ziaadi dar tehraan baraaye raftan be mahall-e kaar-e khod az metro estefaade mikonand.

Nowadays many people in Tehran are using the subway to travel to their workplace.

در بیشتر شهرهای ایران، تاکسی‌ها با رنگ زرد یا نارنجی مشخص شده‌اند.

dar bishtar-e shahrhaaye iraan, taaksihaa baa rang-e zard yaa naarenji moshakkhas shode and.

In most of the cities in Iran, taxicabs are colored yellow or orange.

اتوبوس یک وسیله نقلیه عمومی متداول
در شهرها است.

otoboos yek vasileye naqlieye omoomi-e
motadaavel dar shahrhaa ast.

Buses are common public transportation
vehicles in the cities.

آژانس ها خدمتی مانند اجاره ماشین
همراه با راننده به مردم ارائه می دهند.

aazhaanshaa khedmati maanand-e ejaare
maashin be hamraah-e raanande be mardom
eraae midahand.

Car agencies serve people by renting cars
with a driver.

قطار برای سفر بین شهرها در ایران استفاده می شود.

qataar baraaye safar bein-e shahrhaa dar iraan estefaade mishavad.

Trains are used for traveling between the cities in Iran.

CULTURAL INSIGHT

1. Subway

Tehran subway has five lines operating currently. Besides Tehran, only Mashhad has a subway. The ticket price of the Tehran Metro is 4500 Iranian Rials, or about 20 cents US, for each journey.

2. Taxi

Iran has two types of taxi, the governmental taxis which are orange, or self-employed taxis with no special color. Some areas inside the city have taxis working on a special route with decided prices, called "Line Taxis."

3. Bus

City bus tickets can be bought at kiosks at major transport intersections. In Iranian buses, there is gender segregation, where women ride in the back and men in front.

4. Car agency

Car agencies offer car rentals that include a driver. These are usually arranged by telephone. The customer may ask for a short rental or they may ask for a whole day rental.

5. Train

The Railway of the Islamic Republic of Iran, or Raja, started in 1996 as an independent governmental company. It has national and international destinations, and around 29 million passengers are transported each year.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #22 Shops or services in town

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

22

PERSIAN

What are the five most popular shops and services in Iran? .1

1.2. خواروبار فروشی

2.3. نانوايي

3.4. فروشگاه میوه و سبزی

4.5. فروشگاه گوشت

5.6. فروشگاه آجيل و خشکبار

ENGLISH

1. What are the five most popular shops and services in Iran?

2. 1. grocery store

3. 2. bakery

4. 3. fruit and vegetable shop

5. 4. meat shop

6. 5. ajil and dried fruits shop

ROMANIZATION

1. What are the five most popular shops and services in Iran?

CONT'D OVER

2. 1. khaar-o baar forooshi
3. 2. naanvaaii
4. 3. forooshgaah-e miveh va sabzi
5. 4. forooshgaah-e goosht
6. 5. forooshgaah-e aajil va khoshkbaar

VOCABULARY

Persian	Romanization	English	Class
خواروبار فروشی	khaar-o baar forooshi	grocery store	noun
نانوایی	naanvaaii	bakery	noun
فروشگاه میوه و سبزی	forooshgaah-e miveh va sabzi	fruit and vegetable shop	phrase
فروشگاه گوشت	forooshgaah-e goosht	meat shop	phrase
فروشگاه آجیل و خشکبار	forooshgaah-e aajil va khoshkbaar	ajil and dried fruits shop	phrase

SAMPLE SENTENCES

<p>مردم برای خریدهای روزمره خود خواروبار فروشی های کوچک نزدیک محل سکونتشان را به فروشگاههای بزرگ ترجیح می دهند.</p> <p>mardom baraaye kharidhaaye roozmareye khod khaar o baar forooshihaaye koochak-e nazdik-e mahal-e sokoonaateshaan raa be forooshgaahhaaye bozorg tarjih midahand.</p> <p>People prefer to buy from small grocery shops near their houses rather than big supermarkets.</p>	<p>نانوایی مکانی است برای تهیه نان تازه که معمولا در نزدیکی همه مناطق مسکونی وجود دارد.</p> <p>naanvaayi makaani ast baraaye tahie naan-e taaze ke ma'moolan dar nazdiki-e hameye manaateq-e maskooni vojood daarad.</p> <p>A bakery is a place for fresh-baked bread that is usually near residential areas.</p>
<p>تنها میوه و سبزی در یک فروشگاه میوه و سبزی پیدا میشود.</p> <p>tanhaa miveh va sabzi dar yek forooshgaah-e miveh o sabzi peydaa mishavad.</p> <p>Only fruits and vegetables are found in the fruit and vegetable shop.</p>	<p>مردم معمولا مقادیر زیادی گوشت گاو یا گوسفند از فروشگاههای گوشت خریداری کرده و در فریزر نگهداری می کنند.</p> <p>mardom ma'moolan maqaadir-e ziaadi goosht-e gaav yaa goosfand az forooshgaahhaaye goosht kharidaari karde va dar frizer negahdaari mikonand.</p> <p>People usually purchase large amounts of beef or lamb from meat shops and keep them in the freezer.</p>

مردم ایران برای خریدن آجیل برای مناسبتهای مختلف به فروشگاههای آجیل و خشکبار می روند.

mardom-e iraan baraaye kharidan-e aajil baraaye monaasebathaaye mokhtalef be forooshgaahhaaye aajil va khoshkbaar miravand.

Iranian people go to aajil and dried fruit shops to buy aajil for different occasions.

CULTURAL INSIGHT

1. Grocery store

These are like small supermarkets selling food including rice, dairy products, juices, bread, water, ice cream, and pickles. They can be found near every residential area, because people buy their daily needs there.

2. Bakery

There are many types of breads in Iranian bakeries such as Lavash, Sangak, Taftoon, and Barbari. Iranians like fresh and hot bread for their breakfast, so they prefer to buy it in bakeries rather than pre-packaged and pre-sliced.

3. Fruit and vegetable shop

These shops sell only fruits and vegetables. Fresh fruit is delivered every morning which causes these shops to become very crowded. The sellers don't allow people to pick out the fruits themselves since the prices are cheap and the quality is mixed.

4. Meat shop

These shops are the most ancient and traditional way of selling meat. Although now most people prefer to buy their meat from big supermarkets, there are still many meat shops around Iranian cities.

5. Ajil and dried fruits shop

These stores sell dried fruits and ajil. Ajil is an assortment of nuts, usually pistachios, almonds, and hazelnuts, with roasted chickpeas, seeds, raisins, and other dried fruits such as apricots, sour cherries, mulberries, and figs.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #23 Popular chain stores

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

23

PERSIAN

What are the five most popular chain stores in Iran? .1

1.2 .1 شهروند

2.3 .2 رستوران بوف

3.4 .3 رفاه

4.5 .4 هاكوپيان

5.6 .5 ساندويچ هايدا

ENGLISH

1. What are the five most popular chain stores in Iran?

2. 1. Shahrvand

3. 2. Boof Restaurant

4. 3. Refah

5. 4. Hacoupian

6. 5. Haida Sandwich

ROMANIZATION

1. What are the five most popular chain stores in Iran?

CONT'D OVER

2. 1. shahrvand
3. 2. restoraan-e boof
4. 3. refaah
5. 4. hakoopiaan
6. 5. saandevich-e haaida

VOCABULARY

Persian	Romanization	English	Class
شهروند	shahrvand	Shahrvand	proper noun
رستوران بوف	restoraan-e boof	Boof Restaurant	proper noun
رفاه	refaah	Refah	proper noun
هاکوپیان	hakoopiaan	Hacoupian	proper noun
ساندویچ هایدا	saandevich-e haaida	Haida Sandwich	proper noun

SAMPLE SENTENCES

<p>شهروند شعبه های بسیاری در نقاط مختلف تهران دارد.</p> <p>shahrvand sho'beh haaye besiaari dar noghaat-e mokhtalef-e tehraan daarad.</p> <p>Shahrvand has many branches in different locations in Tehran.</p>	<p>بوف یکی از محبوبترین رستوران های فست فود در ایران است.</p> <p>boof yeki az mahboobtarin restooraan haaye fast food dar iraan ast.</p> <p>Boof is one of the most popular fast food restaurants in Iran.</p>
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شعار شرکت رفاه "کیفیت بهتر، قیمت های پایین تر" است.

shoaaar-e sherkat-e refaah "keifiyat-e behtar, qeimathaaye paaintar" ast.

The company slogan of Refah is "Better quality, lower prices".

هاکوپیان یک فروشگاه لباس مردانه است.

haakoopian yek forooshgaah-e lebaas-e mardaane ast.

Hacoupian is a menswear store.

ساندویچ هایدا در آمریکا و کانادا نیز شعبه دارد.

saandevich-e haaida dar aamrikaa va kaanaadaa niz shobe daarad.

Haida Sandwich also has branches in the US and Canada.

CULTURAL INSIGHT

1. Shahrvand

Shahrvand Chain Stores is a supermarket chain with many branches around Tehran. It has great importance in the Iranian retail industry.

2. Boof Restaurant

Boof is a fast food restaurant that started in 1995. It's one of the leading fast food restaurants with 50 branches across Iran. Its menu includes mainly burgers, fried chicken, and pizza.

3. Refah

Refah Chain Stores is an Iranian supermarket chain based in Tehran, with over 160 branches.

4. Hacoupian

Hacoupian is a retail clothing store, founded by Sombat Hacoupian in 1970. This store primarily sells men's wear, and has 300,000 permanent subscribers to its catalog in Iran and abroad.

5. Haida Sandwich

Haida is the biggest fast food franchise in the Middle East. They mainly offer cold and hot sandwiches.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #24 Artists and musicians

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

24

PERSIAN

Who are the five most well-known artists and musicians in Iran? .1

1. شجریان .2

2. کمال الملک .3

3. فریبرز لاجینی .4

4. حسین تهرانی .5

5. بنان .6

ENGLISH

1. Who are the five most well-known artists and musicians in Iran?

2. 1. Shajarian

3. 2. Kamal-ol-Molk

4. 3. Fariborz Lachini

5. 4. Hossein Tehrani

6. 5. Banan

ROMANIZATION

1. Who are the five most well-known artists and musicians in Iran?

CONT'D OVER

2. 1. shajariaan
3. 2. Kamal-ol-molk
4. 3. Fariborz laachini
5. 4. hosein tehraani
6. 5. banaan

VOCABULARY

Persian	Romanization	English	Class
شجریان	shajariaan	Shajarian	proper noun
کمال الملک	Kamal-ol-molk	Kamal-ol-Molk	proper noun
فریبرز لاجینی	Fariborz laachini	Fariborz Lachini	proper noun
حسین تهرانی	hosein tehraani	Hossein Tehrani	proper noun
بنان	banaan	Banan	proper noun

SAMPLE SENTENCES

<p>شجریان به عنوان بزرگترین استاد زنده ایران در موسیقی سنتی اصیل ایرانی شناخته می شود.</p> <p>shajariaan be onvaan-e bozorgtarin ostaad-e zende iraan dar moosiqi-e sonaati shenaakhte mishavad.</p> <p>Shajarian has been called Iran's greatest living master of traditional Persian music.</p>	<p>کمال الملک سبک جدیدی در هنر ایران پایه گذاری کرد.</p> <p>kamaal olmolk sabk-e jadidi dar honar-e iraan paayegozaari kard.</p> <p>Kamal-ol-Molk founded a new style in Iranian art.</p>
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<p>فریبرز لاجینی سازنده پاییز طلایی، یکی از پرفروش ترین کارها در ایران است. fariborz-e laachini saazandeye paaiz-e talaayi, yeki az porforooshtarin kaarhaa dar iraan ast.</p> <p>Fariborz lachini was the creator of Golden Autumn, one the best selling works in Iran.</p>	<p>حسین تهرانی یکی از آهنگسازان و نوازندگان تنبک ایرانی می باشد. Hossein Tehraani az aahangsaazaan va navaazandegaan-e tonbak-e iraani mibaashad.</p> <p>Hossein Tehrani was an Iranian musician and tonbak player.</p>
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بنان یکی از آهنگسازان و خواننده های محبوب ایرانی است.

Banaan yeki az aahangsaazaan va khaanandehaaye mahboob-e iraani ast.

Banan is one of the most popular Iranian musicians and singers.

CULTURAL INSIGHT

1. Shajarian

Mohammad-Reza Shajarian is an Iranian classical singer, composer, and master of Persian music. Shajarian has even invented many new classical Iranian musical instruments.

2. Kamal-ol-Molk

Kamal-ol-Molk was an Iranian painter. He was born in 1848 in Kashan, to a family heavily involved in art. He expanded the art of painting in Iran and opened up new horizons to the painters who followed him.

3. Fariborz Lachini

Fariborz Lachini is a composer of film scores. Before the Islamic Revolution, he also created some pop music. After the Islamic Revolution he moved to Paris to study music. When he returned home, he created Golden Autumn, one of the bestselling solo piano albums in Iran.

4. Hossein Tehrani

Hossein Tehrani was an Iranian musician and played a type of Persian drum called tonbak. Hossein innovated how it is played, which involved the tonbak being played in harmony with the saying of Persian phrases.

5. Banan

Banan was an Iranian musician and singer. He was part of the Iranian National Music Association. After, he joined the orchestra of the pianist Javaad Maroufi, and became the lead vocalist.

LESSON NOTES

Culture Class: Essential Persian Vocabulary #25 Writers

CONTENTS

- 2 Persian
- 2 English
- 2 Romanization
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

25

PERSIAN

Who are the five most well-known writers in Iran? .1

1.2 .1 علی محمد افغانی

2.3 .2 صادق هدایت

3.4 .3 بزرگ علوی

4.5 .4 سیمین دانشور

5.6 .5 محمدعلی جمالزاده

ENGLISH

1. Who are the five most well-known writers in Iran?

2. 1. Ali Mohammad Afghani

3. 2. Sadegh Hedayat

4. 3. Bozorg Alavi

5. 4. Simin Daneshvar

6. 5. Mohammad-Ali Jamalzadeh

ROMANIZATION

1. Who are the five most well-known writers in Iran?

CONT'D OVER

2. 1. Ali Mohammad Afqaani
3. 2. saadeq hedaayat
4. 3. Bozorg-e Alavi
5. 4. Simin Daaneshvar
6. 5. Mohammad-Ali Jamaalzaade

VOCABULARY

Persian	Romanization	English	Class
علی محمد افغانی	Ali Mohammad Afqaani	Ali Mohammad Afghani	proper noun
صادق هدایت	saadeq hedaayat	Sadegh Hedayat	proper noun
بزرگ علوی	Bozorg-e Alavi	Bozorg Alavi	proper noun
سیمین دانشور	Simin Daaneshvar	Simin Daneshvar	proper noun
محمد علی جمالزاده	Mohammad-Ali Jamaalzaade	Mohammad-Ali Jamalzadeh	proper noun

SAMPLE SENTENCES

<p>مشهورترین رمان علی محمد افغانی، شوهر آهو خانم است.</p> <p>mashhoortarin romaan-e ali mohammad-e afqaani, shohar-e aahoo khaanoom ast.</p> <p>Ali Mohammad Afghani's most famous novel is Lady Ahou's Husband.</p>	<p>صادق هدایت تعداد زیادی داستان کوتاه و رمان منتشر کرد.</p> <p>saadeq hedaayat te'daad-e ziaadi daastan-e kootaah va romaan montasher kard.</p> <p>Sadegh Hedayat published many short stories and novels.</p>
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بهترین رمان بزرگ علوی، چشم هایش،
در سال ۱۹۵۲ در ایران منتشر شد.

behtarin romaan-e bozorg-e alavi,
cheshmhaayash, dar saal-e 1952 dar iraan
montasher shod.

Bozorg Alavi's finest novel is Her Eyes,
which was published in Iran in 1952.

موفق ترین اثر سیمین دانشور، رمان
سووشون است.

movaffagh tarin asar-e simin daaneshvar, romaan-
e soovashoon ast.

The most successful work of Simin
Daneshvar was A Persian Requiem.

محمدعلی جمالزاده را پدر داستان کوتاه ایران می دانند.

Mohammad ali jamaalzaade raa pedar-e daastan-e kootaah-e iraan midaanand.

Mohammad-Ali Jamalzadeh is known as the father of the Persian short story.

CULTURAL INSIGHT

1. Ali Mohammad Afghani

Ali Mohammad Afghani is an Iranian novelist. He wrote his masterpiece *Lady Ahou's Husband* in 1961. The novel depicts the dreadful life of Iranian women in that era. Some of his other works are *Woven of Grief*, *Turnip*, and *Cousin Parvin*.

2. Sadegh Hedayat

Sadegh Hedayat was Iran's leading modern writer of fiction and short stories. His writings also include studies in Persian folklore and many translations from Middle Persian and French. His greatest work was *The Blind Owl*.

3. Bozorg Alavi

Bozorg Alavi was an Iranian writer and intellectual. He helped found the communist Tudeh Party of Iran in the 1940s. After the coup of 1953, he moved to Germany, in exile. His best novel, *Her Eyes*, was banned in Iran after first being published in 1952.

4. Simin Daneshvar

Simin Daneshvar was an academic, writer, and translator. She is regarded as the first major Iranian female novelist. Her first novel was *A Persian Requiem*, which became a bestseller.

5. Mohammad-Ali Jamalzadeh

Jamalzadeh was one of the most prominent writers of Iran in the twentieth century, often referred to as the father of the Persian short story. He's best known for his unique sense of humour.



	Introduction	13	Plants
1	National Holidays	14	Geographical features
2	Foods	15	Cities
3	Beverages	16	Sports
4	Popular homecooked meals	17	Tourist attractions and places
5	Sweets and desserts	18	Common things in the homes
6	Fruits	19	Commonly used medicine and drugs
7	Vegetables	20	Natural disasters
8	Food Souvenirs	21	Frequently used modes of transportation
9	Pop and Traditional Culture	22	Shops or services in town
10	Traditional Clothing	23	Popular chain stores
11	Historical figures	24	Artists and musicians
12	Animals	25	Writers