



Afghanistan's 1st LMS for English Learning

(Mid and Advanced Level)

Speaking Practice Session

پلتفورم جامع آموزشی

سیستم مدیریت آموزش (LMS)

مواد آموزشی
کتاب‌ها، پی‌دی‌اف‌ها، صدا، ویدیو

درس‌های تعاملی
خواندن، شنیدن، نوشتن

آزمون‌ها و تمرین‌ها
دانش خود را آزمایش کنید

پیگیری پیشرفت
تصدیق نامه‌ها

درس‌های ویدیویی هوش مصنوعی
به زبان‌های انگلیسی، پشتو و دری

دسترسی ۲۴/۷
هر زمان، هر جا یاد بگیرید

جلسات زنده

مربیگری مستقیم و فعالیت‌های تعاملی
با استاد آریانا، استاد شاپسته و شاگردان دیگر در نقش‌آفرینی‌ها، سناریوها و بحث‌ها برای تمرین انگلیسی شرکت کنید.

تمرین‌های عملی و بهبود فوری
تشریح تصاویر، خواندن با صدای بلند، یادگیری لغات جدید و اصلاح تلفظ برای تقویت فصاحت، اعتماد به نفس و مهارت‌های گفتاری



The Family Has Dinner Together

Past Simple — Narrating past events or experiences





Tongue Twister (5 min)

**Laila lovingly laid little loaves
of naan last night.**



Trainer Demo:

- Say it slowly first, then increase speed.
- Repeat 3 times.

Topic Talk

Tonight, we will talk about family dinner time. In many Afghan homes, families eat together in the evening. We use the **past simple tense** to describe what happened.

For example:

- Yesterday, we ate dinner at 7:00 p.m.
- My mother cooked kabuli pulao.
- We talked about our day and drank tea."

1. What did you eat for dinner yesterday?
2. Who cooked the food in your family?
3. Did you talk with your family after dinner?

- ✔ Check EnglishOnline.af for more slides, books, videos, and quizzes.



Grammar Focus

Form:

- Subject + Past Verb + Object

Examples:

- I **ate** kabuli pulao.
- She **washed** the dishes.
- They **drank** green tea.

regular (-ed) and irregular verbs.

Regular: cooked, washed, talked.

Irregular: ate, drank, came.





Role Play (15 min)

Purpose: Real-world communication practice.

Trainer + Student Demo Dialogue (2-3 min)

Student + Student Practice (5-8 min)

- Ahmad: What did you cook yesterday, Laila jan?
- Laila: I cooked kabuli pulao and salad.
- Ahmad: It smelled so good! Did the children like it?
- Laila: Yes, they loved it. Osman ate two plates!
- Ahmad: Really? That's great.
- Laila: Yes, we all enjoyed dinner together.

Visual Practice (10 min)

Look, Think & Speak

Trainer Demo

"This family **cooked** dinner together yesterday."

i Students describe pictures



Reading Aloud (8-10 min)

Every evening, Ahmad came home from work at 6:30 p.m. He was tired but happy. Laila cooked kabuli pulao and salad. The smell of food filled the room. Ahmad washed his hands and sat on the floor. He said, "Bismillah," and started eating. Laila asked, "How was your day?" Ahmad said, "It was busy, but I'm happy to be home." After dinner, they drank green tea and talked about their children. Ahmad smiled and said, "Alhamdulillah for our family." Laila nodded and smiled back.

Comprehension questions

1. What time did Ahmad come home?
2. What did Laila cook?
3. What did they do after dinner?

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Vocabulary

English Word	Pronunciation (IPA / Dari transliteration)	Dari	Pashto	Example Sentence
Dinner	/ˈdɪnər/ (diner)	شام	مانېامنی	We had dinner together.
Cook	/kʊk/ (kuk)	پختن	پخلی کول	Laila cooked kabuli pulao.
Eat	/i:t/ (it)	خوردن	خوړل	Ahmad ate naan and salad.
Talk	/tɔ:k/ (tak)	صحبت کردن	خپړې کول	They talked about their day.
Family	/ˈfæmɪli/ (femili)	خانواده	کورنۍ	My family ate dinner together.

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Live Placement Test

امتحان تثبیت سویه

#	Level	Recommended Course	برنامه های آموزشی
1	Pre-A / Pre-A1	NOVA Pre-Starter (DEL 1 Year program)	آماده گی - سطح صفری (برنامه یکساله)
2	A1	NOVA 1 (DEL 1 Year program)	نوا 1 (برنامه یکساله)
3	A1-A2	NOVA 2 (DEL 1 Year program)	نوا 2 (برنامه یکساله)
4	A1-A2	NOVA 3 (DEL 1 Year program)	نوا 3 (برنامه یکساله)
5	A2-B1	Walk & Talk Beginner (SS, 1 month)	سطح ابتدایی برنامه محاوره (سپیشل سپیکنگ)
6	B1-B2	Walk & Talk Intermediate (SS, 1 month)	سطح متوسط برنامه محاوره (سپیشل سپیکنگ)
7	C1-C2	Walk & Talk Advanced (SS, 1 month)	سطح پیشرفته برنامه محاوره (سپیشل سپیکنگ)
8	C1-C2	Teacher Training (TEFL, 2 month)	برنامه حرفه ای تربیه معلم زبان انگلیسی

Please Note down your level and recommended course,
Then message Ms. Tamana Faramarz (number in chat) for on-boarding and help.





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Wrap up

Excellent work tonight, everyone.

Keep reviewing today's lesson and try using these structures in your daily conversations. Sleep well, stay positive, and good night!

برای ثبت نام و معلومات مزید به بانو تمنا فرامرز تماس
گیرید: <https://wa.me/93771234047>



Ready to take your English to the next level? Join us at [EnglishOnline.af](https://www.englishonline.af) and start your journey to fluent English communication today!