

סוג הבחינה: בגרות
מועד הבחינה: קיץ 2024
מספר השאלון: 016471
קובץ: שאלון

אנגלית

מודול E - 4-5 יחידות לימוד

הוראות

- א. משך הבחינה: שעה וחצי
- ב. מבנה השאלון ומפתח ההערכה: פרק ראשון - הבנת הנקרא - 70 נקודות; פרק שני - אוצר מילים - 30 נקודות; סך הכול - 100 נקודות.
- ג. חומר עזר מותר בשימוש: אין. בשאלון זה אין להשתמש במילון או במילוניית.
- ד. הוראות מיוחדות: יש לכתוב את כל התשובות בגוף השאלון (במקומות המיועדים לכך). יש לכתוב את כל התשובות באנגלית ובעט בלבד. בתום הבחינה יש להחזיר את השאלון למשגיח או למשגיחה. בקובץ זה: השאלון - הטקסטים והשאלות, עם מקום לתשובות. התשובות וההסברים - בקבצים "תשובות" ו"פתרון מלא".

בהצלחה!

PART I: WRITTEN RECEPTION (70 points)

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

Read the article below and then answer questions 1–9.

A glossary of the underlined words (numbers 1–6) is provided on the next page.

BETTER SLEEP FOR TEENAGERS

- I 1 Everybody knows how important it is to get a good night's sleep. Even one night without enough sleep leaves us in a bad mood and unable to work well. Nevertheless, on most nights many of us get less sleep than we need. This is especially true for teenagers. Recent surveys¹ of American teenagers show that about 80% of them sleep only around seven hours a night. That is two hours less
5 than the nine hours recommended by doctors.
- II Lack of sleep can seriously affect teenagers throughout their day in school. For example, they might have trouble concentrating in class. Surprisingly, going to bed early does not help. "We all have an 'internal clock' that controls many things inside our bodies. For example, this clock determines at what time we feel hungry or sleepy," explains sleep specialist Dr. Joy Peterson. "And
10 in most studies on teenagers, we found that they were not ready to fall asleep before 11 p.m."
- III Because teenagers become so tired during the week, they often sleep many extra hours on the weekend. However, this disrupts² their internal clock for many days. As a result, they probably won't sleep well for most of the week. But according to a recent study, there might be a solution that does not affect the internal clock. "A nap³ during the afternoon – just one hour of sleep – was
15 found to improve mood, memory, and concentration," says Peterson.
- IV However, in addition to these encouraging results there was one that worried the scientists. In another study, they found that after an afternoon nap, teenagers had higher levels of sugar in their blood than normal. "More research must be done to find out if this has any negative long-term⁴ effect on their health," says Peterson. "Until then, I cannot recommend naps as a way of
20 compensating⁵ for a lack of a good night's sleep."
- V Meanwhile, what can teenagers who suffer from sleep deprivation⁶ do? "They should really make sure they are asleep at 11 p.m. or soon after," says Peterson. "But that isn't easy to do if they are very active before they go to bed. So it's important to do something relaxing for at least 30 minutes before they turn the lights off at 11 o'clock. That will help them get the best night's sleep
25 they can."

¹survey – סקר ²disrupt – לשבש ³nap (noun) – תנומה קצרה ⁴long-term – לטווח ארוך

⁵compensate – לפצות ⁶deprivation – מחסור, חסך

QUESTIONS

Answer questions 1–9 in English according to the article. In questions 1, 7, 8, and 9, circle the number of the correct answer. In the other questions, follow the instructions.

1. What are we told in paragraph I?

- i) What happens to the body during sleep.
- ii) How lack of sleep affects people.
- iii) Why teenagers only sleep 7 hours a night.
- iv) How sleep habits can be changed.

(7 points)

COMPLETE THE SENTENCE.

2. What do we learn about American teenagers from paragraph I?

Most of them do not _____ .

(8 points)

COMPLETE THE SENTENCE.

3. What might happen to teenagers who get less sleep than they need? (lines 6–7)

It might be difficult for them to _____ .

(8 points)

COMPLETE THE SENTENCE.

4. What problem might teenagers have if they go to bed before 11 p.m.? Base your answer on Peterson's words in lines 8–10.

They might not _____ .

(8 points)

5. What can disrupt teenagers' internal clock? (lines 11–13)

ANSWER: _____ .

(8 points)

COMPLETE THE SENTENCE.

6. What might happen to teenagers when their internal clock is disrupted? (lines 11–13)

They might be unable to _____ .

(8 points)

7. What does Peterson explain in lines 14–15?

- i) How teenagers can improve their afternoon naps.
- ii) Why teenagers often take afternoon naps.
- iii) Why afternoon naps are usually one hour long.
- iv) How an afternoon nap can help teenagers.

(7 points)

8. What worries the scientists mentioned in paragraph IV?

- i) Naps might cause health problems for teenagers.
- ii) Teenagers eat too much sugar after taking a nap.
- iii) Naps have many long-term effects on teenagers.
- iv) Teenagers don't take enough naps.

(8 points)

9. What does Peterson explain in paragraph V?

- i) Why teenagers are usually busy until 11 p.m.
- ii) What activities can help teenagers relax.
- iii) Why it is important to relax before going to bed.
- iv) How a good night's sleep helps teenagers.

(8 points)

PART II: LEXICAL KNOWLEDGE (30 points)

(VOCABULARY)

Below are five questions, (10) to (14). In each question there are six items (words or chunks) and three definitions.

In each question, match three of the items 1–6 to the definitions on the right.

Write the number of the item next to its definition, as shown in the example.

(2 points for each correct match.)

Example

- 1 a calendar
- 2 a season
- 3 an island
- 4 traffic
- 5 a prize
- 6 a label

- 4 cars, buses, and trucks moving along a road
- 1 shows days, weeks, and months in a year
- 5 something you are given when you win a race

- 10.** 1 introduce _____ to draw pictures for a book, magazine
 2 recognize _____ etc.
 3 illustrate _____ to do what you are told to do
 4 regret _____ to know who someone is because you
 5 obey _____ have seen them before
 6 switch _____
 (6 points)
- 11.** 1 leisure _____ most of the people or things in a group
 2 a ceremony _____ the time when you are free from work
 3 a preference _____ and can relax
 4 a majority _____ a religious or social event that includes
 5 accommodation _____ certain traditional actions
 6 a range _____
 (6 points)
- 12.** 1 serious _____ adequate
 2 illegal _____ from a long time ago
 3 ancient _____ without a job
 4 unemployed _____
 5 complex _____
 6 satisfactory _____
 (6 points)
- 13.** 1 formerly _____ in the past
 2 centrally _____ not exactly
 3 urgently _____ possibly
 4 widely _____
 5 potentially _____
 6 roughly _____
 (6 points)
- 14.** 1 quite a while _____ remove
 2 as a matter of fact _____ actually
 3 put on _____ before a particular time
 4 in advance _____
 5 get used to _____
 6 take away _____
 (6 points)