

סוג הבחינה: מבחן מתכונת
מועד הבחינה: מתכונת 6
מספר השאלון: 016471
קובץ: שאלון

GuyAI

מבית GOOL בגריות

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 1–3) is provided on the next page.

MOVING MORE, TOGETHER

- I 1 Doctors sometimes call it "the new smoking": sitting still for most of the day. Around the world, one adult in three and four teenagers in five do not get the amount of exercise that doctors recommend. The price is high. People who rarely move are more likely to suffer from heart disease and depression, and every year the treatment of their illnesses costs health systems billions of 5 dollars.
- II Many employers have decided that they cannot wait for their workers to change on their own. Offices now come with standing desks, bicycle parking and free yoga classes at lunchtime, in the hope of keeping staff alert¹ and reducing the number of days they take off sick. In Sweden and Finland, companies can even pay for their employees' gym and sports activities without paying any extra tax.
- 10 Laura Benson, who studies workplace health at Northvale University, welcomes these efforts but doubts that they reach the right people. "The yoga class fills up with the same sporty people every week," she says. "The colleagues who need it most are the ones who never sign up."
- III Technology was supposed to solve this problem. Millions of people have downloaded fitness apps that try to get them out of their chairs – for example, by sending a reminder after an hour of sitting.
- 15 Yet most users stop opening these apps within a month. Benson is not surprised. "An app has no feelings, so you don't feel guilty when you ignore it," she explains. "After a while, its messages become just background² noise."
- IV A research team at Northvale University recently set out to discover whether colleagues could succeed where apps had failed. Six hundred office workers were each given a step counter to wear on 20 the wrist³. Half of them were placed in teams of five, and every morning a screen next to the office coffee machine showed how many steps each team member had taken the day before. The other half wore the same devices, but nobody except the workers themselves ever saw their numbers. The researchers followed both groups for six months and recorded the daily steps of every single worker taking part, at weekends as well as on workdays.
- V 25 By the end, team members were walking about 2,000 more steps a day than the others, and very few of them had given up. "Letting yourself down is easy, but letting down four colleagues is much harder," says Benson, who was not involved in the study. She thinks this could matter for decades. "If people keep moving together, they might avoid many of the illnesses that come with age, and they might even enjoy their working day more."

¹ alert – ערני, דרוך ² background – רקע ³ wrist – פרק כף היד

QUESTIONS

Answer questions **1–9** in English according to the article. In questions **1, 4, 6, and 8**, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn from paragraph I?

- i) Which countries have the most active people.
- ii) Why a lack of exercise is a serious problem.
- iii) How much exercise doctors recommend.
- iv) Why teenagers exercise less than adults.

(7 points)

COMPLETE THE ANSWER.

2. Why are some employers offering standing desks and yoga classes? Give ONE answer from lines 6–8.

In order to _____ .

(8 points)

3. Name ONE country where companies can pay for their employees' sports activities without extra tax. (paragraph II)

ANSWER: _____ .

(7 points)

4. What opinion does Benson express in paragraph II?

- i) Companies should stop offering yoga classes.
- ii) Governments should pay for workers' sports activities.
- iii) Workplace programs often miss the people who need them most.
- iv) Standing desks are more useful than yoga classes.

(8 points)

COMPLETE THE ANSWER.

5. How do many fitness apps try to get users out of their chairs? Base your answer on the example in line 14.

By _____ .

(8 points)

6. What does Benson explain in paragraph III?

- i) How fitness apps measure movement.
- ii) Which fitness apps are the most popular.
- iii) Why sitting for an hour is harmful.
- iv) Why many people stop using fitness apps.

(8 points)

7. In the study described in paragraph IV, how did team members find out how many steps their teammates had taken?

ANSWER: _____ .

(8 points)

8. What are we told about the study that is described in paragraph IV?

- i) How long the study lasted.
- ii) Why some workers dropped out of the study.
- iii) How the workers felt about wearing step counters.
- iv) How much money the study cost.

(8 points)

COMPLETE THE ANSWER.

9. According to Benson, why is it important for people to keep moving together? Give ONE answer from paragraph V.

Because then people might _____ .

(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 ticket | 5 | a road that goes over a river |
| 2 | a library | 3 | instructions for cooking something |
| 3 | a recipe | 2 | a building where you can read books |
| 4 | a passport | | |
| 5 | a bridge | | |
| 6 | a museum | | |

- 10.**
- | | | | |
|---|-------------|-------|-------------------------------------|
| 1 | to persuade | | to make someone suffer because they |
| 2 | to postpone | _____ | did something wrong |
| 3 | to refuse | _____ | to move an event to a later time |
| 4 | to punish | | to have earned something because of |
| 5 | to admit | _____ | the way you behaved |
| 6 | to deserve | | |
- (6 points)
- 11.**
- | | | | |
|---|----------------|-------|---|
| 1 | an argument | _____ | money that you owe to someone |
| 2 | a debt | | someone who works without getting |
| 3 | a celebration | _____ | paid |
| 4 | a volunteer | | one of the foods that you use to make a |
| 5 | an ingredient | _____ | dish |
| 6 | a disadvantage | | |
- (6 points)
- 12.**
- | | | | |
|---|-----------|-------|--------------------------------------|
| 1 | generous | _____ | extremely big |
| 2 | temporary | _____ | that you can trust or depend on |
| 3 | reliable | _____ | happy to give money, time or help to |
| 4 | curious | _____ | others |
| 5 | ancient | | |
| 6 | enormous | | |
- (6 points)
- 13.**
- | | | | |
|---|---------------|-------|--|
| 1 | suddenly | _____ | on purpose |
| 2 | deliberately | _____ | almost not; only just |
| 3 | frequently | _____ | by itself, without a person controlling it |
| 4 | automatically | | |
| 5 | eventually | | |
| 6 | barely | | |
- (6 points)

- 14.**
- | | | | |
|---|--------------------|-------|------------------------------------|
| 1 | to give up | _____ | to have none of something left |
| 2 | to look forward to | _____ | to stop trying to do something |
| 3 | to run out of | _____ | to throw away something you do not |
| 4 | to take care of | _____ | want |
| 5 | to get rid of | | |
| 6 | to put off | | |
- (6 points)

כל הבגריות באנגלית עם פתרונות מלאים: www.guyai.co.il/bagrut/english