

סוג הבחינה: מבחן מתכונת
מועד הבחינה: מתכונת 4
מספר השאלון: 016584
קובץ: שאלון

GuyAI

מבית GOOL בגריות

אנגלית

מודול F - 5 יחידות לימוד (לנבחנים אקסטרניים)

הוראות

- א. משך הבחינה: שעה וארבעים וחמש דקות
 - ב. מבנה השאלון ומפתח ההערכה: פרק ראשון - הבנת הנקרא - 60 נקודות; פרק שני - מטלת כתיבה - 40 נקודות; סך הכול - 100 נקודות.
 - ג. חומר עזר מותר בשימוש: אחד המילונים או אחת המילוניות מן הרשימה שבאתר הפיקוח על הוראת האנגלית ובאתר של אגף הבחינות במשרד החינוך. נבחנים "עולים חדשים" רשאים להשתמש גם במילון דו-לשוני: אנגלי-שפת אימם / שפת אימם-אנגלי. השימוש במילון אחר טעון אישור של הפיקוח על הוראת האנגלית.
 - ד. הוראות מיוחדות: יש לכתוב את כל התשובות בגוף השאלון, באנגלית ובעט בלבד. על כתיב שגוי יופחתו נקודות מן הציון.
- בקובץ זה: השאלון - הטקסטים והשאלות, עם מקום לתשובות. התשובות וההסברים - בקבצים "תשובות" ו"פתרון מלא".

בהצלחה!

PART I: WRITTEN RECEPTION (60 points)

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

Read the text below and then answer questions 1–8.

SLEEPING ON THE JOB

- I** 1 For eight years, Daniel Reyes has worked as an engineer at a factory in Ohio that makes parts for trains. After lunch, he used to face the same problem. "By two o'clock my eyes would start closing, and I'd read the same page three times," he recalls. To stay awake, he drank cup after cup of coffee, which kept him up at night. Last spring, the factory turned an empty storage
- 5 room into a nap room, where any employee may sleep for up to twenty minutes during the afternoon break. Reyes was thrilled. "Now I can take a short nap in the middle of my shift and come back fully alert," he says. "And because I've given up the afternoon coffee, I sleep much better at night."
- II** Reyes is not alone. "Feeling sleepy after lunch is not a sign of laziness," explains sleep
- 10 researcher Dr. Helen Ward. "The body's internal clock causes a natural drop in energy at that time of day." According to Ward, a nap of ten to twenty minutes can restore alertness for several hours. In studies, people who took such naps solved problems faster, made fewer errors and were in a better mood than those who kept working. For some workers, a short sleep is even
- 15 a matter of safety. Long-distance truck drivers are advised to pull over and rest as soon as they feel their eyes closing, because a few seconds of sleep at the wheel can cause a serious accident.
- III** A quiet room with a sofa is the cheapest way to let staff rest, but employers have come up with other ideas, too. Some buy "sleep pods" that shut out light and noise. Others hang hammocks in a corner of the office, and a few even rent beds in a nearby hotel. "The danger with any nap
- 20 space is that people stay too long, sink into deep sleep and wake up feeling worse than before," says Ward. "That is why most pods come with a gentle alarm that goes off after twenty minutes. It wakes users before deep sleep begins, so they can return to their desks refreshed."
- IV** Napping at work is not an option for everyone. "Some jobs simply cannot be stopped halfway," Ward points out. "A bus driver can't leave passengers waiting on the road, and a surgeon can't
- 25 walk out in the middle of an operation." Even so, about one in five large American companies now offers a nap space, and Ward expects that number to grow. "Tired employees make more mistakes and have more accidents, and that costs businesses a great deal," she says. "A twenty-minute nap is a bargain. What's more, sleep pods are far cheaper than they were ten years ago, so even small firms can now afford one."

QUESTIONS

Answer questions 1–8 in English, according to the text. In questions 1 and 3, circle the number of the correct answer. In the other questions, follow the instructions.

1. What are we told about the factory in paragraph I?

- i) How many engineers work there.
- ii) What it did for tired employees.
- iii) Why it moved to Ohio.
- iv) When it began making parts for trains.

(6 points)

COMPLETE THE ANSWER.

2. Why was Reyes happy about the nap room? Give ONE reason from paragraph I.

Because it enabled him to _____ .

(8 points)

3. What is explained in paragraph II about short naps?

- i) Why they are popular in some countries.
- ii) How often people should take them.
- iii) How they can improve people's performance.
- iv) Why some people cannot fall asleep during the day.

(6 points)

COMPLETE THE SENTENCE.

4. What do we learn from paragraph II about long-distance truck drivers?

We learn why they might not want to _____ .

(8 points)

COMPLETE THE ANSWER.

5. What is described in lines 17–19?

Different _____ .

(7 points)

COMPLETE THE ANSWER.

6. What is the purpose of the alarm mentioned in line 21? (paragraph III)

To enable workers to _____ .

(8 points)

COMPLETE THE ANSWER.

7. According to Ward, why can't some people nap at work?

Give ONE answer from paragraph IV.

Because they _____ .

(7 points)

PUT A ✓ BY THE TWO CORRECT ANSWERS.

8. What does Ward explain in paragraph IV about nap spaces at work?

- i) How workers first learned about them.
- ii) How they can save businesses money.
- iii) Why some employees refuse to use them.
- iv) Which kind is the most comfortable.
- v) Why more companies can afford them today.
- vi) When the first nap room was opened.

(2x5=10 points)

PART II: WRITTEN PRODUCTION (40 points)

(WRITTEN PRESENTATION)

IMPORTANT: You may use words and/or phrases from the text in Part I.

However, you must NOT copy a sentence or sentences from the text.

Write 100–120 words in English on the following topic.

Do you think the school day should start later so that students can get more sleep?

Write a composition explaining why or why not.

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