

ACCESS TO INFORMATION FROM WRITTEN TEXTS (100 points)

הבנת הנקרא (100 נקודות) فهم المقروء (100 درجة)
קרא את הקטע שלפניך, וענה על اقرأ القطعة التي أمامك، وأجب
השאלות 1-10. عن الأسئلة 1-10.

Read the article below and then answer questions 1-10.

COLORING ISN'T JUST FOR KIDS

When we think of coloring with crayons*, we often think of our childhood. As we get older, we stop coloring. However, it seems that this might be a mistake. Some psychologists believe that coloring can be helpful to us as adults.

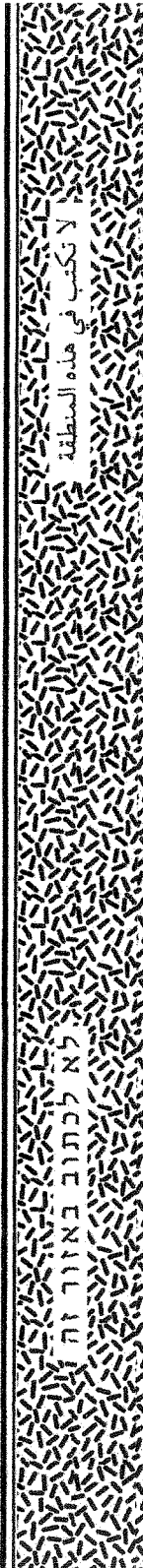
"We use different areas of the brain when we color," says psychologist Gloria Martinez. "When we choose colors, we use the areas that control logic and creativity. It's important for us to keep these areas active because we often have to use them in our everyday lives. Coloring helps us function better at home, at work or at school. It also improves our coordination as we have to make small, exact movements with our hands when we do it."

Martinez claims that coloring also helps us relax. "Coloring has a relaxing effect because when we focus on coloring a picture, we forget our worries. Although coloring an hour a day doesn't solve our problems, it takes us back to our childhood, a time when we probably had much less stress." She says that coloring especially benefits people who didn't color as children. "For these people, coloring exercises their brains more than it does for people who colored as children."

Martinez recommends that we use coloring to express our feelings. "People choose different colors or intensity of colors according to their mood," she says. For instance, we often use bright red to express anger and dark blue to express sadness. "I, myself," says Martinez, "often color to improve my mood. I work best when I am in a quiet environment, especially with relaxing music. Coloring comforts me, gives me peace, and lets me enjoy myself."

* coloring with crayons – לצבוע בעפרונות צבע

(שים לב: המשך הקטע בעמוד הבא.)
(انتبه: تكلمة القطعة في الصفحة التالية.)
המשך בעמוד 3



Coloring books for adults are now being published in Europe and North America. They have even become bestsellers in France and Britain. One French publisher has a collection of twenty books including all kinds of drawings from butterflies and flowers to graffiti and abstract drawings. Recently, a Spanish company published a coloring book with illustrations by a famous local cartoonist.

It seems that coloring is a worthwhile activity which is convenient, affordable and clearly enjoyable. It really isn't just for kids.

ענה באנגלית על השאלות 1-10, על פי הקטע.
בשאלות 1, 3, 6 ו-10, הקף במעגל את התשובה הנכונה.
בשאר השאלות ענה לפי ההוראות.
(100 נקודות)

أجب بالإنجليزية عن الأسئلة 1-10, حسب القطعة.
في الأسئلة 1 و 3 و 6 و 10, ضع دائرة حول رقم الإجابة الصحيحة.
في الأسئلة الباقية, أجب حسب التعليمات.
(100 درجة)

Answer questions 1-10 in English according to the article. In questions 1, 3, 6 and 10, circle the number of the correct answer. In the other questions, follow the instructions.

1. What is the main idea of lines 1-3?
- i) Coloring is usually good for children.
 - ii) Adults often use crayons.
 - iii) Only children should use crayons.
 - iv) Coloring may be good for adults.
- (9 points)

2. What is the mistake referred to in line 2?
- ANSWER:
-
- (9 points)

3. What does Martinez explain in lines 4-9?
- i) How coloring helps us keep our brains active.
 - ii) Where we like to color.
 - iii) Why we like to color.
 - iv) How we choose different colors for a picture.
- (9 points)

המשך בעמוד 4

לא לכתוב באזור זה
لا تكتب في هذه المنطقة

4. PUT A \checkmark BY THE TWO CORRECT ANSWERS. (lines 4-9)

What is the connection between coloring pictures and our everyday lives?

People who color (-).

- i) are more helpful
- ii) stay at home more
- iii) do their jobs better
- iv) work well with others
- v) have more creative jobs
- vi) develop better coordination

(2X9=18 points)

5. Give ONE way that coloring helps us relax (lines 10-16)

ANSWER:
.....

(9 points)

6. According to lines 10-16, why do some people exercise their brains more when coloring?

- i) They don't feel stress.
- ii) They are doing something they like to do.
- iii) They need to solve their problems.
- iv) They didn't color when they were children.

(9 points)

7. COMPLETE THE SENTENCE.

Why does Martinez mention the color dark blue? (lines 17-22)

To show that.....
.....

(10 points)

8. Give ONE way that coloring improves Martinez's mood? (lines 17-22)

ANSWER:

(9 points)

9. How do we know that coloring books are popular in Europe? (lines 23-27)

ANSWER:
.....

10. According to lines 23-29, the writer says that coloring is good for

adults because (-).

- i) it is popular today
- ii) adults like abstract drawings
- iii) it is fun to do
- iv) adults have a lot of free time

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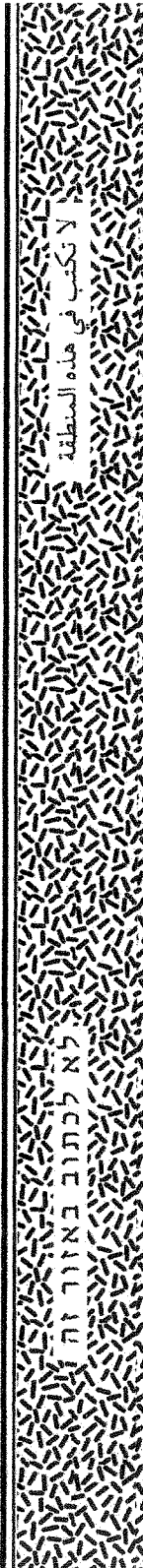
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