

PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS (70 points)

פרק ראשון: הבנת הנקרא (70 נקודות) الفحص الأول: فهم المقروء (70 درجة)
קרא את הקטע שלפניך, וענה על قرأ نصفاً عني مُمك، وأجب عن
השאלות 1-8 שאחריי. الأسئلة 1-8 عني تليها.

Read the informative text below and then answer questions 1-8.

A NEW KIND OF DESK

Nowadays, we spend most of the day sitting at work, at school or at home. We are used to sitting for a long time from a very young age. Even in kindergarten teachers ask children to sit for a long time. However, research has shown that sitting too much is unhealthy.

Schools are now encouraging kids to sit less during the school day. And the kids like it! "When I get to class, I like to stand, but after the break I like to sit down and rest," one pupil said. That's why the Winwin furniture company decided to build the StandUpDesk, a desk kids can sit at or stand at.

All over America more and more schools are using StandUpDesks. Both teachers and pupils are happy with the change. Teachers like teaching in classes that have StandUpDesks because the pupils behave better and pay more attention to the lessons. The kids find the lessons more interesting.

Researcher James Levine says, "Using these desks improves not only children's bodies but also their minds. Data shows that when children can stand up in class during their school day, they do better on tests. Test results are 10% to 15% higher in schools with standing desks."

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

המשך בעמוד 3

لا تكتب في هذه المنطقة

لا تكتب في هذه المنطقة

Parents also buy StandUpDesks to use at home. "They especially like these desks because they are good for the whole family," says Martin Peters, manager of Winwin. "Both parents and children can use the same desk because they can
20 make it higher or lower." Peters adds, "They also like it because it's very easy to put the desk together. There are only nine pieces in each Winwin desk. There is another good thing about the desks. Winwin has designed all the pieces so that if one piece breaks, it's easy to replace it with a new one."

ענה באנגלית על השאלות 1-8, על פי הקטע. בשאלות 1, 2, 6, 7 ו-8, הקף במעגל את המספר של התשובה הנכונה. בשאר השאלות ענה לפי ההוראות. (70 נקודות)

أجب بالإنجليزية عن الأسئلة 1-8، حسب القطعة. في الأسئلة 1 و 2 و 6 و 7 و 8 ضع دائرة حول رقم الإجابة الصحيحة. في الأسئلة الباقية، أجب حسب التعليمات. (70 درجة)

Answer questions 1-8 in English according to the text. In questions 1, 2, 6, 7 and 8, circle the number of the correct answer. In the other questions, follow the instructions.

1. What is the main idea of lines 1-4?
 - i) Why sitting at work is hard.
 - ii) Why sitting for many hours is bad.
 - iii) Why children should go to kindergarten.

(8 points)

2. Why do kids like StandUpDesks? (lines 5-8)
 - i) They can stand or sit in class.
 - ii) Kids like to use new things.
 - iii) The desks come from the Winwin company.

(8 points)

3. Why do teachers like teaching in classes that have StandUpDesks. Give ONE answer. (lines 9-12)

ANSWER

.....

(9 points)

4. COMPLETE THE SENTENCE. (lines 13-16)
James Levine's research shows that when schools use standing desks, pupils
- (9 points)

5. Why can the same StandUpDesk be good for the whole family? (lines 17-23)
ANSWER:
-
- (9 points)

6. Peters says, "There are only nine pieces in each Winwin desk." (line 21)
He wants to show that (-). (lines 17-23)
- i) the desk is easy to build
 - ii) children can use the desk
 - iii) the desk can be in any room
- (9 points)

7. If your StandUpDesk breaks, (-). (lines 17-23)
- i) you can get a free desk
 - ii) you need to buy a new desk
 - iii) you can get new pieces for it
- (9 points)

8. What do we learn from the article?
- i) Why sitting too much is unhealthy.
 - ii) Why people should use standing desks.
 - iii) Why children behave better at home.
- (9 points)

המשך בעמוד 5

لا تكتب في هذه المنطقة

PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS (70 points)

פרק ראשון: הבנת הנקרא (70 נקודות) الفحص الأول: فهم المقروء (70 درجة)
קרא את הקטע שלפניך, וענה על قرأ نصفاً بني مملك، وأجب عن
השאלות 1-8 שאחריי. الأسئلة 1-8 بني تليها.

Read the informative text below and then answer questions 1-8.

A NEW KIND OF DESK

Nowadays, we spend most of the day sitting at work, at school or at home. We are used to sitting for a long time from a very young age. Even in kindergarten teachers ask children to sit for a long time. However, research has shown that sitting too much is unhealthy.

Schools are now encouraging kids to sit less during the school day. And the kids like it! "When I get to class, I like to stand, but after the break I like to sit down and rest," one pupil said. That's why the Winwin furniture company decided to build the StandUpDesk, a desk kids can sit at or stand at.

All over America more and more schools are using StandUpDesks. Both teachers and pupils are happy with the change. Teachers like teaching in classes that have StandUpDesks because the pupils behave better and pay more attention to the lessons. The kids find the lessons more interesting.

Researcher James Levine says, "Using these desks improves not only children's bodies but also their minds. Data shows that when children can stand up in class during their school day, they do better on tests. Test results are 10% to 15% higher in schools with standing desks."

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

המשך בעמוד 3

لا تكتب في هذه المنطقة

لا تكتب في هذه المنطقة

Parents also buy StandUpDesks to use at home. "They especially like these desks because they are good for the whole family," says Martin Peters, manager of Winwin. "Both parents and children can use the same desk because they can
20 make it higher or lower." Peters adds, "They also like it because it's very easy to put the desk together. There are only nine pieces in each Winwin desk. There is another good thing about the desks. Winwin has designed all the pieces so that if one piece breaks, it's easy to replace it with a new one."

ענה באנגלית על השאלות 1-8, על פי הקטע. בשאלות 1, 2, 6, 7 ו-8, הקף במעגל את המספר של התשובה הנכונה. בשאר השאלות ענה לפי ההוראות. (70 נקודות)

أجب بالإنجليزية عن الأسئلة 1-8، حسب القطعة. في الأسئلة 1 و 2 و 6 و 7 و 8 ضع دائرة حول رقم الإجابة الصحيحة. في الأسئلة الباقية، أجب حسب التعليمات. (70 درجة)

Answer questions 1-8 in English according to the text. In questions 1, 2, 6, 7 and 8, circle the number of the correct answer. In the other questions, follow the instructions.

1. What is the main idea of lines 1-4?
 - i) Why sitting at work is hard.
 - ii) Why sitting for many hours is bad.
 - iii) Why children should go to kindergarten.(8 points)

2. Why do kids like StandUpDesks? (lines 5-8)
 - i) They can stand or sit in class.
 - ii) Kids like to use new things.
 - iii) The desks come from the Winwin company.(8 points)

3. Why do teachers like teaching in classes that have StandUpDesks. Give ONE answer. (lines 9-12)

ANSWER Because their pupils behave better.

(9 points)

4. COMPLETE THE SENTENCE. (lines 13-16)

James Levine's research shows that when schools use standing desks, pupils do better on tests.

(9 points)

5. Why can the same StandUpDesk be good for the whole family? (lines 17-23)

ANSWER: Because they can make it higher or lower.

(9 points)

6. Peters says, "There are only nine pieces in each Winwin desk." (line 21)
He wants to show that (-). (lines 17-23)

- i) the desk is easy to build
- ii) children can use the desk
- iii) the desk can be in any room

(9 points)

7. If your StandUpDesk breaks, (-). (lines 17-23)

- i) you can get a free desk
- ii) you need to buy a new desk
- iii) you can get new pieces for it

(9 points)

8. What do we learn from the article?

- i) Why sitting too much is unhealthy.
- ii) Why people should use standing desks.
- iii) Why children behave better at home.

(9 points)

המשך בעמוד 5

لا تكتب في هذه المنطقة