Part II - READING COMPREHENSION (B)

Read the following passage carefully and answer question 2 in English.
Hebrew or Arabic will not be accepted in this part of the test.

Exercise on the Brain

I

Many people do brain exercises, like Suduko games, so that their memory won't get worse as they get older. Last year, consumers spent $ 80 million on brain exercise products in the United States because they wanted to improve their thinking skills. This is an increase of $72 million since 2005.

II

Producers of these games say that science shows these products improve how the brain works. John Morgan, a learning expert disagrees, "Research shows that only 5% of people who use these brain exercise products improve their memory." Secondly, producers claim that repeating a specific activity develops 11 types of thinking skills; however research shows that only 3 types of memory really improve.

III

Fitness experts have a better suggestion on how to improve brain health: physical exercise. They claim that physical exercise helps a person choose the appropriate behavior in a given situation. In addition, it helps a person to focus on what he is doing and to decide on what is right and wrong.

IV

As people get older and reach their 70s, their brain doesn't work as well as it did when they were younger. However, the brains of older people who have actively exercised their brains all their life, continue to function well. Scientists have shown that even people who don't exercise and only begin to exercise in their 70s can improve their brain function. Research has proven that 30 to 60 minutes of fast walking several times a week is enough. Why? Fitness training keeps the brain from getting smaller, sends more blood to the brain and reduces mental illness.

So turn off the computer and go out for a walk!

(Adapted from www.time.com)

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2. ***Answer the following questions.*** (30 points)

a. ***Match [A] to [B] according to the text.***

A	B
a. the increase in money spent by consumers since 2005	(1) 11
b. the number of minutes recommended for walking	(2) 70s
c. types of thinking skills that improved	(3) 30-60
d. the age when the brain doesn't work as well	(4) $72 million

(a) _____ (b) _____ (c)_____ (d)_____

b. Why do people do brain exercises? (paragraph I)

_____

_____

c. ***Tick (✓) the correct answer according to paragraph II.***

Brain exercises

☐ (i) help in some ways.

☐ (ii). don't help the brain at all.

☐ (iii) help very much.

d. ***Tick (✓) the THREE correct answers according to paragraph IV.***

How does exercising affect people?

☐ (i) You should sit by the computer to relax your brain.

☐ (ii) Exercising decreases mental illness.

☐ (iii) The brains of people who exercise for years work better.

☐ (iv) A little exercising is enough to improve how the brain works.

☐ (v) The brain can't work better after the age of 70.

☐ (vi) If you walk every day, exercising helps your brain.

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Tick (✓) the correct answer according to paragraph IV.

e. Physical exercise is important because it

☐ (i) improves mental functions.

☐ (ii) makes us feel good.

☐ (iii) improves our physical fitness.

f. ***Read the main ideas below. Write the paragraph number that each main idea refers to.***

Main Idea	**Paragraph**
1. Fitness Training and Age	
2. The Growing Popularity of Brain Exercises	
3. Physical Exercising and the Brain	
4. Different Opinions about Brain Exercises	

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