אנגלית, קיץ תשע"ט, מס' 016382, גרסה א'

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

פרק ראשון: הבנת הנקרא (70 נקודות) **الفصل الأوّل: فهم المقروء** (70 درجة)

קרא את הקטע שלפניך, וענה על השאלות **1-7**. اقرأ القطعة التي أمامك، وأجب عن الأسئلة **1-7**.

Read the article below and then answer questions **1-7**.

WHO BENEFITS FROM ACTS OF KINDNESS?

I Many people believe that helping others is good for our health. Research shows that this is true. For example, some studies have found that people who spend money on others have fewer heart problems. Other research shows that people who do volunteer work feel happier. But can we also benefit from watching others do an act of kindness? Research that was published recently studied this question.

An act of kindness
From: ChurchillCommunityCollege.org

II The researchers chose 690 adults from several countries for their experiment. They were divided into three groups. The first group was asked to do something kind for others, like bringing food to a sick neighbor or helping someone cross the street. The second group did not do any kind acts at all. They were only asked to watch acts of kindness that others did. These two groups were compared to a third group who were asked to behave as they usually did.

III Before the experiment all the participants were asked questions to see how happy they were. When the experiment was over, they were asked the same questions again. Their answers showed that the participants in the first group were happier after the experiment. But what surprised the researchers was that even the participants in the second group, who only watched acts of kindness, were happier than before. The third group, which did nothing differently, was the only group that did not feel happier after the experiment.

IV Therefore, the conclusion of the study was that people who only watch acts of kindness feel just as good as people who actually do them. Next, these researchers want to study if people can also benefit from doing nice things for themselves.

/המשך בעמוד 5/

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אנגלית, קיץ תשע"ט, מס' 016382, גרסה א'

ענה באנגלית על השאלות **1-7**, על פי הקטע.
בשאלות **1**, **4**, **6** ו־**7**, הקף את המספר
של התשובה הנכונה.
בשאר השאלות ענה לפי ההוראות.
(70 נקודות)

أجب بالإنجليزيّة عن الأسئلة **1-7**، حسب القطعة.
في الأسئلة **1** وَ **4** وَ **6** وَ **7**، ضع دائرة
حول رقم الإجابة الصحيحة.
في الأسئلة الباقية، أجب حسب التعليمات.
(70 درجة)

Answer questions **1-7** in English according to the article. In questions **1**, **4**, **6** and **7**, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn in paragraph I?

i) Where people can volunteer.

ii) What can make people's lives happier.

iii) How much money people spend on others.

iv) How often people do acts of kindness.

(8 points)

2. How were the first two groups different from each other? (paragraph II)

First group: ..... .

Second group: ..... .

(2×9=18 points)

3. What is "bringing food to a sick neighbor" an example of? (paragraph II)

ANSWER: .....

..... .

(9 points)

4. The participants in the third group were asked (–). (paragraph II)

i) to watch other people act kindly

ii) to do things as they usually did

iii) to help somebody cross the street

iv) to watch the two other groups

(9 points)

/המשך בעמוד 6/

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5. Why did the researchers ask the participants questions before and after the experiment? (paragraph III)

ANSWER: .....

..... .

(9 points)

6. Why were the results of the research unexpected? (paragraph III)

i) They were different from those in other studies.

ii) The answers of groups one and two showed similar results.

iii) The third group was the happiest group.

iv) The three groups wanted to do more acts of kindness.

(8 points)

7. According to the text, what did the researchers learn from this study?

i) People who do volunteer work have fewer health problems.

ii) Helping others makes us happier than spending money on ourselves.

iii) People who are kind to themselves are happy.

iv) Watching acts of kindness makes us feel as good as doing them.

(9 points)

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/המשך בעמוד 7/

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