Translate the following words **תרגם את המילים הבאות**

Wake up_____

Depend_____

Body_____

Clock_____

Body clock_____

System_____

Control_____

לקום	תלוי	שליטה	מערכת	גוף	שעון
שעון גוף					

Write the translation of each sentence in Hebrew. Now read the first paragraph and answer the question:

כתוב את התרגום של כל משפט בעברית. קרא עכשיו את הפסקה הראשונה וענה על השאלה:

HOW TO HELP OUR BODY CLOCK

Do you wake up easily in the morning?

Then you are lucky.

Some people are not so lucky.

They have a hard time getting out of bed.

The way you feel when you wake up depends on your "body clock".

Our body clock is the system in our body that controls when we wake up,

when we go to sleep or even when we eat.

Here are some ideas to help your body clock work better so you can have lots of energy during the day.

- *Translate the question and answers and then choose the correct answer.*

תרגם את השאלה והתשובות ואז בחר את התשובה הנכונה.

1. In lines 1-5 we learn (–).

i) what our body clock does

ii) when we should go to sleep

iii) how to begin our day

Write the translation of each sentence in Hebrew. Now read the paragraph and answer the question:

כתוב את התרגום של כל משפט בעברית. קרא עכשיו את הפסקה וענה על השאלה:

6 • Wake up at the same time every morning (even on weekends!).

Stretch your arms and legs before you get out of bed.

Focus on your breathing.

Use this time to plan your day.

- *Translate the question and answers and then choose the correct answer.*

תרגם את השאלות והתשובות ואז בחר/תכתוב את התשובה הנכונה

2. To start the day full of energy you should (–).

(i) plan your day the night before

ii) get up at the same time every day

iii) sleep a little more on weekends

3. What is the first thing you should do after you wake up? Give ONE thing.

ANSWER:

.....

.....

..... .

Write the translation of each sentence in Hebrew. Now read the paragraph and answer the question:

כתוב את התרגום של כל משפט בעברית. קרא עכשיו את הפסקה וענה על השאלה:

- Open the windows and let the sunshine in.

The light of the sun tells your body clock that it's time to start the day.

If it's cloudy, turn on your brightest light.

Translate the question and answers and then choose the correct answer.

תרגם את השאלות והתשובות ואז בחר/תכתוב את התשובה הנכונה

4. Why is sunshine important? (lines 8-9) ANSWER:

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