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

פרק ראשון: הבנת הנקרא (70 נקודות)

קרא את מדור העצות שלפניך,
וענה על השאלות **1-7** שאחריו.

الفصل الأوّل: فهم المقروء (٧٠ درجة)

اقرأ زاوية النصائح التي أمامك، ثمّ أجب عن الأسئلة **1-7** التي تليها.

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

Carol's Advice Column

Dear Carol,

I'm a student in the 11th grade. My problem is that I am always tired. Sometimes I fall asleep in class. Yesterday, I went to a movie with friends and they had to wake me up at the end of the movie. When I'm tired I often get angry with my friends and family. My parents were worried so I went to the doctor. He said that I'm healthy and just need more sleep. I sleep at least seven hours on school nights. Isn't that enough?

Hope to hear from you soon

Nick

Dear Nick,

Your doctor is right! You don't get enough sleep. You have the same problem that many teenagers have. Studies show that teenagers need more than nine hours of sleep to function well all day long. However, most teenagers sleep only seven hours a night. This is because some teenagers have trouble falling asleep and others go to bed late. Of course they all have to get up early in the morning for school.

You wrote that when you don't get enough sleep you feel tired and get angry easily. It is also difficult for you to study. So, here are some suggestions. Try to go to sleep earlier. If you have trouble falling asleep, do something relaxing before you go to bed. Read a book or take a warm shower. Don't watch TV or use your computer. During the day, don't drink a lot of cola and other drinks that have caffeine in them.

A few schools are trying to help their students. They start the school day one hour later in the morning. Why don't you talk to your principal? Maybe your school will agree to do the same.

/המשך בעמוד 3/

LIVEWORKSHEETS

ענה ב<u>אנגלית</u> על השאלות **7-1**, על פי מדור העצות שקראת ועל פי ההוראות בשאלות. (70 נקודות)

أجب بالإنجليزية عن الأسئلة **7-1**، حسب زاوية النصائح التي قرأتها وحسب التعليمات التي في الأسئلة. (٧٠ درجة)

Answer questions **1-7** in <u>English</u> according to the advice column and the instructions.

1. CIRCLE THE NUMBER OF THE CORRECT ANSWER. (lines 1-8)
Nick wrote to Carol because he wants to know (–).

i) what he should tell his parents

ii) why his doctor is worried

iii) why he is tired all day long

(8 points)

2. CIRCLE THE NUMBER OF THE CORRECT ANSWER. (lines 1-8)
Nick mentions going to a movie because he wants (–).

i) to give an example of his problem

ii) to explain why his parents are angry

iii) to tell about his best friends

(9 points)

3. How does Nick behave when he doesn't get enough sleep? (lines 1-8)

ANSWER: He ..... .

(9 points)

4. CIRCLE THE NUMBER OF THE CORRECT ANSWER. (lines 1-14)
Both Nick's doctor and Carol think that (–).

i) many teenagers fall asleep in class

ii) seven hours of sleep are not enough

iii) Nick's parents should help him

(8 points)

/המשך בעמוד 4/

LIVEWORKSHEETS

5. CIRCLE THE NUMBER OF THE CORRECT ANSWER.

In lines 9-14, we learn why (–).

i) it is difficult for teenagers to get enough sleep

ii) teenagers are often late for school

iii) there are not enough studies about teenagers' sleep

(9 points)

6. Write ONE thing that Nick **should do** and ONE thing he **should not do** before going to sleep. (lines 15-20)

COMPLETE THE SENTENCES.

(1) Nick should ..... .

(2) Nick should not ..... .

(2×9=18 points)

7. What could Nick ask his principal to do? (lines 21-23)

ANSWER: ..... .

(9 points)

/המשך בעמוד 5/

LIVEWORKSHEETS