

Set 2

Translate the words to Hebrew:

Word	תרגום לעברית
1. Stress	
2. Existence	
3. Range	
4. Method	
5. Research	
6. Route	
7. Change	
8. Value	
9. Variety	
10. Possibility	
11. Damage	
12. Design	
13. To design	
14. Develop	
15. Generate	
16. Produce	
17. Invent	
18. Explore	
19. Concerned with	
20. Old fashioned	
21. Detailed	
22. Existing	
23. Familiar	
24. Previous	
25. Shut down (someone or something)	
26. Take advantage of	
27. Take for granted	
28. Take over	
29. Take up	
30. Keep on	

Connect the word to its meaning:

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| 1. Stress | — Something or someone that you know well |
| 2. Existence | — Happening or being before the present time |
| 3. Range | — A way of doing something |
| 4. Method | — Not modern |
| 5. Research | — A chance that something may happen or be true |
| 6. Route | — Being alive or being real |
| 7. Change | — Detailed study to find new information |
| 8. Value | — To produce or create something, to make something |
| 9. Variety | — To make something |
| 10. Possibility | — To plan how something will look or work |
| 11. Damage | — Worried about |
| 12. Design | — To make or become different |
| 13. To design | — The way from one place to another |
| 14. Develop | — To grow or change into something better |
| 15. Generate | — The importance or usefulness of something |
| 16. Produce | — A number of different things |
| 17. Invent | — Harm that makes something not as good as it was before |
| 18. Explore | — To think of, make, or create something that did not exist before |
| 19. Concerned with | — To search and discover new things |
| 20. Old fashioned | — To take control of something |
| 21. Detailed | — To start doing something |
| 22. Existing | — To do something without stopping |
| 23. Familiar | — To worry |
| 24. Previous | — To stop someone or something from working |
| 25. Shut down (someone or something) | — To use an opportunity to achieve results |
| 26. Take advantage of | — To think that something is always going to be there |
| 27. Take for granted | — A number of different things |
| 28. Take over | — Something or someone being, living |
| 29. Take up | — A plan |
| 30. Keep on | — Showing a lot of information |

Complete the sentences:

1. The teacher asked the class to _____ ideas for the school show.
2. The scientist tried to _____ a machine that could clean the air.
3. The inventor tried to _____ a machine that could clean the air.
4. The students will _____ the history of the city during the school trip.
5. It's not polite to _____ the help of others.
6. We should not _____ the kindness of others.
7. It is important to _____ the value of friendship and kindness.
8. When you have a problem, it's important to find a _____ to solve it.
9. We need to _____ a plan before starting the project.
10. Our school will _____ for the summer holidays next week.
11. The children will _____ a new hobby during the school break.
12. The _____ of animals in the zoo includes lions, elephants, and monkeys.
13. The children will _____ a new game during their free time.
14. The students will _____ a poster to share their findings from the experiment.
15. The students will _____ a poster to share their findings from the project.
16. The _____ of the new technology amazed the students.
17. The _____ of the forest in the trip was a wonderful experience.
18. The _____ of finding the secret treasure in the forest excited the young adventurers.
19. The _____ of bones in the ground shows us how people lived in the past.
20. The _____ of the ancient ruins(הריסות) helped the archaeologists understand the past.

21. The teacher was _____ the progress of the students in the class project.
22. I'm _____ about the big test tomorrow.
23. The company will _____ a new product for this customer (לקוח).
24. The company will _____ the market with their new product.
25. It's not good to _____ others' feelings by being unkind.
26. The storm caused _____ to the old tree in the park.
27. The old car couldn't be fixed after the accident, and it suffered severe (משמעותי) _____.
28. The _____ of the new student in class made everyone feel welcome.
29. We must _____ our natural resources (מקורות) to make sure there is a better future for Earth.
30. The _____ of winning a big prize excited the kids.

Read the following text and answer the questions:

The Importance of Exercise and Sports for Teenagers

Taking up regular exercise and participating in sports activities are a very important part of a teenager's life. In today's fast-paced world, teenagers often experience high levels of stress due to school work, social pressure, and personal challenges. Therefore, finding the right route to take out this stress is crucial. The existence of a wide range of sports and physical activities allows teenagers to explore a variety of options and take advantage of opportunities to develop their skills and self-worth (ערך עצמי).

Research-based approaches (גישות) can be taken to design engaging programs that promote fitness and an overall healthy lifestyle. By trying different sports, they can generate a sense (תחושה) of accomplishment (הישג). Doing sports not only helps teenagers to produce positive changes in their physical health but also gives them great life skills such as teamwork, leadership, and perseverance (סיבולת).

It's important not to develop activities that include a lot of sitting down, like computer games. Instead expand (להרחיב) the existing and familiar benefits of exercise and sports. Teachers and coaches should take up the challenge of telling teenagers to keep on trying out new activities and having a more active approach (גישה) to life.

In conclusion, it's important not to take for granted the positive impact that exercise and sports can have on a teenager's overall life. By encouraging (לעודד) teens to explore different activities, build healthy habits for life, and learn the value of teamwork and perseverance, we can help them build a strong foundation (בסיס) for a healthier and happier future.

1. What are some of the reasons that contribute to high levels of stress in teenagers?
 - a) School games
 - b) Social media
 - c) Personal challenges
 - d) family vacations

2. What are some of the life skills that teenagers can gain from participating in sports activities?
 - a) working with others
 - b) being strong
 - c) using your time well
 - d) multitasking

3. How can research-based approaches be used to promote fitness and a healthy lifestyle among teenagers? Complete the sentence:
It can

4. Why is it important to encourage teenagers to explore different activities and have a more active approach to life?

5. What is the main purpose of engaging in sports activities, according to the text?
 - a) To have more stress
 - b) To eat healthy

- c) To learn life skills
 - d) to be a better friend
6. Why should teachers and coaches talk about active lifestyle among teenagers?
- a) because they don't like playing outside
 - b) because they hate sports lessons
 - c) because they sit down a lot during the day
 - d) because their parents don't want them to do sports



Quizlet practice of the vocabulary



Bagrut vocabulary practice