

## פתרון הבחינה

## באנגלית

קיץ תשפ"ד, 2024, שאלון: 16471 גרסא א  
מוגש ע"י צוות המורים של "יזאל גבע"

הערות:

1. התשובות המוצגות כאן הן בגדר הצעה לפתרון השאלון.
2. תיתכנה תשובות נוספות, שאינן מוזכרות כאן, לחלק מהשאלות.



מדינת ישראל  
משרד החינוךסוג הבחינה: בגרות  
מועד הבחינה: קיץ תשפ"ד, 2024  
מספר השאלון: 16471

## אנגלית

שאלון ה'  
(MODULE E)

מתכונת חדשה

גרסה א'

הוראות

בשאלון זה אין להשתמש  
במילון או במילונית.

א. משך הבחינה: שעה וחצי.

ב. מבנה השאלון ומפתח ההערכה: בשאלון זה שני פרקים.

פרק ראשון	-	הבנת הנקרא	-	70	נקודות
פרק שני	-	אוצר מילים	-	30	נקודות
סך הכול	-			100	נקודות

ג. חומר עזר מותר בשימוש: אין.

ד. הוראות מיוחדות:

- יש לכתוב את כל התשובות בגוף השאלון (במקומות המיועדים לכך).
- יש לכתוב את כל התשובות באנגלית ובעט בלבד.
- בתום הבחינה יש להחזיר את השאלון למשגיח או למשגיחה.

שאלון: 016471



אנגלית

יש לכתוב במחברת הבחינה בלבד. יש לרשום "טיוטה" בראש כל עמוד המשמש טיוטה.  
כתיבת טיוטה בדפים שאינם במחברת הבחינה עלולה לגרום לפסילת הבחינה.

ההנחיות בשאלון זה מנוסחות בלשון רבים, אף על פי כן על כל תלמידה וכל תלמיד להשיב על השאלות באופן אישי.

בהצלחה!

למידע על פסיכומטרי  
ביואל גבע ←הזדמנות לעתודה יש פעם בחיים.  
אל תתפשר עליה.

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**PART I: WRITTEN RECEPTION (70 points)**

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

Read the article below and then answer questions 1–9.

A glossary of the underlined words (numbers 1–6) is provided on the next page.

**BETTER SLEEP FOR TEENAGERS**

**I** Everybody knows how important it is to get a good night's sleep. Even one night without enough sleep leaves us in a bad mood and unable to work well. Nevertheless, on most nights many of us get less sleep than we need. This is especially true for teenagers. Recent surveys<sup>1</sup> of American teenagers show that about 80% of them sleep only around seven hours a night. That is two hours less  
5 than the nine hours recommended by doctors.

**II** Lack of sleep can seriously affect teenagers throughout their day in school. For example, they might have trouble concentrating in class. Surprisingly, going to bed early does not help. "We all have an 'internal clock' that controls many things inside our bodies. For example, this clock determines at what time we feel hungry or sleepy," explains sleep specialist Dr. Joy Peterson. "And  
10 in most studies on teenagers, we found that they were not ready to fall asleep before 11 p.m."

**III** Because teenagers become so tired during the week, they often sleep many extra hours on the weekend. However, this disrupts<sup>2</sup> their internal clock for many days. As a result, they probably won't sleep well for most of the week. But according to a recent study, there might be a solution that does not affect the internal clock. "A nap<sup>3</sup> during the afternoon – just one hour of sleep – was  
15 found to improve mood, memory, and concentration," says Peterson.

**IV** However, in addition to these encouraging results there was one that worried the scientists. In another study, they found that after an afternoon nap, teenagers had higher levels of sugar in their blood than normal. "More research must be done to find out if this has any negative long-term<sup>4</sup> effect on their health," says Peterson. "Until then, I cannot recommend naps as a way of  
20 compensating<sup>5</sup> for a lack of a good night's sleep."

**V** Meanwhile, what can teenagers who suffer from sleep deprivation<sup>6</sup> do? "They should really make sure they are asleep at 11 p.m. or soon after," says Peterson. "But that isn't easy to do if they are very active before they go to bed. So it's important to do something relaxing for at least 30 minutes before they turn the lights off at 11 o'clock. That will help them get the best night's sleep  
25 they can."



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GLOSSARY						
1. survey	sondeo	опрос	sondage	የዳሰሳ ጥናት	استطلاع	סקר
2. disrupt	perturbar	нарушать	perturber	ማቃወስ	تشويش	לשבש
3. nap (noun)	siesta	короткий сон	sieste	ትንሽ ማሸለብ	قبيلة	תנומה קצרה
4. long-term	a largo plazo	долгосрочный	à long terme	የረጅም ጊዜ	على المدى الطويل	לטווח ארוך
5. compensate	compensar	компенсировать	compenser	ማካካስ	تعويض	לפצות
6. deprivation	privación	недостаток	privation	እርִי-	قلّة / نقص	חסר, מחסור

**QUESTIONS** (70 points)

Answer questions 1–9 in English according to the article. In questions 1, 7, 8, and 9, circle the number of the correct answer. In the other questions, follow the instructions.

- What are we told in paragraph I?
  - What happens to the body during sleep.
  - How lack of sleep affects people.
  - Why teenagers only sleep 7 hours a night.
  - How sleep habits can be changed.

(7 points)
- What do we learn about American teenagers from paragraph I?
 

COMPLETE THE SENTENCE.

Most of them do not **sleep enough.** תשובות נוספות- ראה נספח .....

(8 points)
- What might happen to teenagers who get less sleep than they need? (lines 6–7)
 

COMPLETE THE SENTENCE.

It might be difficult for them to **concentrate in class.** תשובות נוספות- ראה נספח .....

(8 points)
- What problem might teenagers have if they go to bed before 11 p.m.? Base your answer on Peterson's words in lines 8–10.
 

COMPLETE THE SENTENCE.

They might not **fall asleep.** .....

(8 points)



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5. What can disrupt teenagers' internal clock? (lines 11–13)

ANSWER: **sleeping extra hours on the weekend.**.....  
 (8 points)

6. What might happen to teenagers when their internal clock is disrupted? (lines 11–13)

COMPLETE THE SENTENCE.

They might be unable to **sleep well for most of the week.**.....  
 (8 points)

7. What does Peterson explain in lines 14–15?

- i) How teenagers can improve their afternoon naps.
- ii) Why teenagers often take afternoon naps.
- iii) Why afternoon naps are usually one hour long.
- iv)** How an afternoon nap can help teenagers.

(7 points)

8. What worries the scientists mentioned in paragraph IV?

- i)** Naps might cause health problems for teenagers.
- ii) Teenagers eat too much sugar after taking a nap.
- iii) Naps have many long-term effects on teenagers.
- iv) Teenagers don't take enough naps.

(8 points)

9. What does Peterson explain in paragraph V?

- i) Why teenagers are usually busy until 11 p.m.
- ii) What activities can help teenagers relax.
- iii)** Why it is important to relax before going to bed.
- iv) How a good night's sleep helps teenagers.

(8 points)



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**PART II: LEXICAL KNOWLEDGE** (30 points)  
 (VOCABULARY)

Below are five questions, (10) to (14). In each question there are six items (words or chunks) and three definitions.

In each question, match three of the items 1–6 to the definitions on the right.

Write the number of the item next to its definition, as shown in the example.

(2 points for each correct match.)

**EXAMPLE**

- |               |          |   |
|---------------|----------|---|
| 1. a calendar |          |   |
| 2. a season   | <u>4</u> | cars, buses, and trucks moving along a road |
| 3. an island  | <u>1</u> | shows days, weeks, and months in a year     |
| 4. traffic    | <u>5</u> | something you are given when you win a race |
| 5. a prize    |          |   |
| 6. a label    |          |   |

**(10)**

- |               |          |  |
|---------------|----------|--|
| 1. introduce  |          |  |
| 2. recognize  | <u>3</u> | to draw pictures for a book, magazine etc.               |
| 3. illustrate | <u>5</u> | to do what you are told to do                            |
| 4. regret     | <u>2</u> | to know who someone is because you have seen them before |
| 5. obey       |          |  |
| 6. switch     |          |  |

**(11)**

- |                  |          |   |
|------------------|----------|---|
| 1. leisure       |          |   |
| 2. a ceremony    | <u>4</u> | most of the people or things in a group                               |
| 3. a preference  | <u>1</u> | the time when you are free from work and can relax                    |
| 4. a majority    | <u>2</u> | a religious or social event that includes certain traditional actions |
| 5. accommodation |          |   |
| 6. a range       |          |   |



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(12)

- |                 |          |                      |
|-----------------|----------|----------------------|
| 1. serious      |          |                      |
| 2. illegal      | <u>6</u> | adequate             |
| 3. ancient      | <u>3</u> | from a long time ago |
| 4. unemployed   | <u>4</u> | without a job        |
| 5. complex      |          |                      |
| 6. satisfactory |          |                      |

(13)

- |                |          |             |
|----------------|----------|-------------|
| 1. formerly    |          |             |
| 2. centrally   | <u>1</u> | in the past |
| 3. urgently    | <u>6</u> | not exactly |
| 4. widely      | <u>5</u> | possibly    |
| 5. potentially |          |             |
| 6. roughly     |          |             |

(14)

- |                        |          |                          |
|------------------------|----------|--------------------------|
| 1. quite a while       |          |                          |
| 2. as a matter of fact | <u>6</u> | remove                   |
| 3. put on              | <u>2</u> | actually                 |
| 4. in advance          | <u>4</u> | before a particular time |
| 5. get used to         |          |                          |
| 6. take away           |          |                          |

בהצלחה!

למידע על פסיכומטרי  
 ביואל גבע ←

**הזדמנות לעתודה יש פעם בחיים.**  
**אל תתפשר עליה.**



**נספח**  
**שאלון 016471**  
**(MODULE E)**  
**תשובות אפשריות נוספות**

שאלה 2:

sleep 9 hours  
the recommended amount of hours

שאלה 3:

listen to the teacher

