

פתרון הבחינה

באנגלית

קיץ תשפ"ד, 2024, שאלון: 16481 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: 16481

אנגלית

שאלון ה'
(MODULE E)

הוראות

לנבחני משנה

א. משך הבחינה: שעה וחצי.

ב. מבנה השאלון ומפתח ההערכה: בשאלון זה שני פרקים.
פרק ראשון - הבנת הנקרא - 70 נקודות
פרק שני - הבנת הנשמע - 30 נקודות
סך הכול - 100 נקודות

ג. חומר עזר מותר בשימוש: אחד המילונים או אחת המילוניות מן הרשימה שבאתר הפיקוח על הוראת האנגלית ובאתר של אגף הבחינות במשרד החינוך.

נבחנים "עולים חדשים" רשאים להשתמש גם במילון דו-לשוני: אנגלי-שפת אימם / שפת אימם-אנגלי.
השימוש במילון אחר טעון אישור של הפיקוח על הוראת האנגלית.

ד. הוראות מיוחדות:

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

שאלון: 016481



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
ביזאנ גבע ←הזדמנות לעתודה יש פעם בחיים.
אל תתפשר עליה.

אנגלית, קיץ תשפ"ד, מס' 16481

PART I: WRITTEN RECEPTION (70 points)

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

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

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 of American teenagers show that about 80% of them sleep only around seven hours a night. That is two
5 hours less 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.
10 "And 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 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 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 effect on their health," says Peterson. "Until then, I cannot recommend naps as a way of
20 compensating for a lack of a good night's sleep."

V Meanwhile, what can teenagers who suffer from sleep deprivation 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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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.

1. What are we told in paragraph I?

- i) What happens to the body during sleep.
- ii) How lack of sleep affects people.
- iii) Why teenagers only sleep 7 hours a night.
- iv) How sleep habits can be changed.

(7 points)

2. 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)

3. 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)

4. 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)

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)



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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.
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.
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.

(7 points)

(8 points)

(8 points)



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PART II: SPOKEN RECEPTION (30 points)
(ACCESS TO INFORMATION FROM SPOKEN TEXTS)

Answer questions **10–15** according to the broadcast. In questions **10, 12, 13** and **14**, circle the number of the correct answer. In the other questions, follow the instructions.

(5 points for each correct answer.)

THE 15-MINUTE CITY

10. What does Rachel tell listeners in her introduction?

- i) Why Eddie became an urban planner.
- ii) Where city roads and buildings should be built.
- iii) What an urban planner does.
- iv) Why 15-minute cities are popular.

11. According to Eddie, how might people in a 15-minute city get to a shop or a doctor's office?

Give ONE answer.

COMPLETE THE ANSWER.

By ..walking..... תשובות נוספות- ראה נספח

12. What does Eddie explain about the neighborhoods in most cities?

- i) Why they are far from the city center.
- ii) Why people choose to live in them.
- iii) Why they should be moved.
- iv) Why people might leave them to go shopping.

13. Why are urban planners thinking about city neighborhoods in a different way?

Because many people (–).

- i) don't enjoy living there
- ii) are now working from home
- iii) want changes to be made
- iv) need better access to the city center



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14. According to Eddie, to create a 15-minute city, changes are made in existing neighborhoods.

What is one of those changes?

- i) More ways are found to use existing buildings.
- ii) Old buildings are replaced with new ones.
- iii) Local roads are improved.
- iv) Some shops are turned into health centers.

15. According to Eddie, what is one social benefit of 15-minute cities?

COMPLETE THE SENTENCE.

People ... **people can meet their neighbors more often.**

בהצלחה!

זכות היוצרים שמורה למדינת ישראל

למידע על פסיכומטרי
 ביואל גבע ←

הזדמנות לעתודה יש פעם בחיים.
אל תתפשר עליה.



נספח
שאלון 016481
(MODULE E)
תשובות אפשריות נוספות

שאלה 2:

sleep 9 hours
the recommended amount of hours

שאלה 3:

listen to the teacher

שאלה 11:

cycling

