

הנחיות למבחן קיץ עולים לט' הקבצה א'1

הישארו תוך בהקבצה **א'1** תלויה בהצלחה במבחן סוף קיץ. המבחן יורכב מתרגילי אוצר מילים ושני קטעי קריאה.

2 קטעי הקריאה נמצאים **בספר English For Today** בעמודים 103, 128.

3 קטעי קריאה נוספים נמצאים **בחוברת של הספר English For Today** בעמודים 45, 59, 73

חובה לקרוא ולהבין את קטעי הקריאה. עליך לקרוא כל טקסט מספר פעמים ולוודא שהינך יודע כל מילה ומילה שמופיעה בקטע הקריאה וכן לענות על השאלות.

אוצר המילים – יחידות 3-6 כולל .

רשימת המילים נמצאת **בספר English For Today** בעמודים 66, 88, 108, 132 התרגילים במבחן יתבססו על תרגילי אוצר המילים שבחוברת העבודה ביחידות שלוש, ארבע חמש ושש. עליך לעשות את כל תרגילי אוצר המילים ביחידות האלו.

בהצלחה !

Healthy Eating

For young people who have no time for healthy eating.

- 1 Are you too busy with school and homework? When you stop to eat, do you get a burger and fries? Many teenagers feel that there's no time for healthy meals.
- 2 It is natural for teens to feel hungry. During the teenage years, your body needs more food to grow. But even though a plate of French fries may give you energy, it is high in fat and calories. It will slow down your metabolism and make it harder to get the vitamins your body needs.
- 3 Don't have foods and drinks with a lot of sugar, like candy and soda. Eat foods like breads and cereals or yogurt and cheese. Here are some interesting and healthy snacks that are quick to make when you have some free time.
 - **Frozen bananas** Cut up bananas and freeze them in a bag. Put the pieces in the blender with a little water or juice. You can add fruit or nuts on the top.
 - **Mini pizzas** Put pizza sauce on half a pita. Add low-fat yellow cheese and your favorite vegetables on top. Bake until the cheese is melted.
 - **Ice pops** Put fresh, unsweetened juice in ice cube trays. When it starts to freeze, add a stick.
 - **Nut mix** Mix different nuts. Add dried fruit, such as raisins. Keep some in your school bag as a snack.
- 4 Remember: The key to healthy snacking is to know what to eat!

*snacks חטיפים / מսליאט



B Answer the questions.

ענו על השאלות.
أجبوا عن الأسئلة.

1. Who is the writer of the article talking to?

.....

2. Match each paragraph to a title.

Paragraph 1

..... a. Why Young People Feel Hungry

Paragraph 2

Paragraph 3

Paragraph 4

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..... d. No Time for Healthy Eating

3. Answer True or False. Write the words that helped you answer.

1. Young people feel they have a lot of time to eat healthy food. True / False

.....

2. Teenagers usually feel hungry during the teenage years. True / False

.....

3. A plate of French fries is a healthy snack. True / False

.....

4. The healthy snacks in the article take a long time to make. True / False

.....

4. Complete the sentence.

Frozen bananas, mini pizza, ice pops and nut mix are examples of

5. How do you make a frozen banana? Number these sentences in the right order.

..... a. Blend the frozen banana pieces with a little water or juice.

..... b. Put the pieces of banana in a plastic bag.

..... c. Cut the banana into pieces.

..... d. Freeze the bag of banana pieces.

..... e. Put some nuts on the top.

KIDS FOR THE ENVIRONMENT

Welcome to KIDS FOR THE ENVIRONMENT. Read about Israel's problems and find out what **we** can do!

Water Pollution

Our country gets most of its water from rain. Everyone knows that we don't
5 get enough rain. The water in the Kinneret is "below the red line". What
does that mean? It means that we are taking water out of the Kinneret and
no new water is going in. When the water is too low, our drinking water gets
polluted.

10 Sometimes we can't swim in the sea because it is also polluted. Swimming in
polluted water can make us sick.

Air Pollution

Air pollution is most dangerous for children and older people. Air pollution
is often very high in cities like Tel Aviv and Haifa because people use cars
more than public transportation (trains and buses). In 2010 the air pollution
15 in Jerusalem will be as bad as the air pollution in Mexico City – the city with
the worst air pollution in the world.

What Can We Do?

Many people think that we are doing too little too late. It's time for **us** to do
something! Click below to find out how you can help.

WHAT U CAN DO



B Answer the questions.

ענו על השאלות.
أجبوا عن الأسئلة.

Water Pollution

1. Where does Israel get most of its water?

.....

2. What does "below the red line" mean?

.....

3. Answer True or False.

It is safe to swim in polluted water. True / False

Air Pollution

4. Complete the sentence.

Haifa is a city that has

5. Why is air pollution high in some cities in Israel?

.....

6. Which city in the world has the most air pollution?

.....

What Can We Do?

7. 1. Circle the correct answer.

Who do you think wrote this website? **a teenager** / **an adult**

2. Which words helped you answer?

.....

8. What is the purpose of this website?

- a. to make people sad
- b. to get people to help the environment
- c. to meet people who are interested in the environment

A Read the article.

קראו את המאמר.
اقرأوا المقالة.

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WOMAN OF TEL AVIV-YAFFO

- 1** "The days are growing shorter, the nights are growing colder. It is the time of year street cats need help to get through the winter." This is part of a story about street cats that Eti Altman wrote in the newspaper.
- 2** Eti Altman started an organization called "Let the Animals Live" 20 years ago. The organization takes care of animals that are homeless or need help. In 2008, the city of Tel Aviv-Yaffo named her "Woman of Tel Aviv-Yaffo for 2008". The city is very proud of her and all that she has done for animals. Eti was amazed and excited when she won this prize. She was also surprised. This was the first time a person who helps animals had won.
- 3** Eti began the organization Let the Animals Live with a small group of people. Every day she and her team succeed in saving many animals from a terrible life.
- 4** Eti writes stories for the newspaper about the animals she saves. She encourages people to take good care of their animals. She also raises money for the organization to continue. Her future plans are to continue to look after animals in Israel.



B Answer the questions.

1. Eti Altman wrote a story for the newspaper about

- a. short days
- b. cold nights
- c. street cats

2. What did Eti do 20 years ago?

.....

3. What does the orga

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4. Match each paragraph to a title.

Paragraph 1

..... a. Eti Wins a Special Prize

Paragraph 2

..... b. Eti's Plans

Paragraph 3

..... c. Help the Street Cats

Paragraph 4

..... d. What Eti and Her Team Do

5. Circle the correct answer.

- 1. **Winter** / **Summer** is a time when street cats need help.
- 2. Tel Aviv-Yaffo is proud of Eti because of what she has done for **animals** / **women**.
- 3. Eti raises money for the **Let the Animals Live** / **Woman of Tel Aviv-Yaffo** organization.
- 4. In the future Eti will **continue** / **stop** to look after animals in Israel.

6. Answer True or False. Correct the false statements.

1. Eti wants people to help the street cats. True / False

.....

2. Eti got the title "Woman of Tel Aviv-Yaffo" because she likes animals. True / False

.....

3. Eti was not surprised when she got the prize "Woman of Tel Aviv-Yaffo". True / False

.....

4. The animals that Eti helped now have a better life. True / False

.....

BACK IN ACTION



In 2002, Asael Shabo lost his right leg in a terrorist attack¹. Now he is “back on his feet” and hopes to compete in the next Paralympic Games.

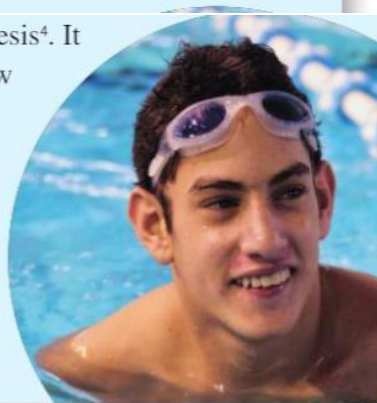
In June 2002 there was a terrible tragedy in the Shabo home near Jerusalem. Asael’s mother and three brothers were killed in a terrorist attack. Nine-year-old Asael lost his right leg.

In the years that followed, Asael continued to do what he loved – play sports. He began playing wheelchair² basketball at the Israel Sports Center for the Disabled³. He also became interested in other sports. He ran marathons and went waterskiing. He competed in a rollerblading competition to raise money for children in the north of Israel during the Lebanon War (2006).

In 2008, Asael decided to try a special sports prosthesis⁴. It changed his life. People were amazed when they saw how fast Asael could run. Today Asael takes part in different sports and trains with swimming champions who were at the Olympics.

Asael’s future plans are to compete in the next Paralympic Games. He is an excellent sportsman and it is very important for him to succeed. Asael’s dad is very proud of him. He says, “I know my son will succeed in whatever he does. He’s tough and he’s a winner.”

SPORTS TODAY JUNE 2009



1. Name two sports that Asael does.
2. What are Asael’s future plans?
3. How does Asael’s dad feel?

¹terrorist attack מתקפת טרור / إعتداء إرهابي

²wheelchair כיסא גלגלים / كرسى العجلات

³Israel Sports Center for the Disabled מרכז הספורט הישראלי לנכים / المركز الرياضي الإسرائيلي للمعاقين

⁴prosthesis תותבת, פרוטזה, רגל מלאכותית / رجل اصطناعية

Helpful Hint! The first sentence of each paragraph tells you what the paragraph is about.

המשפט הראשון בכל פסקה מספר לכם על מה הפסקה.
תחכי הצמלה האולף פל כל פקרה מא הזל תתנאולה הפקרה.

סימון | קישור | העתקה

Read the first sentence of each paragraph on page 103 and match it to its topic below.

1. Still a Sportsman
 2. Future Plans
 3. The Tragedy
 4. A New Life
2. What happened to Asael when he was nine years old?
 3. Match A and B to complete the sentences.

A

1. Asael began to play
2. People couldn't believe
3. The sports prosthesis
4. He competed in a rollerblading competition

B

- a. to help other kids.
- b. changed Asael's life.
- c. that Asael could run so fast.
- d. different sports after he lost his leg.

4. Why does Asael want to compete in the next Paralympic Games?
5. What does Asael's dad think about him?
6. Choose the correct answer.

Another title for this article could be

- a. A Proud Dad
- b. Meet a Winner
- c. The Paralympic Games

7. The expression "back on his feet" means "healthy again". In what other way is Asael "back on his feet"?

STUDENT IN HOSPITAL

by Asher Levi

Two 10th grade boys – Roi Stein and Ariel Ziv – got into a fight today at their high school in the Sharon area.

Roi and Ariel started arguing in the schoolyard during the lunch break.

Ariel pushed Roi and he fell on the ground. Then Ariel punched and

5 kicked him. A group of students stood and watched the two boys fighting. Their friends tried to stop them, but some other boys pushed them away. They shouted, "Hit him, hit him, hit him."

"There was a lot of pressure on the two boys to continue fighting. They couldn't stop because each one wanted to show how tough he was. It was
10 really stupid," said one student.

Some boys ran to call a teacher. The teacher stopped the fight and called an ambulance. Tonight Roi is in serious condition at Meir Hospital.

Doctors say that Roi has two broken ribs* so he will be out of school for a long time.

15 The police are investigating. Students say that they don't understand what happened. One student in Roi's class said, "I thought Roi and Ariel were friends." Another student told a policeman, "There is a lot of violence in school. It's scary."

20 The saddest thing about the fight is – no one knows what it was about.

1. **Who** is the article about?
2. **What** happened?
3. **Where** did it happen?
4. **When** did it happen?
5. **Why** did it happen?

*broken ribs צלעות שבורות / ضلعان مكسوران

- Answer True or False. Which words or sentences in the text helped you answer?
 - Roi and Ariel began fighting in class.
 - No one tried to stop the fight.
 - Roi was badly hurt.
 - The police are asking students questions about the fight.
 - The police found out what the fight was about.
- Look at the Helpful Hint below and then answer the questions.

Helpful Hint! Some words that connect sentences are **and**, **but**, **because** and **so**.

מספר מילים שמחברות בין משפטים הן: and (ו), but (אבל),
because (כי) ו- so (אז).
بعض الكلمات التي تربط بين جمل هي: and (و-) but (ولذلك),
because (لأن) و- so (ولذلك).

Match A and B.

A

- The boys had a fight, but
- Ariel pushed Roi, and
- Roi is in the hospital because
- The boys were good friends so

B

- he was seriously hurt.
- nobody knows why.
- Roi fell on the ground.
- the students were surprised that they fought.

- Complete the sentences.

- The boys' friends told them ...
- Some boys put pressure on Roi and Ariel so ...
- Some students told a teacher about the fight and ...
- Students think school is scary because ...

- What can we learn about peer pressure from this article? Choose the two correct answers.
 - It's hard to say "no" when your friends put pressure on you.
 - Teenagers always do what their friends tell them to do.
 - Peer pressure can be dangerous.
 - Students always fight during the lunch break.

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What Do You Remember?

New Words

athlete
camp
competition
cycling club
different
each other
free time
full-time
go on a trip
helmet
interesting
join
keep fit
meet people
more than
own
race
run a marathon
sports reporter
take part in
team
train
was born
young

Let's Remember

bread
broccoli
cheese
go running
go swimming
meat
nuts
peach
play basketball
play computer games
play tennis
plum
walk the dog
watch TV

Do the following exercises in your notebook.

A Look at the word list and do the following exercises. הסתכלו על רשימת המילים ועשו את התרגילים הבאים.
אנظורו את רשימת המילים ואעשו את התרגילים הבאים.

- Find at least four words that are sports.
- Find at least three other things you can do in your free time.
- Name two foods that you like.
- Name two foods that you don't like.

B Look at the pictures. Use the chart below to write a sentence in the past about each picture. הסתכלו על התמונות השתמשו בטבלה שלמטה כדי לכתוב משפטים בעבר על כל תמונה.
אנظורו את התמונות. השתמשו בטבלה שלמטה כדי לכתוב משפטים בעבר על כל תמונה.



My class	won an Olympic medal	last week.
Gal Fridman	played soccer	in 2004.
The girl	got a dog	yesterday.
The little boy	went on a trip	when the baby was born.

C Translate the sentences into your language. תרגמו את המשפטים לשפתכם.
תרגמו את המשפטים לשפתכם.

- I was born in Israel.
- She joined a cycling club.
- Last weekend we went on a trip.
- It's fun to meet new people.
- I like playing sports in my free time.

D What do you think are the benefits of healthy food and exercise? Which article helped you decide? מה לדעתכם היתרונות שבמזון בריא ובתרגילי ספורט? איזה מאמר עזר לכם להחליט?
מה לדעתכם היתרונות שבמזון בריא ובתרגילי ספורט? איזה מאמר עזר לכם להחליט?
מה לדעתכם היתרונות שבמזון בריא ובתרגילי ספורט? איזה מאמר עזר לכם להחליט?

What Do You Remember?

New Words

bottle
can (of cola)
care about
carry
cloth bag
dangerous
disappear
environment
fewer
free
garbage
get caught in
guess
kill
made from
order
pay for
perfect
pollute
problem
product
recycle
size
take a shower
thousand
throw out
website

Let's Remember

air
aluminum
clean
dirty
forest
glass
paper
plastic
rain
save
sun
tree
water

Do the following exercises in your notebook.

- A** Look at the word list and do the following exercises. הסתכלו על רשימת המילים ועשו את התרגילים הבאים.
אנظורו إلى قائمة الكلمات فاعملوا التمارين التالية.
- Find the opposite of:
 - throw out
 - clean
 - appear
 - safe
 - more
 - Name two things that you recycle.

- B** What is happening at Rimon School? מה קורה בבית הספר רימון? הסתכלו על התמונה וכתבו ארבעה משפטים ב- Present Progressive. השתמשו במבנה שלמות.
- Look at the picture and write four sentences in the Present Progressive. מה الذي يحدث في مدرسة "ريمون"؟ انظروا إلى الصورة واكتبوا أربعة جمل بصيغة ال- Present Progressive. إستعملوا الجدول أدناه.
- Use the chart below.



A student			
Some kids		recycling	plastic bottles.
The students	is / isn't	cleaning up	the school.
He	are / aren't	planting	flowers.
She		giving away	cloth bags.
They			

- C** Translate the sentences into your language. תרגמו את המשפטים לשפתכם.
ترجموا الجمل إلى لغتكم.
- Those jeans come in different sizes.
 - Plastic bags are a problem for the environment.
 - We are recycling bottles and cans at school.
 - What is polluting the beaches?

- D** What are three interesting things you learned about the environment in this unit? אילו שלושה דברים מעניינים למדתם על הסביבה במסגרת זה?
أي ثلاثة أشياء مثيرة للاهتمام تعلمتموها عن البيئة في هذا الفصل؟

What Do You Remember?

New Words

activity
amazed
Arab
champion
compete in
continue
co-operate
dream come true
encourage
find out
future plans
interested in
Jewish
lose
of course
part of
part-time
proud of
raise money
succeed
terrible
tough
tragedy
what it's like

Let's Remember

famous
have fun
idea
people
project
student
talented
team
think positively
try hard
young

Do the following exercises in your notebook.

A Find words in the word list that mean the same as: סמכו מילים בהקשרים הסלילים שמשמעותן זהה ל:
جدوا كلمات في قائمة الكلمات معناها متشابه مع:

1. take part in 2. surprised 3. winner 4. work together

B Find words in the word list that mean the opposite of: סמכו מילים בהקשרים הסלילים שמשמעותן הפוכה ל:
جدوا كلمات في قائمة الكلمات معناها عكس معني:

1. old 2. think negatively 3. wonderful 4. fail

C Look at the pictures and the words below. Write sentences about what **will** or **is going to** happen in each picture. הסתכלו על התמונות ועל המילים שלמטה. כתבו
משפטים על מה שיעמד לקרות בכל תמונה.
השתמשו ב- will או ב- is going to.
אתקדו אל הסור והקלמט אנא. אכתבו במלא עמ
סידחט פי כל סורה. إستعملوا will או is going to.



1. The teams / play / a soccer game.
The teams are going to play a soccer game.
2. They / see / a movie.
3. She / lose / her money.
4. It / rain.

D Translate the sentences into your language. תרגמו את המשפטים לשפתכם.
ترجموا الجمل إلى لغتكم.

1. Most teens are interested in music.
2. I will encourage my friends to join me.
3. I don't know what it's like to be famous.
4. My parents are going to be very proud of me.

E Which of the people that you read about in this unit would you like to meet most? Why? אילו מן האנשים עליהם קראתם בפרק זה הייתם
רוצים לשמש יותר מאחרים? מדוע
אי מן האנשים الذين قرأتם عنهم في هذا
الفصل كنتم ستريدون الالتقاء بهم أكثر من
غيرهم؟ لماذا؟

What Do You Remember?

New Words

backpack
change (my) mind
get into a fight
get into trouble
give advice
hit
hurry
investigate
kick
leave
lunch break
make decisions
make fun of
on the ground
peer pressure
punch
push
put pressure on
schoolyard
serious condition
stand up to
start arguing
steal
violence

Let's Remember

be late for class
cheat on a test
copy homework
drink
laugh at someone
meet friends
popular / unpopular
problem
smoke
worried

Do the following exercises in your notebook.

A Look at the word list and find ...
הסתכלו על רשימת המילים ומצאו:
אנظרו إلى قائمة الكلمات وجدوا التي:

- five words and expressions that show violent actions
- five other things that students shouldn't do in school

B Look at the pictures below.
הסתכלו על התמונות שלמטה. השלימו את המשפטים.
Complete the sentences using a suitable modal.
השתמשו ב- modal המתאים:
אנظרו إلى الصور أدناه. أكملوا الجمل. إستعملوا ال- modal المناسب.



- He **shouldn't** / **must** smoke.
- She **can** / **should** give her seat to the old lady.
- He **must** / **mustn't** get up for school.
-

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C Translate the sentences into your language.
תרגמו את המשפטים לשפתכם.
ترجموا الجمل إلى لغتكم.

- Too many tests put pressure on students.
- I must make a decision now.
- The students got into a fight in the schoolyard.
- You should stand up to peer pressure.
- My older brother always gives me good advice.

D How do you think teens should deal with peer pressure?
כיצד, לדעתכם, צריכים בני נוער להתמודד עם לחץ חברתי?
كيف، حسب رأيكم، يجب على الفتيان أن يواجهوا الضغوط الاجتماعية؟