לתרגול נוסף

קטע קריאה (Unseen) – תרגול

אנגלית · כיתה ח׳ · 12 שאלות · דף תשובות בעמוד האחרון · שם: _____

Text 1: How Much Screen Time Is Too Much?

1 Most teenagers today spend several hours a day in front of screens. They use phones, computers and tablets for school, for games and to talk with friends. Some surveys show that many teenagers look at a screen for more than six hours a day, not including the time they use one for homework. But scientists say that too much screen time can be a problem.

2 First, looking at a screen late at night makes it harder to fall asleep. The light from the screen tells the brain that it is still daytime, so the body is not ready for sleep. Second, many teenagers sit for hours and don't move enough, which is bad for their health. Some of them also find it hard to stop playing or scrolling, even when they want to.

3 However, screens are not only bad. They help students learn, find information quickly and stay in touch with family far away. During the coronavirus period, for example, many students could continue studying only thanks to their computers, and grandparents could see their grandchildren on video calls.

4 Experts suggest a simple rule: put the phone away an hour before bed, and take a short break to move every hour. They also recommend keeping some time each day completely free of screens, such as family meals.

1. The main idea of the text is that screens…

   a. are only bad for teenagers
   b. can be useful, but too much use can cause problems
   c. help teenagers sleep better
   d. should not be used for school

2. Why does a screen at night make it hard to fall asleep?

_____

_____

3. Write ONE advantage of screens that the text mentions.

_____

4. Write TWO pieces of advice from the last paragraph.

_____

_____

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קטע קריאה (Unseen) – המשך

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Text 2: Why We Need Bees

1 When people think of bees, they usually think of honey. But bees do something much more important: they help plants grow fruit. When a bee moves from flower to flower to collect food, it carries pollen, a fine yellow powder, from one flower to another. Without this, many fruits and vegetables, such as apples, almonds and cucumbers, would not grow.

2 In the last twenty years, the number of bees in many countries has dropped. In some places, beekeepers have lost almost half of their bees in a single winter. Scientists believe there are several reasons, including chemicals that farmers spray on fields, diseases, and the loss of wild flowers as more land is used for buildings and roads.

3 This is a serious problem. Scientists say that about one third of the food we eat depends on bees and other insects that carry pollen. If there are fewer bees, farmers will produce less food, and fruit and vegetables will become more expensive. Some farmers already pay beekeepers to bring their hives to the fields when the trees are in flower.

4 Everyone can help. People can plant flowers on their balconies and in their gardens, avoid using chemicals, and buy honey from local beekeepers. Some schools even keep small beehives, so that students can learn how important these little insects are.

1. According to the text, the most important thing bees do is…

   a. make honey b. carry pollen and help plants grow fruit

   c. eat wild flowers d. help farmers spray fields

2. True or False? The number of bees has grown in the last twenty years. **T / F**

3. Write ONE reason why there are fewer bees.

   _____

4. How can people help bees? Write TWO ways.

   _____

   _____

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Text 3: The Last Race

1 Maya had trained for the city marathon for six months. She ran every morning before school, even in winter, when it was still dark outside. Her friends sometimes laughed at her for going to bed early on weekends, but she didn't care. Her goal was simple: to finish the race.

2 On the day of the marathon, thousands of runners stood at the starting line. Maya felt nervous but excited. Everything went well until kilometer thirty. Suddenly, her leg began to hurt, and she had to walk. Many runners passed her, and some of them looked at her with pity. For a moment, she thought about giving up and getting on the bus that collected tired runners.

3 Then she heard someone calling her name. It was her grandmother, standing by the road with a big sign: "Go, Maya!" Her grandmother had woken up at five in the morning to be there. Maya smiled, took a deep breath and started running again, slowly at first and then faster. Every time her leg hurt, she thought about the sign.

4 She crossed the finish line two hours after the winners. There were no cameras and no prizes waiting for her, but her grandmother was there with a hug. For Maya, it felt like first place.

1. What was Maya's goal?

   a. to win the race
   b. to finish the race
   c. to run faster than her friends
   d. to train for six months

2. What happened at kilometer thirty?

3. What made Maya start running again?

4. Explain the last sentence: why did it feel like first place?

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קטע קריאה (Unseen) – תשובות

דף תשובות לבדיקה

Text 1: How Much Screen Time Is Too Much?

1. **b. can be useful, but too much use can cause problems**
2. **The light tells the brain that it is still daytime.**
3. **They help students learn / find information quickly / stay in touch with family (one of them).**
4. **Put the phone away an hour before bed / take a short break to move every hour / keep some time each day free of screens (two of them).**

Text 2: Why We Need Bees

1. **b. carry pollen and help plants grow fruit**
2. **False**
3. **Chemicals sprayed on fields / diseases / the loss of wild flowers (one of them).**
4. **Plant flowers, avoid chemicals, buy honey from local beekeepers, keep small beehives at school (two of them).**

Text 3: The Last Race

1. **b. to finish the race**
2. **Her leg began to hurt, and she had to walk.**
3. **She heard her grandmother calling her name / saw her sign.**
4. **Because she reached her goal and finished the race, even though she didn't win.**

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