

- א. סוג הבחינה: בגרות לבתי ספר על-יסודיים
ב. בגרות לנבחני משנה
ג. בגרות לנבחנים אקסטרניים
מועד הבחינה: חורף תשס"ח, 2008
מספר השאלון: 403,016104

אנגלית

שאלון ג'

(MODULE C)

גרסה ב'

הוראות לנבחן

- א. משך הבחינה: שעה ורבע
- ב. מבנה השאלון ומפתח ההערכה: בשאלון זה פרק אחד: הבנת הנקרא – 100 נקודות
- ג. חומר עזר מותר בשימוש: מילון אוקספורד אנגלי-אנגלי-עברי או מילון הראפס אנגלי-אנגלי-ערבי:
قاموس " هاراب " إنجليزي – إنجليزي – عربي
- נבחן "עולה חדש" רשאי להשתמש גם במילון דו-לשוני: אנגלי-שפת-אמו / שפת-אמו-אנגלי.
- ד. הוראות מיוחדות:
- (1) עליך לכתוב את כל תשובותיך בגוף השאלון (במקומות המיועדים לכך).
 - (2) כתוב את כל תשובותיך באנגלית ובעט בלבד. אסור להשתמש בטיפקס.
 - (3) בתום הבחינה החזר את השאלון למשגיח.

ההנחיות בשאלון זה מנוסחות בלשון זכר ומכוונות לנבחנות ולנבחנים כאחד.

בהצלחה!

ACCESS TO INFORMATION FROM WRITTEN TEXTS (100 points)

فهم المقروء (100 درجة)

הבנת הנקרא (100 נקודות)

קרא את הקטע שלפניך, וענה על השאלות 1-7. اقرأ القطعة التي أمامك، ثم أجب عن الأسئلة 1-7.

Read the article below and then answer questions 1-7.

MINDLESS EATING

by Lionel Small

Psychologist Brian Wansink has spent years studying people's eating habits. In his recent research he was surprised to find out that people overeat for reasons which are not connected to hunger. Instead, there are external factors in our environment which lead to what Wansink calls "mindless eating" — eating without being aware of what
5 and how much we eat.

One of the factors that determines the amount we eat is simply seeing the food. If a snack is on the kitchen table, we might grab it without thinking. "However, if that snack is in a cupboard, we probably won't even think of eating it," says Wansink.

A large variety of food also causes us to eat too much. "When too many kinds of food
10 are offered at a meal, people want to taste everything," says Wansink. "Therefore it is best to prepare only two or three kinds of food at a meal."

An additional factor that causes overeating is the way food is packaged. In one of his experiments, Wansink gave the audience in a movie theater two sizes of popcorn buckets: a big size and a giant size. Both buckets contained the same amount of
15 popcorn, which was more than most people could eat. Wansink found that the group that got giant buckets ate an average of 53% more than those with the big buckets! "This shows that the size of the container determines how much people eat," says Wansink. "The reason for this is that bigger containers make portions look smaller, so people eat more."

20 Distractions can also affect the amount we eat. "Studying or watching TV while eating distracts our attention from the food, and we overeat without noticing," says Wansink. The same thing happens in a movie theater, where we eat snacks while we watch the movie.

Wansink says that people should be more aware of the external factors that influence
25 their eating habits. "Once people recognize these factors, they will be able to control what and how much they eat and avoid 'mindless eating'," he says.

(Adapted from "Your Plate is Bigger Than Your Stomach", The New York Times, May 2, 2007)

/המשך בעמוד 3/

أجب بالإنجليزية عن الأسئلة 1-7، حسب
القطعة التي قرأتها وحسب التعليمات في الأسئلة.
(١٠٠ درجة)

ענה באנגלית על השאלות 1-7, על פי
הקטע שקראת ועל פי ההוראות בשאלות.
(100 נקודות)

Answer questions 1-7 in English according to the article and the instructions.

1. COMPLETE THE SENTENCE. (lines 1-5)

Wansink was surprised to find out that there is no connection between
overeating and

(8 points)

2. In lines 6-19 Wansink mentions several factors that cause overeating and suggests
ways to avoid them. Give TWO factors that cause overeating, and the way to avoid
each one of them.

(1) (i) The factor:

(ii) Way to avoid it:

(2) (i) The factor:

(ii) Way to avoid it:

(4×9=36 points)

3. According to Wansink, why does the size of a container influence the amount we
eat? (lines 12-19)

ANSWER:

(9 points)

4. PUT A ✓ BY THE TWO CORRECT ANSWERS.

According to lines 12-23, people overeat in movie theaters because (—).

- i) they can get free buckets of popcorn
- ii) they eat popcorn out of very big buckets
- iii) they are hungry when they go to a movie
- iv) the movie distracts their attention from the food
- v) popcorn is sold in many places around the theater

(2×9=18 points)

5. (1) CIRCLE THE CORRECT ANSWER: YES or NO. (lines 20-23)

Would Wansink recommend doing homework and eating at the same time?

YES / NO

(4 points)

(2) Copy the words that justify your answer.

ANSWER:

.....

(6 points)

6. CIRCLE THE NUMBER OF THE CORRECT ANSWER. (lines 24-26)

According to Wansink, what should people do in order to avoid "mindless eating"?

They should (—).

- i) stop thinking about food all the time
- ii) keep less food at home
- iii) understand what makes them eat too much

(9 points)

7. CIRCLE THE NUMBER OF THE CORRECT ANSWER.

Another title for this passage might be (—).

- i) The Reasons We Get Hungry
- ii) How to Control the Amount We Eat
- iii) Eat Right and Improve Your Health

(10 points)

בהצלחה!

זכות היוצרים שמורה למדינת ישראל
אין להעתיק או לפרסם אלא ברשות משרד החינוך