

Module A שאלון א'

סמל שאלון: 16381

מוגש על ידי צוות המורים של

High-Q Global

הערות:

1. תשובות המוצגות כאן הן בגדר הצעה לפתרון השאלון.
2. תיתכנה תשובות נוספות, שאינן מוזכרות כאן, לחלק מהשאלות.
3. חלק מהתשובות הן בנקודות בלבד, על הנבחן לפרט את הדברים.

PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS (70 points)

HOW TO HELP OUR BODY CLOCK

1. (i) What our body clock does
2. (ii) Get up at the same time every day
3. Stretch your arms (and legs) / Focus on your breathing / Plan your day.
4. (i) The light of the sun/ It tells your body clock that it's time to start the day.
5. (iii) It will help you wake up
6. *You should* Go for a walk / Eat a healthy breakfast/ Take a short break (every hour our two) / Do some outdoor activity

You should not sleep in the afternoon.
7. (iii) Go to bed at the same time every night
(iv) Not work before going to bed
8. (iii) How to have lots of energy.

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

A GUIDE TO BIKING

9. (i) A group of bike riders
10. (ii) There is a special place for bikes
11. (ii) To be careful about parked cars
12. (i) They won't hear important sounds around them
13. (i) Which streets are safest.
14. (ii) Which helmets they should wear.