

# Going to High School

# Summer Workbook

Begin High School

FOR INTERNAL USE ONLY





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# תלאידים יקרים,

בשצה טובה סייאתם את חטיבת הביניים והטצתם לתיכון!
כדי להבטיח שאכן תצליחו באנטלית, צוות האורים לאנטלית בתיכון
הכין צבורכם חוברת צבודה הכוללת קטצי הבנת הנקרא ותרטילים
בדקדוק. אטרת החוברת היא שתחזרו צל החואר באנטלית שלאדתם
בחטיבת הביניים.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

אנו אאליצים שתצשו את החופרת פהדרטה פאשק חופשת הקיף כדי שתהיו אוכנים לכיתה יוד.

חופה להפיא את החופרת פיום הראשון ללימודים לפדיקה!

פהצלחה וחופשה נציאה! צוות האורים לאנטלית פתיכון פטין

### Dear Students,

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次 字 次 You have just finished junior high school, and you are about to begin high school.

In order to make sure that you will succeed in English, the high school English teachers have prepared for you a booklet that includes reading comprehension texts and grammar exercises. The aim of this booklet is to review the material you studied in junior high.

We highly recommend that you do this booklet gradually so you will be ready for grade 10.

You must bring this booklet for the first day of school to be checked!

Good luck and enjoy your summer vacation, The English teachers in Begin high school



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## **ROBOTS IN, HUMANS OUT**

Bad news for chefs and waiters, but good news for diners. Soon you won't have to worry about poor service or bad food in restaurants. Some computers and robots that can replace restaurant workers are already on sale, and others will be available within the next year or two. It won't be long before you are able to sit down and eat in a restaurant where there are no human workers!

- In the Bytes restaurant in Canterbury, England, waiters don't come to tables to bring menus or take orders. Instead, customers look at the menu on a computer screen next to their table. When they are ready, they just touch buttons on the screen and place their orders. The computer sends the orders to the kitchen, so there is no possibility of waiters becoming confused and making mistakes with orders.
- Soon robots will be doing all the cooking, too. AIC-AI Cookingrobot is a robot that will be able to prepare all kinds of traditional Chinese foods. It will be able to cook, bake, and fry such dishes as chow mein, fried rice, and wontons in approximately five minutes.

  Besides getting your food faster when AIC-AI Cookingrobot is in the kitchen, you also won't have to worry about dirty hands touching your food. The robot manufacturer says that it should be ready within less than a year. By the way, AIC-AI Cookingrobot will also be suitable for home use, which is sure to make many people very happy.
  - At fully automated restaurants, Robo Waiter 1 will take the place of regular waiters and serve meals to the customers. Robo Waiter 1 will also guide people to their tables.
- While the inventors of the different robots and computers list many different benefits of having a fully automated restaurant, there is one advantage that customers will especially like: You don't have to give robots any tips.



Answer questions 1-7 according to the passage. In questions 3 and 7, circle the number of the correct answer. In the other questions, follow the instructions.

1.	What is the "bad news for chefs and waiters" which is mentioned in line 1?  ANSWER:
2.	i) CIRCLE THE CORRECT ANSWER, YES <u>or</u> NO. Some restaurants are already fully automated. YES / NO
	ii) Copy a phrase or sentence from the text which proves your answer.  ANSWER:
3.	What is unusual about the Bytes restaurant in England? (lines 5–9) i) There aren't any waiters in the restaurant. ii) Customers place their orders by computer. iii) Waiters rarely make mistakes with orders. iv) The waiters send the orders to the kitchen via a computer.
4.	COMPLETE THE TABLE. (lines 5–18)

	Problem	New Technology That Solves It
i)		AIC-AI Cookingrobot
·	It sometimes takes a long time to get the food you ordered.	
iii)		Touch-button computer screen

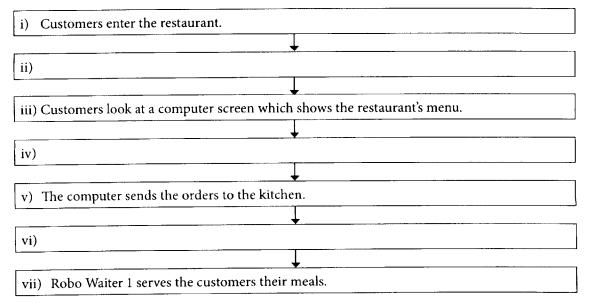
What are some problems that the new restaurant technologies solve?

5.	COMPLETE THE SENTENCE. (lines 5–18)
	How is AIC-AI Cookingrobot different from the other technologies mentioned in the text?
	People will be able to



6. COMPLETE THE GRAPHIC ORGANIZER.

In a fully automated restaurant, what is the sequence of events from the time people enter the restaurant and until they get their food?



- 7. What is the  $\underline{\text{main}}$  reason why people would enjoy eating in a fully automated restaurant? (lines 5-21)
  - i) It's cheaper.
  - ii) It's cleaner.
  - iii) Robots are more polite.
  - iv) The food tastes better.



# <u>Part II – Grammar</u> <u>Present Simple or Progressive?</u>



Complete the sentences using the verbs in brackets in the present simple or the present continuous. Match the sentences with the right picture.			
1. Tina usually (drink) coffee but today she			
(have) a cup of tea.			
2. Alan (like) playing chess but right now he			
(play) cards with his nephew.			
3. John and his mother (come) back from the			
supermarket. They have bought a lot of things.			
4. Tina always (do) the ironing on Saturday			
mornings.			
5. Ted (not often/ read) the paper.			
Today he (read) it because there is an article			
about the company he (work) for.			
<b>6.</b> Ana (wait) for the bus. She			
(go) to a meeting now.			
7. Sandra (wear) a raincoat today because it's			
likely to rain.			
8. Bill (sit) in his armchair. He			
(not watch) TV. He (read) the			
newspaper.			
9. Peter (go) to a meeting and he's late.			
10. Look! Sophie (run) very fast. She			
(go) jogging every morning.			
11. Paul (work) as an architect. Now he			
(draw) the plan of a new building			
12. Lisa isn't at home. She (walk) her dog at			
them moment.			
13. This evening Fred and Lara (have) dinner			
at a new restaurant.			
14. Ted (work) as a mechanic. At the moment			
he (repair) my car.			
15. Tom always (have) lunch at 12:30.			
16. Bill (feed) his cat twice a day.			
17. Look! Dave (run) to catch the bus			
18. My brother (go) to the gym every			
weekend.			



#### STUDY COMPUTER GRAPHICS NOW!

Do you want to create professional-looking projects for school? Would you like to make beautiful cards and posters for your family and friends? It's easy — all you have to do is study computer graphics at **The Graphics School**.

At **The Graphics School**, you will find beautiful classrooms equipped with the newest computers, and you will use the most up-to-date coursebooks written by our experienced teachers. You will learn how to:

- use different graphics programs
- manipulate photographs

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- create cards, brochures, and posters
- draw pictures on the computer and much more!



Here's what some of our students say about The Graphics School:

"I wanted to study graphics for a long time, but I was also really nervous about it because I knew so little about computers. After nine weeks of studying at **The Graphics School**, I felt like the computer was my best friend!" – Janet Simmons, 15

"We had some computer graphics lessons in school, but I wanted to know a bit more. I'm so glad that I decided to take the four-month advanced course at **The Graphics School**—it taught me everything I was hoping for and more." – Anthony Blake, 17

Join the course that suits you best:

Six- or nine-week beginners' course—Come for three-hour lessons two or three days a week, and learn how to get started with graphics design. \$500

Two- or four-month advanced course — If you already know the basics, join our intensive class which meets once or twice a week for four hours. \$800

Coursebooks are provided free of charge to all our students.

*Special offer!* Bring a friend with you to any one of our courses and both of you will get a 10% discount!

Call us now to sign up: 1-800-722-7272

The Graphics School 18-64 Melwood Avenue, Bridgeton, New Jersey

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Answer questions 1-9 according to the passage. In questions 1, 3, and 5, circle the number of the correct answer. In the other questions, follow the instructions.

1.	Who is the advertisement aimed at?  i) Teenagers.
	<ul><li>ii) Professional graphics designers who want to learn more.</li><li>iii) People who want to become professional graphics designers.</li></ul>
2.	COMPLETE THE SENTENCES. (lines 4-6)  Give TWO reasons why students might want to learn in The Graphics School.  i) Students learn in
3.	What won't students learn to do in the course?  i) Change digital pictures  ii) Make birthday cards  iii) Design books
4.	Which course did Janet Simmons take?  ANSWER:
5.	How did Janet Simmons feel at the end of her course?  i) She was nervous about computers.  ii) She didn't know enough about computers.  iii) She loved using the computer.
6.	Why did Anthony Blake decide to study at The Graphics School?  ANSWER:
7.	<ul> <li>i) CIRCLE THE CORRECT ANSWER, YES or NO.         Anthony Blake didn't learn many new things in the course he took. YES / NO     </li> <li>ii) Copy the words from the text which prove your answer.         ANSWER:</li></ul>
8.	What don't you have to pay for when you join a course at The Graphics School?  ANSWER:
9.	If you and a friend take an advanced course together, how much would <u>each</u> of you pay for the course?  ANSWER:



# Past Simple or Progressive?

1.	She(BURST) into tears when she
	(SEE) his father.
2.	I(CUT) up vegetables in the kitchen when
	I (HEAR) the terrible news on the radio.
3.	What a terrible accident! Steve (DRIVE)
-,	his car when a bird (FLY) into his windscreen.
4	First she (READ) the advertisement and then she
••	(CALL) the company.
5	The sun (SHINE) brightly when the old man
J.	(SET) off from his cottage.
4	At eight o'clock yesterday evening the plane (FLY) from
Ο.	Tahiti to Los Angeles.
y	I
1.	(NOT COME).
^	
Ö.	Last weekend while Julie (TIDY) her
	bedroom, she(FIND) some of the toys she
	(HAVE) when she(BE) a
_	child.
9.	While my mother(COOK) dinner, we
	(PLAY) in the garden.
10.	We all(SLEEP) when some terrible noise
	(WAKE) us up.
11.	Poor Cinderella (HAVE) to work hard while her step-sisters
	(HAVE) fun at the ball.
12.	The children (TAKE) the cake when nobody
	(LOOK) and (EAT) it silently.
13.	As she(CROSS) the street, she
	(SLIP) and (FALL).
	Yesterday while I (WALK) in the park,
	I (LOSE) my watch.
15.	The fishing boat(APPROACH) the
	seashore when the tornado(BEGIN).
16.	I(CAN) not hear the bell because
	the radio (PLAY) really loudly.
17.	The airplane (CATCH) fire just while it
	(TAKE) off.
18.	The lights(GO) out while we
	(DISCUSS) the plans for the following morning.
19.	Professor Ward (GIVE) the lecture when the
	students' riots (BEGIN).
20.	One of my worst memories from last winter holidays was when I
	(RUN) out of petrol while I
	(DRIVE) through a snowy forest in the evening.
21.	Last night Sally (WATCH) TV in her bedroom
	when suddenly she (HEAR) a scream outside.



# Part II - Grammar - Mixed Tenses (active only) Present Simple/Progressive, Past Simple/Progressive, Future

1.	Yesterday I	(meet) the President.	
2.	At the moment s	he(intervie	ew) a new secretary.
3.	When Paul	(arrive), I (wa	itch) TV.
4.	While you	(read) the newspaper, I	(do) the cooking.
5.	We(le	ave) school at 9 o'clock.	
6.	It	(rain) when I(get) up.	
7.	They always	(travel) first class.	
8.	She	(listen) to music as she	_ (walk) her dog.
9.	Most households	s in Britain(hav	/e) a telephone.
10.	. The child	(fall) asleep while I	(watch) TV.
11.	. While my mother	(garden), my father	(do) the washing
	up.		
12.	. When I	(see) Jim at the disco, he	(talk) to the DJ.
13.	. They	( have) a good time when the eartho	quake(occur).
14.	. He	(buy) some greeting cards when	I (meet)
	him at Harrods.		
15.	. At the moment I	(watch) television	i.
16.	. While he was	(ski), he	(fall) down the mountain
17.	. When she	(hear) a big crash, she	(eat) her supper.
18.	. We sometimes _	(go) to the b	each at the weekend.
19.	. Не	(begin) his homework when	I (finish)
	mine.		
20.	. While she	(have) tea I	(walk) in.
21.	you s	till(learn) Spanish?	
22.	. I(d	rive) 15 miles to work every day.	
23.	. As they	(wait) for the bus, they	(read) a book.
24.	. She	(clean) her room when she	(find) the ring.
25.	. He	_(fall) while he	(run) across the street.
26.	. She usually	(finish) work at 5o'clock l	but today she
	(wo	ork) late.	
27.	She(	study) at the university next fall.	
28.	. He (ofte	en/drive) hìs car to work, but today he	e (take) the bus.
29.	This bag	to Mrs. Davis. (belon	g)
30.	Mary can't co	me to the phone. She	a shower. (have)
31.		that girl's name? (you/reme	mber)
32.	Listen! Mary	the piano. (play)	)



#### LION PARK

Are you planning a visit to South Africa? If so, come to Lion Park, less than an hour's drive from Johannesburg. This is your chance to see majestic lions and other animals from close up!

#### Safari Drive

Drive your car through the bush\* and look for zebras, giraffes, ostriches, and other animals. Then enter the four lion camps and watch lions lying, walking around, and playing. The lions are often so close to the road that you have to be careful not to drive over their tails. (If you do that, the lions may become aggressive.)

## **Guided Safari Drives**

You can also take guided jeep tours of the bush and lion camps. In addition to the regular day tour, you may choose to go on an extra night tour, where you travel through the lion camps for a second time and watch the lions eating their dinner. It's an unforgettable African experience.

## **Baby Animals**

See lion cubs and other baby animals in our amazing Cub World zoo. You can even pet a lion cub and have a photo taken with it.



#### Giraffe Feeding

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Cub World also offers you the exciting opportunity to touch giraffes and feed them by yourself. Buy giraffe food, climb up the steps to the feeding station, and hold out your hand. You won't have to wait long for the giraffes to come to you for their snack.

### Other Facilities

Lion Park has a gift shop full of souvenirs, books, handmade African crafts, and more.

There is also a beautiful open area where you can have a picnic.

At the entrance to the park, there is a large playground for children.

### **Conditions and Fees**

Never get out of your car during the safari drive! (Our lions are very tame, but they are still lions ...)

Entrance fees: R70\* for adults, R50 for children ages 4–12, and free for children ages 3 and under. Guided safari drives: R100 for adults, R65 for children ages 4–12, and free for children ages 3 and under.

Open weekdays from 8:30 to 17:00, and on weekends from 8:30 to 18:00.

Located off the R114 road, Honeydew, Gauteng, South Africa.

Tel. +27 (0) 11 460-1319 lionpark@cknet.co.za www.lion-park.com

\*the bush = ערבה \*R = Rands (South African money)

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Answer questions 1–6 according to the passage. In questions 2 and 3, circle the number of the correct answer. In the other questions, follow the instructions.

1.	What are TWO ways that you can go through the bush and the lion camps? (lines 3-11) i)		
	ii)		
2.	People choose to go on a safari drive at night (—). (lines 8–11)		
	i) if they don't have time to go on a tour during the day		
	ii) in order to see lions at meal time		
	iii) to get a guided tour of the safari and lion camps		
3.	What do the two main activities of Cub World have in common?		
	i) They allow visitors to touch animals.		
	ii) They cost extra money.		
	iii) They allow visitors to feed animals.		
4.	Give TWO things that visitors at Lion Park can do which are not connected to animals.		
	i)		
	ii)		
5.	COMPLETE THE SENTENCES.		
	What shouldn't you do when you are in the lion camps?		
	i) You shouldn't		
	ii) You shouldn't		
6.	Mr. and Mrs. Johnson plan to visit Lion Park next Tuesday with their three children (ages 13, 9		
	and 2) in their own car.		
	i) How much will they have to pay to enter the park?		
	ii) Until what time can they stay in the park?		
	iii) How can they get more information about the park?		





# PASSIVE

PRESENT: They **collect** grapes in autumn.

Grapes are collected in autumn.

They know Tom all over the country. Tom is known all over the country.

Volunteers helped fishermen to clean the oil. PAST:

Fishermen were helped by volunteers to clean the oil.

They lost all the documents in a fire. All the documents were lost in a fire.

A famous actor will open a new restaurant in LA. FUTURE:

A new restaurant will be opened by a famous actor in LA.

They will respect human rights one day. Human rights will be respected one day.

Note: We use "by" only when the doer is known.

### A. Change the following sentences to Passive:

- 1.- They grow a lot of vegetables in this area.
- 2.- They treat beggars as criminals In that city,.
- 3.- Someone stole the contest money.
- 4.- Picasso painted 'The Guernica'.
- 5.- They help visitors at the reception desk.







6 A gang of armed men kidnapped the Prime Minister.	) 13123 [
7 They collect the rubbish every morning.	
8 Do they teach students both in English and Spanish in that school?	
9 A very bad actress played the part of Ophelia in 'Othello'.	A -
10 They finished the decoration in less than two hours.	E CO
11 They make cakes with flour, sugar and eggs.	ture
12 A personal coach trains him every day.	AMERICAN CONTRACTOR AND ASSAULT
13 A machine cuts these pieces of wood more easily.	
14 They repair shoes in that shop in only one hour.	
15 They built this bridge two hundred years ago.	***************************************
16 Will they publish my new novel in October?	
17 My neighbour helped me to paint my house.	
18 Did they send information every month?	2
19 Three different teacher correct the exams.	
20 Someone locked the garden gate.	
21 Are you doing an exercise on Passive now?	
22. – I didn't understand the material for the exam.	
23. – Are you feeding the baby now?	Alon .



#### THE SUDOKU ADDICTION

Every day, millions of people sit hunched over a grid of numbers, giving it their full concentration. They do it on crowded buses and trains, in the office and at home, and even while driving (only when the traffic light is red, of course). They are addicted to Sudoku, the number puzzle which has gained tremendous popularity in recent years.

- A Sudoku puzzle is a grid made up of nine rows and nine columns, which are divided into nine squares of nine boxes. Each box must be filled with a number from one to nine so that all nine digits appear in each row, column, and square. To solve a Sudoku puzzle, all you need is a pencil and eraser (unless you are confident that you will never make a mistake), a logical thought process, and patience—lots of it, as the more difficult puzzles can take hours to complete.
  - Although Sudoku is a Japanese word (meaning "the number that is alone"), the origin of the puzzle is not Japan. An American named Howard Garns invented the puzzle in 1979, based on a mathematical puzzle created by Swiss mathematician Leonhard Euler in the eighteenth century. In the mid-1980s, Japanese magazine publisher Nikoli saw Garns' "Number Place" in an American logic puzzle magazine and decided to publish the puzzle in its own magazine under the name "Sudoku."
  - Sudoku quickly became popular in Japan, but it took a bit longer for the Sudoku addiction to spread worldwide. Wayne Gould, a retired judge from New Zealand, was visiting Tokyo when he discovered Sudoku. He became so fascinated by it that he decided to create a computer program that could generate Sudoku puzzles automatically. Once his program was perfected, he offered his puzzles to *The London Times* free of charge. The newspaper agreed to print some puzzles, and suddenly all the British could think about was Sudoku. Soon, newspapers in other countries began printing the puzzles, and the rest, as they say, is history.



Answer questions 1–5 according to the passage. In question 4, circle the number of the correct answer. In the other questions, follow the instructions.

1.	. PUT AN X BY THE <u>TWO</u> CORRECT ANSWERS.				
	What information about Sudoku are we given in lines 1-4?				
i) When it was invented ii) Why it's so popular.					
	iv) How popular it is.				
	v) Who invented it.				
	vi) Where it was invented.				
2.	. What is the main topic of lines 5–10?  ANSWER:				
3	COMPLETE THE SENTENCE. (lines 5–10)				
۶.	If you don't use an eraser when solving a Sudoku puzzle, you must be careful				
	if you don't use all claser when solving a oudoka pazzie, you must be earcial				
<ul><li>4. Which title is most suitable for the paragraph in lines 11–16?</li><li>i) The Real Meaning of the Word Sudoku</li></ul>					
			ii) How Sudoku Got Its Name.		
iii) Changes in Sudoku's Appearance Throughout the Years					
	iv) The Real Inventor of Sudoku				
5.	What is the history of Sudoku?				
	Complete the following sequence of cause and effect according to lines 11-23.				
	i)				
	<b>↓</b>				
	ii) Howard Garns invented a puzzle which he called "Number Place."				
	iii)				
,					
	iv) Wayne Gould created a computer program and gave the London Times free puzzles.				
ļ					
	v)				
	vi) The Sudoku addiction spread worldwide.				

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# בישם תיכון ממלכתי תואש העיו

# ACTIVE AND PASSIVE

1.	. This problem by your brother			
	yesterday			
		b) will be solved		
	c) is solved	d) solves		
2.	My father wrote th	is book. It by		
	my father			
	a) will be wrote	b) was write		
	c) was written			
3.	3. This clock in 1750			
•	a) is made			
	c) is making			
	, .	,		
4.	Bronson scored a g	oal. Yes, a goal		
	by Bronson			
	a) is scored			
	c) will be scored	d) was scored		
5.	5. This job by my friend next week			
	a) is done			
	c) will be done	d) was done		
6. This house was my grandfather				
٠.	a) build for			
	c) built for	· •		
	o) balle to:	u) built by		
7.	This exercise will	at home by me		
	a) be doing	b) do		
	c) have done	d) be done		
8.	Was the window pa	ne the children?		
•	a) broke			
	c) broke for	d) broken for		
Λ	ATE AT THE STREET			
у.	All the beds were			
	a) made by			
	c) make by	u) make for		
10.	10.Many writters were Shakespeare			
	a) influence by	_		
	c) influence for			

11.The money stol	en by the thieves if
you leave it there	on by the thickey if
a) was	b) will be
c) has been	d) is
12.Mr Johnson th	is haak
	b) translated by
	d) was translated
13.This policeman	that man
a) was arrested by	
c) arrested	
14.We will by th	at taachar
a) be teached	
c) be taught	d) been tought
c) oc taught	d) been taugin
15.Many things in	
a) is said	b) are said
c) they say	d) they are said
16.This mansion in	n 1750
a) is built	b) was built
c) will be built	
17. They will this	ear soon
a) be bought	
	d) is bought
18.This car will so	oon
a) be bought	
c) buy	d) is bought
19.The jar by the r	naid
a) was broken	
c) is broken	d) breaks
e, as oronon	a, oround
20, The centre forward	
a) was samed	h \ a a = =

a) was scored

c) is scored

b) scores

d) scored



# Active - Passive

# Present Simple, Present Progressive, Past Simple, Past Progressive, Future

1. Cats and dogs often (fight)		7/18/-
themselves, even though we, human why they are enemies.	ns, (not understand)	
2. In the future you (give)	many quizzes	
about the Passive. Each lesson the p	passive (review)	
till you (kno	w)it well.	
3. While the newspapers (print) the editor's office.	, some urgent news reac	hed
4. The boys (should send)	to bed at once.	
5. When they saw that he (beat)	by the	
other boys, they (take)	him home at once.	
6. Dinner (serve)	right now.	
7. The house	(clean) every day, but the food	
(always co	ook) by Jane and the cakes	
(bake) by <sup>-</sup>	Tom. Everything	
(take) ca	are of by the children.	
8. The painting which	(buy) by the museum	
last month,month.	(show) to the public next	
9. Hundreds of houses	(destroy) in last week's	
floods, but most of the population	on (rescue).	
10. I think most cars	(produce) in Japan.	
11. The song "Yesterday" (sing)	by the Beatles; it	
(not sing)	_ by Elvis Presley.	_
12. Balloons (not make)	of wax, they (make)	
12. Balloons (not make) of rubbe	ר(גומי).	
13. Your complaint (תלונה) (take)	care of right now.	
14. An hour ago I (finish) it in an envelo	writing the letter, (put) ppe and (mail) it.	
15. What (llan / wear)school yesterday?	when he (come)	to
16. My friend (climh)	up the stairs at the moment, and she	
(reach) the do	oor in a few minutes.	
1		



#### SEASONS INFLUENCE THE WAY WE EAT AND EXERCISE

What do you associate with each season? When someone mentions summer, we often think of vacation from school and the beach. Winter reminds us of rain and snow, fall makes us think of falling leaves, and spring is associated with flowers and green trees. A recent study, however, shows that the seasons also influence the way we eat and exercise. This connection may be very important to people trying to diet or even just maintain their weight.

Researchers at the University of Massachusetts Medical School studied the eating habits, physical activity, and body weight of 593 men and women for one whole year. They discovered that people ate the lowest number of calories in the spring and the highest number of calories in the fall and winter. They also found that the participants of their study exercised most in the spring and the least in the winter. When considering these



statistics, it's not very surprising that the participants' body weight was highest in the winter.

Dr. Yungsheng Ma, who headed the research team, said that seasonal changes in weight could have a long-term impact on people's health. He explained that although most people lose some of the weight they gain in the winter, they usually don't lose all of it. As a result, they may become half a kilo or a kilo heavier every year. That might not seem like so much, but if a person gains that amount every year for ten years, he will gain five to ten kilos, which is a significant amount of weight. In addition, it's much healthier to maintain a steady body weight than to have your weight go up and down from season to season.

Therefore, Dr. Ma recommends that people become especially aware of how much they eat and exercise in the fall and winter. If you find yourself eating more than usual, you should begin exercising more *before* you gain weight, because it's much harder to lose weight than to maintain a steady body weight. Although it is easier for most people to do physical activity in the spring and summer, when the weather is warm and sunny, there are many different types of sports and exercises which can be done all year long. All you have to do is motivate yourself to start.



Answer questions 1–8 according to the passage. In questions 7 and 8, circle the number of the correct answer. In the other questions, follow the instructions.

1.	PUT AN X BY THE <u>TWO</u> CORRECT ANSWERS.		
	What are the two <u>main</u> topics discussed in lines 1–5?		
	i) How the leaves fall off the trees in the fall.		
	ii) The importance of dieting or even just maintaining weight.		
	iii) What we usually associate each season with.		
	iv) What kind of weather there usually is in each season.		
	v) The connection between the four seasons and eating and exercise habits.		
	vi) Why we like some seasons better than others.		
2.	Who can the study described in lines 6–12 help most?  ANSWER:		
3.	COMPLETE THE SENTENCE. Write two things.		
	According to lines 6-12, why isn't it very surprising that the participants' body weight was highest		
	in the winter?		
	The participants ate		
	and exercised		
	COMPLETE THE SENTENCES IN THE GRAPHIC ORGANIZER. (lines 6–19)		
4.	What is the seasonal cycle of weight gain and weight loss and what is its long-term impact?		
	i) In the winter, people		
	ii) In the spring, they exercise more and eat less, so they begin to lose weight.		
	iii) However, most people don't		
	iv) After ten years, they are five to ten kilos heavier.		
5.	i) CIRCLE THE CORRECT ANSWER, YES or NO. (lines 13–19)		
	If you diet in the spring and summer, and lose all the weight that you gained in the fall and		
	winter, seasonal weight changes will have no impact on your health. YES / NO		
	ii) Copy the words that justify your answer.		
	ANSWER:		
	ANOMER		
6.	COMPLETE THE SENTENCE. (lines 20–25)		
	People who want to maintain a steady weight while eating more in the fall must		

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- 7. Why do people exercise less in the winter? (lines 20–25)
  - i) They aren't aware that they're eating more than usual.
  - ii) They wear more clothes, which makes it harder for them to move around.
  - iii) The weather is less suitable for exercising.
  - iv) It's too hard for them to lose weight by exercising.
- 8. Which title would be most suitable as an alternative title for the passage?
  - i) More Winter Exercise Will Keep You Healthy
  - ii) Dieting in the Spring is Easier Than in the Winter
  - iii) How to Eat the Same Amount All Year Long
  - iv) The Best Seasons For Losing Weight

# IN/ON/AT



Γ	USES	EXAMPLES
IN	<ul> <li>months</li> <li>morning, afternoon,</li> <li>evening</li> <li>years</li> <li>seasons</li> </ul>	<ul> <li>I was born <u>in</u> January.</li> <li>I went to class <u>in</u> the morning.</li> <li>She was born <u>in</u> 1982.</li> <li>We go to Andalusia <u>in</u> summer.</li> </ul>
ON	<ul><li>dates</li><li>days</li><li>"holiday"</li></ul>	<ul> <li>The meeting is <u>on</u> January 2.</li> <li>They play football <u>on</u> Wednesdays.</li> <li>I'm <u>on</u> holiday.</li> </ul>
AT	<ul><li>Times / specific hour</li><li>"night / noon"</li><li>holidays</li></ul>	<ul> <li>I'll see you <u>at</u> two o'clock.</li> <li>I finished the book <u>at</u> night.</li> <li>We'll go to London <u>at</u> Passover.</li> </ul>

# Let's work!

A. FILL IN	THE CO	ORRECT	PREPOSITION:	AT, II	N OR ON.
------------	--------	--------	--------------	--------	----------

<b>~</b> , ,	The fift file of the control of the
١.	Pelé was born October, 1940.
2.	Wednesday, we ran in the marathon.
3.	In Sweden, people don't ski summer.
4.	I go to the sports club every Friday 4.00.
5.	Shakespeare was born April.
5.	Thursday, we play football.
7.	In England people don't go to the beach
	winter.
8.	I go to the school everyday 8.30.
9.	What time do you get up the morning?
10.	I have a doctor's appointment 10:30.
11.	Scott was born June.
12.	What time does it get dark night?
13.	Hugo works out in the gym Saturday.
	We went to cinema20.00.
15.	I'll meet you 4:00, give or take 15 minutes.



# B. WRITE THE WORDS IN THE CORRECT COLUMN.

Thursday summer night May 2 evening June 13	winter August 4.00 Sunday morning afternoon	1992 spring Easter 18.45 1882 17.30
--	---	--

IN	ON	AI
		and de Artista
	Accessed to the Control of the Contr	
	<u> </u>	



### STOP SMOKING OR LOSE YOUR JOB

Howard Weyers, the owner of a large American company, wanted to do something to improve his employees' health. He chose to focus on smoking because cigarettes are so dangerous both to smokers and to the people around them. First, he stopped hiring workers who smoked. Then, he forbade smoking at the office. Finally, Weyers decided to test all his workers to make sure they weren't smoking at home, either. He gave them only two choices: give up smoking or quit their jobs.

The company tried to encourage its employees to choose the first option by providing medicine, therapy, and acupuncture treatments to help them stop smoking. While four workers refused to quit the habit and left the company, twenty others preferred to keep their jobs and managed to give up smoking.

Many people disagree with Weyers' decision, because they feel that it is unfair that a company tells people what to do or not to do in the privacy of their home. Howard Weyers, however, is proud of his stance. "Smoking kills 4.9 million people worldwide each year," he says. "For every worker who quits because of our anti-smoking policy, there will be many people — family members, friends, and colleagues — who are very



15 thankful that the person won't be going to an early grave."

Now Weyers is moving on to his next fight: obesity. Unlike smoking, it's illegal to fire someone for being overweight, so Weyers can't force his employees to diet. However, he has banned junk food at the company. He also gives bonuses of up to \$100 a month to people who join a gym and succeed at losing weight. In addition, he pays therapists and dieticians to advise workers.

Weyers, who is seventy-two years old, has never smoked and exercises five days a week. He is sure that that is why he has stayed so healthy, and he hopes that his campaign will keep his employees healthy, too.



i) He is allergic to cigarettes.

Answer questions 1–7 according to the passage. In questions 1, 4, and 5, circle the number of the correct answer. In the other questions, follow the instructions.

1. Why did Howard Weyers decide to ban smoking in his company? (lines 1-5)

	<ul><li>ii) The smell bothered him.</li><li>iii) It is a waste of money.</li><li>iv) Smoking is harmful.</li></ul>			
2.	COMPLETE THE SENTENCE. (lines 1–5)  How did Weyers start his anti-smoking campaign?  He hired only people who			
3.	<ul> <li>In line 5, it says that Weyers gave his workers only two choices. Give TWO results of Weyers action.</li> <li>i)</li></ul>			
4.	<ul> <li>i) did the right thing in banning smoking</li> <li>ii) doesn't have the right to force workers to stop smoking</li> <li>iii) should give his workers more time to quit the habit</li> <li>iv) is wrong about the dangers of smoking</li> </ul>			
5.	<ul> <li>i) He feels that it has more negative consequences than positive consequences.</li> <li>ii) He doesn't think that its negative consequences are significant.</li> <li>iii) He is proud that it forced four of his workers to quit.</li> <li>iv) He wants to make changes in it because it is not good enough.</li> </ul>			
6.	COMPLETE THE TABLE.  Compare Weyers' anti-smoking campaign to his anti-obesity campaign.			
		Anti-smoking Campaign	Anti-obesity Campaign	
	i) What workers may or may not do at the office	They may not smoke.		
	ii) What workers may or may not do at home			
	iii) ONE way that Weyers helped his workers quit unhealthy habits			
7.	COMPLETE THE SENTENCE Weyers believes that he is heal	CE. (lines 20–22) thy because		

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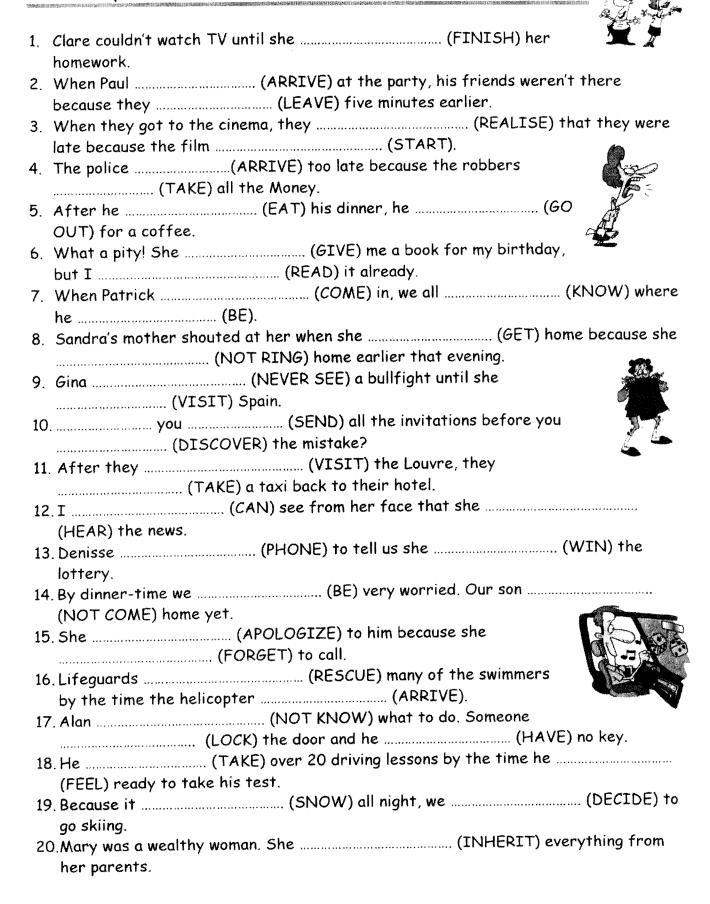


# Past Simple or Present Perfect?

1.	My friend is a writer. She (write) many books
2.	We (not have) a holiday last year
3.	(you/see) Ann last week?
4.	1 (play) tennis yesterday afternoon
5.	What time (you/go) to bed last night?
6.	(you/ever/be) to the United States?
7.	My hair is clean. I (wash) it
8.	I (wash) my hair before breakfast this morning
9.	When I was a child, I (not/like) sport
10.	Kathy loves travelling. She (visit) many countries
11.	John works in a bookshop. He (work) there for three years
12.	Last year we (go) to Finland for a holiday. We
	(stay) there for three weeks
13.	Molly lives in Dublin. She (live) there all her life
14.	Bob and Alice are married. They (be) married for 20 years
15.	When we were on holiday, the weather (be) awful
16.	The weather(be) very nice recently, don't you think?
17.	My grandmother died 30 years ago. I (never/meet) her "
18.	I don't know Carol's husband. I (never/meet) him
19.	Jill (buy) a new car two years ago
20.	His hair is very short. He (have) a haircut

# בישם תיכון ממלכתי ראש העין

# Past Simple or Past Perfect?





# **MODALS**

	Don't have to			
Could Be able to	Have to Mustn't	might	Ought to	Would
Can	Must	May	Should	Will
20) He always believ	red he be fam	ous one day.		
19) She said she	help me with m	y homework.		
18) we wa	ait in your store please	? It's raining outside.		
	t down please? I			
16) Youp	oay the bill now. You	wait till the er	nd of the month.	
15) This is secret inf	formation so you	tell anyone abou	ıt it.	
14) Are you feeling	cold? I clo	se the window?		
13) Children them.	eat more green ve	getables because they	have iron in	
12) In the spring, ho	ow oftenI	water the flowers?		
11) If you study hard	d, I'm sure you	_ pass the test.		
10) He ag	gree to the plan but I'm	not optimistic.		
9) Don't take all you are dancing.	ur money with you. Yo	oulose it w	hile you	
8) you	help me move this hea	vy table please?		
7) Shes	peak seven languages.			
6) Before you go ab	proad, you bi	ay some medical insur	ance.	
5) According to the car by yourself.	law, you p	ass a driving test befo	re you can drive a	
4) I tried to listen by	ut I hear a	word he said.		
3) yo	u like to have dinner w	rith me tonight?		
2) I lea	ave the room please?			
1) You	do all the work today i	f you don't want to.		
1) You	do all the work today i	f you don't want to.		



# GOMPARAVIVES AND SOPERLAVIVES

# Fill in the blanks with the correct form of the adjectives in brackets:

1. The weather this summer is	(hot) than last summer.
2. Football is	(popular) sport in the world.
3. Cheetahs are	(fast) than lions or tigers. In fact, they
are (fas	
4. He is	(bad) cook I have ever met.
5. Alan is (t	tall) than Clive and Brett, but Brett is
(fat) of the th	
	ooking for was (far) than
they expected.	
7. Today the traffic was	(heavy) than it was
yesterday.	
8. Travelling by plane is	(expensive) than travelling by car.
9. John has just received	(surprising) and
(strange) j	
10. What is the name of	(cold) planet in the solar system?
11. He is	(expert) doctor that I know.
12. My graduation day was one	of (happy) days of my life.
13. He showed us	(new) iPad he bought in his(late)
trip to Tokyo.	
14.' Hamlet' is	(good) play that Shakespeare ever wrote.
15. Nadia Comaneci was	(graceful) gymnast of all.



#### A PERFECT MEMORY

For most people, just remembering their dentist appointment or where they put their car keys is a struggle. Trying to memorize dates of past events is already close to torture. For Ann Jameson, however, remembering even minor incidents that occurred many years ago is as easy as remembering what she ate for breakfast this morning.

- James McGaugh, one of the world's foremost memory experts, was first contacted by Ann Jameson in 2001. In a letter, Jameson described her amazing memory. She wrote that she could recall all kinds of details connected to any date mentioned to her, including what day of the week it was, personal things that happened to her on that day, important news events that took place on that date, and usually even that day's weather.
- McGaugh was understandably skeptical, but after meeting Jameson, he realized that her letter was no joke. Since then, he and two of his colleagues at the University of California have spent hundreds of hours interviewing Jameson and giving her psychological tests in an effort to understand how her memory works. Yet, they still have no real answers.
- According to McGaugh, who has spent years researching the connection between memory, emotions, and stress hormones, most people remember events which are emotionally powerful for them. For example, people are much more likely to remember what they were doing when they heard about the September 11 terrorist attacks than they are to remember what they were doing at the same time a day earlier. However, the researchers soon discovered that Ann Jameson's memory doesn't work that way. She can recall a tax law which was passed on a certain date just as quickly as she can remember a famous person's death.
  - The interviews and testing also revealed that Jameson categorizes events in her brain—that is, she associates facts with the dates they occurred on—and files away these two pieces of information together so that she can access them more easily. Nevertheless, that doesn't explain Ann Jameson's perfect memory. There are others who remember things by categorizing them, but not to the extent that Jameson does.
  - Although McGaugh and his colleagues still don't understand much about Jameson's remarkable ability to recall things, they have given her condition a name: hyperthymestic syndrome. This term comes from the Greek word thymesis, which means "remembering," and the prefix hyper, which is "more than normal." At the moment, it seems that Ann Jameson is the only person in the world suffering from that condition.



Answer questions 1–7 according to the passage. In questions 5 and 7, circle the number of the correct answer. In the other questions, follow the instructions.

1.	COMPLETE THE SENTENCES.  What are TWO comparisons made in lines 1–4?  i) Between
,	COMPLETE THE SENTENCES. (lines 5–13)
~.	How did James McGaugh's attitude towards Ann Jameson change?  When Ann Jameson first contacted James McGaugh in 2001, he didn't
	However, he
3.	COMPLETE THE SENTENCE. (lines 14–20)  According to Dr. McGaugh, people are much more likely to remember what they were doing when they heard about the September 11 terrorist attacks because the attacks
4.	According to lines 14–20, Ann Jameson can recall a tax law just as quickly as she can remember a famous person's death. What does that prove?  ANSWER:
	<ul> <li>Which of the following statements summarizes the main idea of the passage in lines 21-25?</li> <li>i) The fact that Jameson categorizes events doesn't answer the question of why she remembers so many details.</li> <li>ii) Jameson remembers more than other people because she associates facts with the dates they occurred on.</li> <li>iii) Categorizing, which is the method Jameson uses to remember events, is the only way to develop a perfect memory.</li> <li>iv) Jameson has a perfect memory even though she categorizes events in her brain.</li> </ul>
6.	. According to the passage, Ann Jameson suffers from hyperthymestic syndrome. How does that condition manifest itself in her?  ANSWER:
7	<ul> <li>Which title would be most suitable as an alternative title for the passage?</li> <li>i) The Secret Behind Ann Jameson's Amazing Memory</li> <li>ii) Hyperthymestic Syndrome: Unique and Unexplained</li> <li>iii) Researchers Discover New Ways to Remember Things</li> <li>iv) Understanding the Causes of Hyperthymestic Syndrome</li> </ul>

happy.

a-Because

c-Although

d-Since

b-as

b-Despite 🚽

a-because of

d-although \*

stay in bed.

a-because

b-in spite of

c-because of

d-since

g | She didn't go to work

... the flu. She had to

The baby is crying he is hungry.

i... he is rich, he isn't



# eno thigh eath ezoodz

He is worried ... his wife is very ill in hospital.

They can't be at home

... they went on holiday

He was fined ... he

[]... she tries very hard

she isn't very good at

was driving in the bus

a-since

c-s0

d-but

b-despite

last week.

a-since

b-so

c-and

lane.

b-so

d-although

a-because

c-in spite of

d-although

drawing.

a-Since

c-50

d-But

ring.

b-Although

e-despite

Her computer crashed ... she lost the information.

a-since b-because

c-but

... he used the megaphone.

Nobody heard him

a-despite b-although

c-because

a-Although

b-Since

c-Despite

the exam.

a-Since

d-But

b-Despite

c-Because

d-Although

12)... running fast he arrived late at the meeting.

making a big

effort she didn't pass

The kids couldn't go to school ... the heavy snow.

a-In spite of

b-Although

c-because of d-since 🕏

a-since

b-s0

sweating ... the heat wave.

🌓 The little child was 🚿

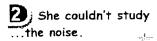
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c-and d-because of

In the end, she didn't

a-but 🏂

b-because c-so



a- in spite of : b-because of

c-despite

d-because

6 ... breaking the window his mum didn't punish him.

a-since

b-despite 🏋

C-50

d-but 🏸

(10) It was hot ... the kids spent the day at

the pool.

a-although

c-but

d-despite

He played with his liffle girl ... he was very tired.

a-because

c-although

She didn't hear the noise... she was sleeping.

a-because b-but

c-so d-although

Bob is going back

home ... his classes have finished.

d-despite

win the race ... running

🏋 very fast.

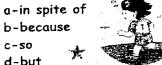
20) The boy ran away ... the dog started

barking.

a-although b-but

c-50 d-because

d-but



a-because b-but c-so

d-despite

(9) iShe can't swim yet ...

she has to wear a rubber





# LINKING WORDS- EXERCISES

Complete the sentences with one of the linking words in the list below.



Lisa always keeps fit \_\_\_\_\_ she trains in the gym.



running almost every day, Jim is still very fat.



Sue doesn't work on Mondays \_\_\_\_ she does the shopping then.





delivers pizzas, he doesn't like them at all.



She wanted to take care of her baby \_\_\_\_\_ she left her job.



She has lost some weight \_\_\_\_ must lose some more.



Her diet is healthy \_\_\_\_ she eats fruit and vegetables.



He's still a great teacher \_\_\_\_ being so old.



It was her mum's birthday \_\_\_\_ he bought her some flowers.



He never buys any vegetables
\_\_\_\_\_ he owns a farm.



she isn't a professional singer, she sings really well.



She spoke quite clearly \_\_\_\_\_ I couldn't understand what she meant.



She is very hungry \_\_\_\_ she hasn't eaten anything since breakfast.



slim, she has lost some more weight.



his broken leg, he couldn't go skiing with his friends.



Peter feels great
\_\_\_\_\_he's
passed all his
exams.



her youth, she's already got a degree in science.



They won a prize
they
had a trip all
over the world.



She loves apples \_\_\_\_ never eats oranges.



\_\_\_\_ the bad weather, he went fishing.



He called the doctor \_\_\_\_\_ he had a headache.



being an adult, he still dreams of being a hero



He couldn't see clearly \_\_\_\_\_ the fog.



\_\_\_\_\_ they often argue, they are best friends.



# Task 8:



# Paragraph Writing

A good paragraph usually has:

- 1) A topic sentence- This sentence tells what the paragraph is going to be about
- 2) Supporting sentences- These sentences tell more about the topic
- 3) A concluding sentence- This sentence brings together all of the other sentences and often re-states the topic

Please read the paragraph and underline the topic sentence, number the supporting sentences, and underline the concluding sentence.

There are several reasons why more and more people are moving out of the big cities nowadays. Some people are tired of living in crowded apartment buildings, so they prefer a private house with a garden in the country. Others are attracted by the peace and quiet of life in the suburbs. In addition, many are looking for a healthier environment to raise their children. For these reasons, country life is becoming more attractive to a lot of people.

This paragraph is scrambled. Please rewrite it with the topic sentence first, the supporting sentences next, and the concluding sentence last.

# **Ice-cream Dinner**

- A) Ice-cream has calcium, fruit and sugar, all of the things that make a healthy meal, so it should be a meal and not just a dessert.
- B) Ice-cream often has fruit in it, which is very good for you and full of vitamins.
- C)It also has sugar in it, which gives you energy to do such things as study and exercise.
- D) Ice-cream should be a dinner meal and not just a dessert.
- E) It is full of calcium, which is good for your bones, so it is a healthy food.

Indent			
	***************************************		
	· · · · · · · · · · · · · · · · · · ·		
	***************************************		****
			***********************
			***************************************
		,	





Now write about:

1. Describe a trip you had in the summer.

2. Do you think cell phones should be allowed at school?

1) Topic Sentence	
2) Supporting sentence	
3) Supporting sentence	
4) Supporting sentence	
5) Concluding sentence	
Now please put these sentences in paragraph form. Remember CAPITALIZE	to indent, punctuate and
	Punctuate
Indent	
	~~ ~~ ~~