

Avishag Dei \* Liora Arnon  
With Tzivi Trepp

# INTEGRAL

Help Your  
Students  
**Reach  
Higher**

# INTEGRAL

Liora Arnon, Avishag Dei and Tzivi Trepp

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## Vocabulary Mastery

**A** Translate the following words.

- |                   |   |                      |               |   |                      |
|-------------------|---|----------------------|---------------|---|----------------------|
| 1. care for       | - | <input type="text"/> | 6. share (v)  | - | <input type="text"/> |
| 2. contact (n)    | - | <input type="text"/> | 7. solution   | - | <input type="text"/> |
| 3. experience (n) | - | <input type="text"/> | 8. spread (v) | - | <input type="text"/> |
| 4. gain (v)       | - | <input type="text"/> | 9. the same   | - | <input type="text"/> |
| 5. program (n)    | - | <input type="text"/> | 10. useful    | - | <input type="text"/> |

**B** Complete the sentences so that they are true for you.

- An **experience** I usually enjoy is .....
- Going to school helps me **gain** .....
- I would like to be part of a **program** that .....
- When I need a good **solution**, I .....
- My friend and I bought **the same** .....
- I would enjoy **caring for** .....
- When I study, I find it **useful** to .....
- I usually like to **share** .....
- I have **contact** with .....
- A message I would like to **spread** to others is .....

**C** Choose the correct answer.

- How can you **spread** information?
  - By teaching students.
  - By reading books.
  - By listening to a speech.



2. What do you **gain** by reading?
  - a Experience.
  - b New information.
  - c Time.
3. What do people use in order to be in **contact** with other people?
  - a Music.
  - b The police.
  - c A telephone.
4. What do you **share** with your sisters and brothers?
  - a Your first name.
  - b Your last name.
  - c Your age.
5. How are Israel and China **the same**?
  - a They are 3,000 kilometers apart.
  - b They are both in Asia.
  - c Israelis speak Hebrew, while the Chinese speak Chinese.
6. How can trees be **useful**?
  - a They can live for many years.
  - b They need a lot of water.
  - c They can help protect you from the sun.
7. Which teacher always talks about **solutions**?
  - a Your math teacher.
  - b Your literature teacher.
  - c Your piano teacher.
8. What can be a wonderful **experience**?
  - a A beautiful picture.
  - b A very kind person.
  - c A class trip.
9. When someone starts a **program**, what do they usually do?
  - a Tell people how they can join.
  - b Build it with special tools.
  - c Draw it carefully.
10. Who **cares for** the sick in the hospital?
  - a Other patients.
  - b Nurses.
  - c Security guards.

## Reading Comprehension

**A** Read the article below.



### Building Bridges

**I** “Six months before she passed away, my grandmother moved into an old people’s home,” Linda, a 16-year-old girl, recalls. “I remember visiting her. She was sitting in a room with about fifteen other old women, most of them half asleep. It was almost completely quiet, and it was very depressing.” Linda’s grandmother told her that she missed seeing her 5- and 7-year-old grandchildren, but they were afraid to go visit her in the old people’s home.

**II** Then Linda read about an interesting old people’s home in Seattle, Washington. This old people’s home is in the same building as a kindergarten. The children and the residents of the old age home eat lunch together. They share activities such as painting, gardening and caring for pets. There are even trips and birthday parties. “What a wonderful idea!” thought Linda. A few weeks later, she helped her grandmother move to a home like the one she’d read about.

**III** Everyone gains from programs like this: The children are happy that someone has time for them. They also learn that old people are not scary in any way. The residents are glad because they feel useful and needed. They are more active and more interested in life when the children are around. They are even careful to dress well and look good. And the kindergarten teachers are also happy because they get so much help with the young children.

**IV** Of course, as with any good program, having a kindergarten in an old age home isn’t the perfect solution. Although the elderly people come alive and look happy when the children are there, the moment the children leave at the end of the day, the atmosphere becomes quiet and sad once again. In addition, the reality is that old people in old age homes sometimes die. This means that children may come to school in the morning and find out that their older friend is gone. Dealing with the loss of a friend can be very difficult for young children.

**V** But despite the problems mentioned above, programs that bring the old and young together are becoming popular all over the world nowadays. That’s because in today’s modern lifestyle, there is less and less natural contact between the old and the young. As a result, many old people are lonely. In addition, more and more families with children need support, and they are now realizing that the elderly can be a great help.

**VI** Hopefully, these programs will continue to spread. Everyone wins this way: both the old people and the young people gain from the experience.

**B** Answer the following questions.

1. According to paragraph I, Linda's grandmother (-)
  - a. spent 16 years in an old people's home.
  - b. visited her grandchildren.
  - c. was afraid to be in the old people's home.
  - d. stayed in a depressing place when she was old.

\* 2. COMPLETE THE SENTENCE ACCORDING TO PARAGRAPH II.

"Gardening" is mentioned in the text as an example of an activity that (-)

- a. the children like to do.
- b. the old people do at birthday parties.
- c. the children do together with the old people.
- d. the residents of the old age home like to do with each other.

3. Linda read about the old people's home in Seattle. What was the effect of her reading about the home? (paragraph II)

.....  
.....

4. What makes the residents enjoy the program? (paragraph III)

Put a ✓ by the TWO correct answers.

- a. They aren't scary or different.
- b. They need help from young children.
- c. They are less bored.
- d. They have more free time.
- e. They can help others.
- f. They help children dress well.

- \* 5. According to paragraph IV, what situation can be hard for kindergarten children?

.....

6. In paragraph IV, we learn (-)

- a. what solution is perfect.
- b. what the disadvantages of the program are.
- c. why the children leave at the end of the day.
- d. what parents should do when the atmosphere becomes quiet and sad.

- \* 7. Why are many elderly people lonely nowadays? (paragraph V)

.....  
.....

8. According to paragraph V, in what way can old people help others?

.....

9. According to the article, what is true about programs that bring the old and young together?

- a. They make the young more active.
- b. They encourage more elderly people to leave old people's homes.
- c. They lead to a better relationship between parents and their children.
- d. They make the lives of old people more meaningful.

## Part Two

### Vocabulary Mastery

**A** Translate the following words.

- |                     |   |                      |                        |   |                      |
|---------------------|---|----------------------|------------------------|---|----------------------|
| 1. average (adj, n) | - | <input type="text"/> | 6. exercise (n, v)     | - | <input type="text"/> |
| 2. benefit (n)      | - | <input type="text"/> | 7. material            | - | <input type="text"/> |
| 3. brain            | - | <input type="text"/> | 8. pressure (n)        | - | <input type="text"/> |
| 4. convince         | - | <input type="text"/> | 9. replace             | - | <input type="text"/> |
| 5. educational      | - | <input type="text"/> | 10. take advantage of- | - | <input type="text"/> |

**B** Choose the TWO correct options.

- 1. What may be **average**?
  - a height
  - b a mark
  - c the ocean
- 2. What is a **benefit** of sleep?
  - a being more focused
  - b being tired
  - c feeling awake
- 3. Which of the following have a **brain**?
  - a children
  - b trees
  - c dogs
- 4. You can **convince** your (-).
  - a bookcase
  - b parents
  - c friend

5. **Educational** psychologists (-).
  - a** help pets
  - b** speak to students
  - c** work in schools
6. What activity can you do to get **exercise**?
  - a** walk
  - b** read
  - c** jump rope
7. When you take a test, the **material** is (-).
  - a** the questions
  - b** the information you learned
  - c** what you are expected to know
8. People often feel **pressure** when they (-).
  - a** are late
  - b** have tests
  - c** sleep
9. An object should be **replaced** when (-).
  - a** it is broken
  - b** it is the wrong size
  - c** it is new
10. **Take advantage** of the break between classes and (-).
  - a** listen to the teacher
  - b** read a book
  - c** rest

**C** Complete the sentences using the words below.

- average    brain    exercise    benefits    convince  
 educational    pressure    replace    take advantage of    materials

1. It's often easy to ..... someone who doesn't have a strong opinion.
2. High blood ..... leads to many health problems.
3. The teacher was disappointed because the ..... grade of his class was low.
4. Many people think that books are more ..... than games. Do you agree?
5. Eating fish has many health .....
6. Your ..... controls everything you do, from how you move, to the way you think and feel.
7. A diamond is one of the strongest ..... in the world.
8. It is better to ..... before you eat, and not afterwards.
9. After World War II, airplanes began to ..... boats as a way of traveling.
10. I want to ..... the beautiful weather and go for a walk.

## Reading Comprehension

**A** Read the article below.



### Read and Ride

**I** For years, studies have shown that exercise helps prepare the brain for learning. When students move while they learn, they understand and remember the material better. This is why schools around the world are coming up with new ways to keep students active. Some schools are replacing classroom chairs with exercise balls. Others are providing taller desks so that students can stand while they work. However, the most amazing idea is a program that Ward Elementary School in Winston, North Carolina, has recently started, called “Read and Ride.” The students ride stationary<sup>1</sup> bikes while they are reading!

**II** Read and Ride was the idea of school counselor Scott Ertl, but he didn’t even have education in mind when he thought of it. “I came up with the plan while I was exercising and reading a newspaper at the gym. I thought it would be a fun way to convince students to become more active, so I put a bike in the corner of my classroom.” Ertl encouraged his students to use the bike during quiet reading time, and after some time he needed more bikes. “Other teachers in my school heard about it, and soon my Read and Ride program spread to the whole school!” Today, Ward Elementary School has an exercise room full of bikes, which students can use while doing their daily reading.

**III** “We quickly saw that there were many benefits to the Read and Ride program,” says Ward Elementary School principal, Angela McHam. “As Mr. Ertl predicted, the program helps encourage students to exercise without the pressure of organized sports activities. In addition, it’s a perfect way to get out extra energy on days when the weather is bad, and of course, it makes reading more fun.”

**IV** Most important, however, are the program’s educational benefits, which were only discovered much later on. A year after Read and Ride began at Ward Elementary School, the teachers tested each student’s reading. The students who had not taken advantage of the bikes had an average score of 41%. But the students who took part in the program did much better. Amazingly, they had an average score of 83%! With these results, it’s not surprising that other schools are now offering similar programs. When students Read and Ride, everyone scores!

<sup>1</sup> stationary - דינ"י

**B** Answer the following questions.

\* 1. COMPLETE THE SENTENCE ACCORDING TO PARAGRAPH I.

Schools want to keep their students active so that .....

2. What is true according to paragraph I?

- a. Schools have been giving students taller desks for years.
- b. In some schools, teachers exercise while they teach.
- c. Read and Ride enables students to exercise while they learn.
- d. Students around the world want to be more active.

3. Why did Scott Ertl put a bike in the corner of his classroom? (paragraph II)

- a. To help students learn how to read newspapers.
- b. To convince students to read at the gym.
- c. To show other teachers that he needed more bikes.
- d. To motivate students to get more exercise.

\* 4. The fact that Ertl needed more bikes shows that (-) (paragraph II)

- a. he encouraged his students to buy more bikes.
- b. the Read and Ride program spread to other schools.
- c. the Read and Ride program became popular.
- d. the school replaced the old bikes with new ones.

\* 5. What are we told in paragraph III?

- a. What students gain from the program.
- b. How long students should exercise.
- c. How students can organize sports activities.
- d. Why students today look for more fun.

6. How can the Read and Ride Program help students when it rains? (paragraph III)

.....

7. What did Ward Elementary School learn about the educational effectiveness of the program? (paragraph IV)

.....

8. According to paragraph IV, what happened a year after the Read and Ride program began?
- Students at Ward Elementary School decided to take advantage of the bikes.
  - More students joined Ward Elementary School.
  - Students at Ward Elementary School did better than students in other schools.
  - Students who joined the program got better grades on a reading test.
9. Another title for this article could be (-)
- A Day at Ward Elementary School.
  - Riding During Exercise Class.
  - Be Active; Learn Better!
  - Stand While You Work.

## Part Three

### Listening Comprehension

#### Making Friendships Happen

Answer questions 1-6 according to the broadcast. In all the questions circle the correct answer.

- 1 Why should people try to be kind?
- So that other people will help them.
  - So that other people want to be their friends.
  - So that they feel positive.
- 2 What might help someone start a great friendship?
- Waiting for someone else to start talking.
  - Listening to someone else carefully.
  - Asking someone else questions about his/her opinions.
- 3 What kinds of friends should people look for?
- Friends who do many activities.
  - Friends who aren't similar to them.
  - Friends who like some of the things that they like.



- 4 What mistake do people often make with their friends?
- a They share everything right away.
  - b They let their friendships develop slowly.
  - c They leave their best friends too quickly.
- 5 Why is it difficult for some teens to make friends?
- a They do what other people think they should do.
  - b They are very confident.
  - c They need to devote so much time to homework.
- 6 How can people without friends deal with the loneliness?
- a They should learn from people who have many friends.
  - b They should remember that other people are wonderful.
  - c They should try to feel good about themselves.

## Part Four

### Language Exercise

Circle the correct answer.

#### BE A GOOD LISTENER

It sounds simple. After all, who can't listen? Anyone can listen to a friend who needs a (<sup>1</sup>. **listener / listening / listen**) ear. But the truth is that it's not simple (<sup>2</sup>. **in all / at all / altogether**). To be able to really listen, you need to focus (<sup>3</sup>. **in / at / on**) what your friend is saying. (<sup>4</sup>. **In addition / In short / However**), it's important to avoid thinking about what you would say or do if you were your friend.

Unfortunately, people don't always really listen. Often, people don't have the (<sup>5</sup>. **patience / patient / impatience**) to listen properly. As they listen, they are just waiting (<sup>6</sup>. **to / for / in**) their turn to answer. Sometimes people believe that their friend needs (<sup>7</sup>. **an / any / some**) advice. They don't realize that their listening might be more helpful than a piece of advice. So, when your friend shares something personal with you, (<sup>8</sup>. **ensure / make possible / make sure**) to open your heart before you even open your ears. Remember: when you pay attention and show (<sup>9</sup>. **interest / interesting / interested**) and respect, you not only give your friend support, but you also help her listen to (<sup>10</sup>. **you / herself / her**) own inner voice of wisdom and truth.