

INTERMEDIATE LEVEL  
STAGE THREE

# REACH HIGHER

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Practice Book

# Unit 1

## Part A More Aspects of Friendship

### Reading

After page 11 exercise F

### The Extra Benefit of Friendship

**A** Answer the following questions according to the magazine article, "The Extra Benefit of Friendship".

1. What is the main idea of the text?  
 a. Talking with friends as much as possible improves your health.  
 b. Having friends can improve your health.  
 c. Having friends means being healthy.
2. According to lines 3-9, what do you know about the two groups of hamsters?

Fill in the missing information in the chart below.

	The first group	The second group
The way the hamsters were kept	The hamsters were kept together.	
The results of the study		It took the hamsters more time to recover.

3. What may people with good friends enjoy? (lines 15-30)  
.....
4. According to lines 32-43, what should you do when your friend faces difficulties? Write TWO things.  
a. ....  
b. ....
5. Circle the correct answer YES or NO.  
You should always focus on your friend's weaknesses. YES / NO  
Copy the phrase/sentence that justifies your answer.  
.....
- \* 6. Add three more tips for a good friendship.  
a. ....  
b. ....  
c. ....

**B** Decide if the following sentences are TRUE or FALSE and circle the correct answer. Copy the words from the text that justify your answers.

1. The results of the study were surprising. TRUE/FALSE  
.....

2. Good friends bring an extra benefit: they hurt you. TRUE/FALSE

.....

3. Having friends gives you hope. TRUE/FALSE

.....

4. Going with a friend who needs to see a doctor will help her be more relaxed. TRUE/FALSE

.....

5. Loneliness makes you healthier. TRUE/FALSE

.....

6. Complimenting each other is an important part of friendship. TRUE/FALSE

.....

7. You must always notice what your friend does wrong and correct her. TRUE/FALSE

.....

### Vocabulary Focus

**A** Match beginnings from A with endings from B to make sentences.

A	B
<input type="checkbox"/> 1. My best friend has	a. <b>support</b> and help.
<input type="checkbox"/> 2. We should give needy people	b. will <b>recover</b> faster than a person who doesn't.
<input type="checkbox"/> 3. Although Alice has a beautiful large aquarium,	c. which come from having a close friend.
<input type="checkbox"/> 4. There are many <b>benefits</b>	d. interesting facts about Antarctica.
<input type="checkbox"/> 5. Every year, scientists <b>find out</b>	e. she keeps the young fish <b>apart</b> .
<input type="checkbox"/> 6. If you get less than 60% on your test,	f. try to <b>improve</b> your grade the next time.
<input type="checkbox"/> 7. Doctor Nain claims that a person who takes vitamin C	g. were interesting.
<input type="checkbox"/> 8. The <b>results</b> of the study	h. a lot of good <b>qualities</b> .

**B** 1. For each definition, find a suitable term from the list below.

illness • result • find out • apart • calm down

support • recover • improve

1. get well

.....

2. help

.....

3. poor health

.....

4. something that happens because of something else

.....

5. discover

.....

6. do better

.....

7. relax

8. not together

2. Circle the terms from exercise 1 in the grid below.

K	P	I	R	A	R	E	S	U	L	T	C
L	I	L	L	N	E	S	S	Q	R	U	A
H	S	E	Y	E	C	T	R	W	C	V	L
D	S	U	P	P	O	R	T	S	D	C	M
I	M	P	R	O	V	E	A	W	P	O	D
G	H	Q	N	R	E	Y	P	S	D	T	O
D	P	A	P	A	R	T	R	R	G	H	W
A	F	I	N	D	O	U	T	T	E	R	N

**C** Circle the term that doesn't belong to each group. Use your dictionary when necessary.

1. health • sickness • disease • illness
2. support • help • fight • assistance
3. influence • calm down • change • affect
4. relationship • doctor • health • medicine
5. lonely • friendship • apart • alone
6. recover • get well • heal • find out

**D** Complete the following sentences using the terms listed below. There is ONE EXTRA term.

health • apart • result • affected • illness • find out • support  
 qualities • relationship • recovered • calms down

1. If you don't have friends, you have a greater risk of having ..... problems.
2. Rachel studied hard for the geography test. However, when she saw the ....., she was very disappointed.
3. Last week Navah didn't get enough sleep and it badly ..... her marks.
4. My sister hasn't come to school for five days because of her .....
5. The detective tried very hard to ..... who the thief was.
6. I love reading stories. It ..... me .....
7. Our neighbor, Mrs. Rizel, moved to another city. We were very sorry because we had learned a lot from her good .....
8. Liz gave me a lot of ..... when I entered high school .
9. Dalia has a very good ..... with her cousin.
10. Mr. Gail ..... very quickly after the accident.

**E** Read the passage below and fill in the correct terms. There is ONE EXTRA term.

health • scientists • affect • illnesses • found out  
 calm down • support • improve • benefits

### How to Avoid Heart Attacks

Too many people die from heart attacks every year. 1) ..... have tried to understand what causes these heart problems. They 2) ..... that eating fattening foods causes many 3) ..... . If you want to 4) ..... your health, you should eat low-fat foods. In addition, you must exercise almost every day. Daily exercise will surely 5) ..... your body positively. What's more, having a good relationship with your family has many 6) ..... . A loving family gives a lot of 7) ..... . If you follow all these tips, your 8) ..... will get much better.



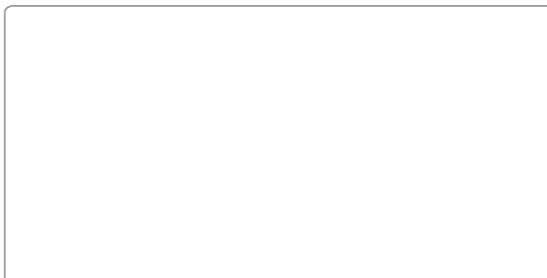
**F** Below are three quotes about friendship.

*"The road to a friend's house is never long."* -- **Danish proverb**

*"The only way to have a friend is to be one."* -- **Ralph Waldo Emerson**

*"A friend is a gift you give yourself."* -- **Robert Louis Stevenson**

1. Choose the quote you like most and underline it.
2. Draw a picture to show what this quote brings to mind.



3. Write at least THREE sentences relating to the quote you chose. Use at least THREE of the terms below.

affect • apart • benefit • find out • health • improve  
 quality • recover • relationship • support

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Develop Your Reading Strategies

After page 12 exercise A

Cause and Effect

**A** Answer the following questions. Circle the most suitable answer.

1. What is the CAUSE in the following sentence?

The tree fell in the middle of the road because of the strong wind.

- a. A strong wind.
- b. The tree fell.

2. Find the EFFECT for the following CAUSE.

Rivka likes reading. Therefore, she buys many books.

- a. Rivka likes reading.
- b. Rivka buys many books.



**B** Complete the following table to show that you understand the cause and the effect in each sentence.

	Cause	Effect
They got the highest marks on their tests because they had studied hard.	..... ..... .....	..... ..... .....
Since Ruti loves music so much, she is learning to play the guitar.	..... ..... .....	..... ..... .....
They have to leave early because their train leaves at 8:30.	..... ..... .....	..... ..... .....
The girl missed the bus and that's why she came late.	..... ..... .....	..... ..... .....

**C** The following pictures show a relation of cause and effect.

Write at least FOUR sentences to describe the pictures.

In your sentences, use the vocabulary terms for "cause" and "effect" from page 12 of your Student's Book.



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**Useful Vocabulary:**

junk food	מזון מהיר
vitamins	ויטמינים
nutritious food	אוכל מזין
fattening food	אוכל משמין

**Words and Beyond**

After page 12 exercise B

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

1. There are many ways to help a friend **keep going**. For example, .....
2. Sometimes I find it difficult to **keep up with** .....
3. I **kept on** ..... even though I was tired.
4. I usually try to **keep away from** .....
5. I want to **keep in touch with** .....

**B** Complete the following sentences using the phrasal verbs which appear in bold in exercise A. Make necessary changes.

1. I wanted him to stop, but he just ..... making noise.
2. Listening to music helps me ..... while cleaning my room.
3. Look at them! Gila is running very fast and Chana is trying to ..... her.
4. I always tell my younger brother to ..... building sites.
5. At the end of the school year, we promised to ..... each other.

**C** Mrs. Arieli is starting a new job as a saleswoman. Write what she should or shouldn't do in order to be a successful saleswoman. Use at least THREE of the phrasal verbs below.

keep going • keep up with • keep on  
keep away from • keep in touch with



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**Language Point**

After page 14 exercise B

**Present Simple and Present Progressive**

**A** Fill in the correct answers. Use the Present Simple or the Present Progressive.

- Rosa and her friend are baking together.  
They (not study) ..... now.  
Rosa usually (invite) ..... friends to study for tests.
- The Weisses are planning their summer vacation.  
They (look for) ..... a suitable cabin.  
They generally (travel) ..... to the North.
- Frieda is babysitting her neighbor's children.  
She (take care) ..... of the baby.  
She rarely (have) ..... spare time for babysitting.
- Susan is writing a letter now.  
She (like) ..... writing.  
She (not write) ..... very often.

**B** Fill in the correct answers.

Use the Present Simple or the Present Progressive.

1. Zehava: ..... you ..... (believe) friendship has anything to do with health?  
Bruria: Scientists claim it (do) ..... . They (explain) ..... that a good friendship makes you more relaxed.



2. Dan: What ..... you (do) ..... ?

Gil: I (build) ..... a model of an old city. I (hope) ..... to finish building it by 9.00 p.m.

3. Alice: ..... you ..... (like) dancing?

Yona: Yes, I really (like) ..... dancing. I (be) ..... sure that dancing (be) ..... very important for our health.

4. Dini: ..... you (feel) ..... more hopeful after sharing your feelings with a good friend?

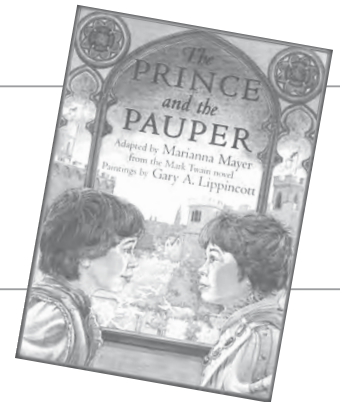
Chavi: I sure (do) ..... . My best friend always (give) ..... me the right advice.

5. Jonathan: ..... you always (remember) ..... to compliment your friends?

Efraim: To tell you the truth, I generally (not give) ..... them enough positive feedback. However, I (try) ..... to change.

**C** The Prince and the Pauper

This is a tale about two young boys who look the same: Tom Canty, a pauper who lives with his poor father in London, and Prince Edward, the son of Henry VIII of England. When they meet for the first time, the pauper is really interested in learning about the prince's way of life.



Write an imaginary dialogue between the Prince and the Pauper. Use the Present Simple and / or the Present Progressive.

**The Pauper:** .....

.....

**The Prince:** .....

.....

**The Pauper:** .....

.....

**The Prince:** .....

.....

**The Pauper:** .....

.....

**The Prince:** .....

.....

**D** *Connections* - The Organization\* That Will Help You Find Old Friends

**An interview with Mr. Michael Murphy, the new head of *Connections*.**

**Interviewer:** As the head of *Connections*, what 1) ..... (be) the aim of your organization?

**Mr. Michael Murphy:** *Connections* is an organization which 2) ..... (help) reunite\*\* old friends.

**Interviewer:** How 3) ..... it 4) ..... (work)?

**Mr. Michael Murphy:** It 5) ..... (work) by collecting information from as many people around the world as possible. People 6) ..... (share) information about themselves and other people can use this information.

**Interviewer:** Why 7) ..... people 8) ..... (turn) to *Connections*?

**Mr. Michael Murphy:** We 9) ..... (help) people who 10) ..... (look for) old friends from their school, neighborhood or from a former workplace.

**Interviewer:** 11) ..... you 12) ..... (work) on something new at the moment?

**Mr. Michael Murphy:** This month we 13) ..... (work) on a few new projects. One of them 14) ..... (be) a new book that we 15) ..... (plan) to sell.

**Interviewer:** Can you tell us about this new book?

**Mr. Michael Murphy:** This is a special book in which people 16) ..... (share) very exciting reunion stories.

**Interviewer:** Sounds very interesting! How many members 17) ..... the organization 18) ..... (have)?

**Mr. Michael Murphy:** Today we 19) ..... (have) about 15 million members and the number 20) ..... (grow) every year.

**Interviewer:** That's just amazing! At present, one of my good friends, Isaac, 21) ..... (look for) his lost cousin. Can you help Isaac?

**Mr. Michael Murphy:** Yes, I would be happy to help him. I would like to tell you that there is also another organization called *Reunited* and it 22) ..... (help) people find lost relatives.

**Interviewer:** It 23) ..... (sound) like your work often has dramatic results. 24) ..... you 25) ..... (feel) a sense of satisfaction in running this organization?

**Mr. Michael Murphy:** Yes, I 26) ..... (feel) proud being the head of *Connections*, an organization which is both popular and helpful.

ארגון\* | לאחד מחדש\*\*

**E** 1. Look at everyone and everything in your English class.

Write FOUR sentences to describe anything that is happening now.

Use the Present Progressive. The sentences can be about the students / the activities you're doing / what someone is doing / wearing / saying etc.

1. ....
2. ....
3. ....
4. ....

2. Write FOUR sentences to describe anything that usually or sometimes happens in your class.

Use the Present Simple.

1. ....
2. ....
3. ....
4. ....

3. Look at the class in the picture below.

Write at least SIX sentences describing what's going on in the picture. Use the Present Progressive correctly. Use at least TWO Stative Verbs.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

