

PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS (100 points)

הבנת הנקרא (100 נקודות) فهم المقروء (100 درجة)
קרא את הקטע שלפניך וענה על השאלות 1-11. أقرأ القطعة التالية ومن ثم أجب على الأسئلة من 1-11.

Read the article below and then answer questions 1–11.

AMERICAN RESTAURANTS ENCOURAGE EXTREME EATING

A 2,000-calorie appetizer. A 2,000-calorie main course. Another 1,700 calories for dessert. No, these numbers are not a mistake. Instead of competing to make their food healthier, American restaurant chains are competing with each other to make their appetizers, main courses, and desserts bigger and more fattening than ever before. Some of these dishes have more calories than a woman should consume in a whole day!



Michael F. Jacobson, the director of the Center for Science in the Public Interest (CSPI), says that some foods, like pizza and hamburgers, were never healthy. Now, however, restaurants are changing those foods by adding more high-fat, high-calorie ingredients, which makes them much, much worse. For example, there are new ice creams that have cookies, brownies, and candy in them. According to CSPI, foods like that encourage “extreme eating.”

CSPI checked many dishes served in American restaurants and was shocked by what it discovered. One chain serves a giant hamburger with 1,940 calories and 141 grams of fat. Another chain offers a fresh chicken and broccoli pasta dish which *sounds* healthy, but which contains 2,060 calories and 128 grams of fat. There is also a chocolate cake made of brownies, pie, and cheesecake, with a total of 1,380 calories for one serving.

According to nutrition experts, women should eat approximately 2,000 calories a day, while men should eat around 2,500 calories. However, when eating meals with dishes like the ones mentioned above, there is just no way to do that. It would be bad enough if people ate in restaurants once or twice a month, but the average American eats in restaurants four times a week. It’s no surprise that six out of ten Americans are obese.

- 25 A big part of the problem, says Jacobson, is that people don't realize what they're eating, because most restaurants don't provide any nutritional information to customers. In New York City, a new law requires many chain restaurants to list caloric information on their menus. CSPI says that similar laws should be passed everywhere in the country. They think that then, restaurants may understand that not all their customers are
- 30 interested in extreme eating, and the restaurants may start preparing healthier food.

QUESTION (10 points)

Answer questions 1–11 in English according to the article and the instructions.

1. The numbers mentioned in line 1 are examples of (—).
CIRCLE THE NUMBER OF THE CORRECT ANSWER.
- numbers that are a mistake
 - the number of calories a woman should eat in a day
 - the number of calories in some of the dishes served in restaurants
 - the number of calories in most of the dishes people eat regularly
- (8 points)
2. COMPLETE THE SENTENCE. (lines 1–6)
American restaurants chains aren't _____.
(10 points)
3. What does the word “them” in line 11 refer to?
CIRCLE THE NUMBER OF THE CORRECT ANSWER.
- High-fat, high-calorie ingredients.
 - Foods like pizza and hamburgers.
 - Restaurants that serve high-calorie foods.
 - Calories and fat.
- (9 points)
4. COMPLETE THE SENTENCE. (lines 7–13)
Regular ice cream has _____ fat than the ice creams mentioned in lines 11–12.
(8 points)

5. Give ONE example of a dessert that CSPI says encourages extreme eating. (lines 14–18)

ANSWER: _____
(8 points)

6. i) CIRCLE THE CORRECT ANSWER, YES or NO.

The fresh chicken and broccoli pasta dish mentioned in line 16 is healthy.

YES / NO

(5 points)

- ii) Copy the words which justify your answer.

ANSWER: _____
(5 points)

7. Why is eating meals with a main dish like the giant hamburger described in lines 15–16 problematic for women? (lines 19–24)

COMPLETE THE SENTENCE.

If a woman eats a giant hamburger as part of one meal, it's impossible for her to

(10 points)

8. Why does the writer think that so many Americans are obese? (lines 19–24)

ANSWER: _____
(9 points)

9. How does CSPI think that the problem of extreme eating could be solved? (lines 25–30)

COMPLETE THE SENTENCE.

CSPI wants restaurants to _____
(10 points)

10. What may be the result of New York's new restaurant law? (lines 25–30)

ANSWER: _____
(9 points)

11. Another possible title for this article could be:

CIRCLE THE NUMBER OF THE CORRECT ANSWER.

- i) CSPI Explains Why Americans Are Fatter
- ii) Men Eat More Calories Than Women
- iii) Americans Try to Improve Eating Habits
- iv) New Laws Forbid Extreme Eating

(9 points)

BAGRUT STRATEGY # 6—FILL-IN COMPLETIONS

In completion questions, you usually get the beginning of a sentence which you have to complete, or finish. Sometimes, however, there are completion questions on the Bagrut which require **filling in** one or two words in the middle of a sentence. For example, question 4 asks:

COMPLETE THE SENTENCE. (lines 7–13)

Regular ice cream has _____ fat than the ice creams mentioned in lines 11–12.

The word “than” which comes after the completion shows that the completion sentence is a sentence of **comparison**. The missing word to complete the sentence is a word (an adjective) which compares, for example: more, less, bigger, smaller, etc.

The text on page 30 says: “Now, however, restaurants are changing those foods by adding **more** high-fat, high-calorie ingredients which makes them much, much worse. For example, there are new ice creams that have cookies, brownies, and candy in them.”

In other words, there is more fat in ice creams that have cookies, brownies, and candy in them than in regular ice cream. Now you need to turn that around to fit the idea into the sentence completion. Since the subject of the completion is regular ice cream and not the new ice creams, you have to complete the sentence with a word which is the opposite of “more.”

Remember! Most fill-in sentence completions contain the word “than,” which means that you need to fill in a comparison word, usually “more” or “less.”

BAGRUT STRATEGY PRACTICE

Read the paragraphs below and answer the fill-in completion questions.

1. The Asian tsunami, which took place on December 26, 2004, killed close to 230,000 people in many countries, including Indonesia, Sri Lanka, Malaysia, and Thailand. It was the deadliest tsunami in recorded history. Before that date, the deadliest tsunami was the 1782 tsunami in the South China Sea, in which 40,000 people died.

The 2004 Asian tsunami killed _____ people than the 1782 tsunami in the South China Sea.

2. What is the biggest country in the world? If you guessed China or the United States, you're wrong. Most people are surprised to hear that the country with the biggest area is Russia, with Canada in second place. Israel is 151st on the list, but there are still eighty-one countries after her including the tiny countries of Monaco, Gibraltar, and Tuvalu.

i) The United States is _____ than Canada.

ii) Israel is _____ than Monaco, Gibraltar, and Tuvalu.

3. What is the best profession? Many people think that the best job is one that comes with a high salary, but that is not true. Surveys have found that the people who are happiest at work are those who are in “giving professions,” such as teachers and nurses. Accountants and bankers may earn much more money, but they are not nearly as satisfied with their jobs.

Surveys have found that nurses are _____ than accountants, even though they earn _____ money than accountants.