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مدرسة البشائر الأهلية للعلوم  
ב"ס אלבשאער פאר וויסנשאַפֿט  
Albshaaer School For Science

## English Exam for the 10<sup>th</sup> Graders

Time \_\_\_\_\_

Name \_\_\_\_\_

School \_\_\_\_\_

Town/ Village \_\_\_\_\_

Class \_\_\_\_\_

### Description

I) A Reading Comprehension Passage 50%

II) Grammar 20%

III) writing 10%



## Part 1: Reading (50 points)

Read the article and answer questions 1-8.

### Exercise for the Brain

Everyone knows that a daily walk is good for your heart, muscles and bones, and it can help you lose weight. But the latest news is that walking is also very good for your brain. It improves memory and even makes the brain bigger.

5 Dr. Arthur Kramer and his research team at the University of Illinois studied 70 adults, from 60 to over 80 years old, who weren't exercising before the study. First, the researchers gave them tests to check their memory and intelligence. Then they divided them into two groups and gave each group different exercise to do. One group did aerobic walking and the other did stretching and strengthening<sup>1</sup> exercises. Dr. Kramer's team followed their progress for one year. During that time, the research team continued to test their memory and  
10 intelligence.

After one year, the results were amazing. According to Dr. Kramer's study, the people who were in the walking group benefited a lot from the exercise, and not just physically. Their memories and brain functions showed a significant improvement. After a year of fast walking, their brains were 2 to 3% bigger. The second group showed no improvement in  
15 brain function.

A larger study at Harvard University showed similar results. The Harvard researchers followed over 18,000 women, from 70 to 81 years old. They discovered that the more active people are, the better their brains work. They reported that in order to get the most benefit for the brain, you must walk a minimum of one and a half hours a week at a speed of one  
20 mile (1.6 kilometers) in 16 to 20 minutes. Also, it takes about a year of walking before you see the positive results.

Experts now believe that exercise might be the miracle medicine of old age. As one researcher explained, "It's important to get people in these age groups up and moving. The studies show that it's never too late to start, but the earlier you change your everyday habits,  
25 the better off you'll be." Walking is one of the best things you can do to keep your mind working well, so the next time you want to do something good for your brain, go outside and walk.

1. Complete the sentences according to lines 1-3.

..... / 6 points

People have known for a long time that walking every day is good for .....

..... Now we know that it is also good for  
.....

2. Why did the researchers begin by testing the people who took part in the study? (lines 4-10) ..... / 6 points
- a. To make sure the people were smart enough to take part.
  - b. So they could check who was healthy enough to exercise.
  - c. To decide which people to put in each of the two exercise groups.
  - d. So they could see if there was any difference at the end of the study.

3. List TWO ways a daily walk helps the brain. (lines 11-15) ..... / 6 points
- 1) .....
  - 2) .....

4. Complete the chart about Dr. Kramer's study. (lines 4-15) ..... / 8 points

	Type of Exercise	Results of the Study
Group 1		
Group 2		

5. a. Circle the correct answer. ..... / 2 points  
 The Harvard Study **supports / disagrees with** the University of Illinois study. (lines 16-21)

- b. Copy the words from the article that helped you answer. .... / 4 points  
 .....

6. What was ONE difference between the Harvard University study and the study at the University of Illinois? (lines 4-21) ..... / 6 points  
 .....

7. Describe the exercise that gives the brain the maximum benefits. (lines 16-21) ..... / 6 points  
 .....  
 .....

8. The quote in lines 23-25 says that ... . ..... / 6 points
- a. some people are too old to help their brain by walking
  - b. people shouldn't wait until they get old to start walking
  - c. only older people can improve their memory by walking
  - d. people will benefit more if they walk earlier in the day



