

UNIT 16

Vocabulary for Reading

1. after	אחרי	13. show	להראות
2. beach	חוף	14. sing	לשיר
3. bird	ציפור	15. spring	אביב
4. cell phone	טלפון נייד	16. stay	להישאר
5. garden	גינה (צמודה לבית)	17. summer	קיץ
6. go outside	לצאת החוצה	18. sunny	(יום) בהיר, מוצף שמש
7. green	ירוק	19. tree	עץ
8. hair	שיער	20. watch	לצפות ב-, להסתכל
9. lie	לשכב	21. wet	רטוב
10. picture	תמונה, ציור	22. who	מי
11. place	מקום	23. wind	רוח
12. sea	ים	24. without	בלי

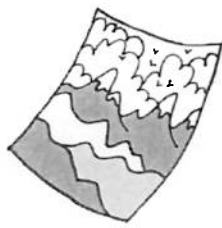
Vocabulary Practice 1

A. Under each picture, write the correct word from the list above.

כתבו את המילה המתאימה מתחת לכל תמונה מתוך הרשימה למעלה.



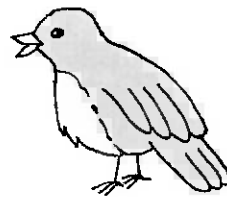
1. tree



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

B. In each sentence, circle the correct word. הקיפו בעיגול את המילה הנכונה בכל משפט.

1. It is very (**sunny** / wet) today. There aren't any clouds in the sky.
2. My back hurts¹ a lot, so I need to (**sing** / lie) in bed until² I feel better.
3. There are many fish in the (**sea** / tree).
4. Spring comes (**after** / without) the winter.
5. I paid \$300 for my (**wind** / cell phone), but I'm not happy with it.
6. (**Watch** / Lie) what the children are doing. They're having a lot of fun.
7. If you don't feel well, (**show** / stay) at home.
8. Why are you wearing (**sunny** / green) socks? They don't match³ your purple shoes.
9. (**Who** / After) wants to listen to someone who always⁴ talks about himself?
10. Can you (**watch** / show) me how to do this exercise? It's too⁵ hard for me to do by myself.
11. It isn't a good day to (**stay** / go outside). There are dark clouds in the sky and lots of wind.
12. Mr. Singer went to many different⁶ (**places** / gardens) today: the bank, the park, the library, and the train station.
13. In the (**summer** / hair), my family drove to the sea and stayed there for a week.
14. Nobody can live for a long time (**without** / show) water.

Read!



Go Outside and Feel Better

Are you sad? Tired? Do you want to lie in bed all⁷ day? Don't stay at home, Nava Brooks says. Go outside, look at beautiful flowers and green trees, and you will feel better.

Brooks is a therapist⁸—an ecotherapist. Ecotherapists use nature⁹ to help people who feel stressed¹⁰ or depressed.¹¹ “Many people live in big cities and don't go outside a lot. When they look out of the window, the only things they can see are houses, cars, and people. But these things don't make us happy,” Brooks says.

- | | | | |
|-------------------|----------------------|-----------------------------|-------------------------|
| 1. hurts = כואב | 4. always = תמיד | 7. all = כל | 10. stressed = לחוצים |
| 2. until = עד | 5. too = מדי | 8. therapist = מטפל, תרפיסט | 11. depressed = מדוכאים |
| 3. match = תואמים | 6. different = שונים | 9. nature = טבע | |

- 1.
- 2.
- 3.

10 Brooks sends her patients¹ to open places where they can see, hear, smell,² and feel nature. Her patients sit on the beach by themselves, look at the sea, and enjoy the wind in their hair. They walk in parks on sunny summer days and listen to birds singing. They plant³ flowers in their gardens in the spring and smell them afterwards.⁴



15 “In ecotherapy, you can choose what you want to do in and with nature,” says Asher Beck, another ecotherapist. “But whatever⁵ you choose, do it without your cell phone. Studies⁶ show that after spending⁷ some quiet time in nature — even⁸ twenty minutes — you will feel less⁹ angry, less tired, and happier.”

20 Beck says that there are ways to do ecotherapy even on cold, wet winter days. “Of course, it’s best to go outside to enjoy nature,” he says. “But if you can’t, look at pictures of nature or watch nature films. I’ve found that even those things help my patients feel better.”

Reading Questions

A. Put a ✓ by the activities which, according to the article, will make you feel better.

סמנו ✓ ליד הפעולות, שעל פי הקטע יגרמו לך להרגיש טוב יותר.



1. patients = פצינטים

2. smell = להריח

3. plant = שותלים

4. afterwards = אחר כך

5. whatever = כל מה ש-

6. Studies = מחקרים

7. spending = שמבלים

8. even = אפילו

9. less = פחות

B. In each sentence, circle the correct answer. הקיפו בעיגול את התשובה הנכונה בכל משפט.

1. Nava Brooks says that you will feel better if you (lie in bed all day / look at flowers and trees).
2. Brooks says that seeing houses and cars (is a good way to / doesn't help patients) feel less stressed.
3. Asher Beck tells his patients that they (must go to parks and beaches / can choose the nature that they want to see).
4. Beck says that ecotherapy only helps if you (do it for a long time / don't take your cell phone).
5. Beck says that you can do ecotherapy even when you (can't go outside / are angry).

C. Complete the sentences. / Answer the questions. השלימו את המשפטים. / ענו על השאלות.

1. Nava Brooks says that if you are sad and tired, you should¹ go outside.
2. Which problem do people in big cities have? _____
3. Brooks wants her patients to see, hear, smell, and feel nature (outside). Give one example² of each³ of these from the text:
 - a. See nature: _____
 - b. Hear nature: _____
 - c. Smell nature: _____
 - d. Feel nature: _____
4. Studies show that after a little ecotherapy, people are _____.
5. Watching nature films is an example of something people can do _____.
6. Both Nava Brooks and Asher Beck use nature _____.

Vocabulary Practice 2

A. Match the words to make phrases. התאימו את המילים על מנת ליצור ביטויים שלמים.

- | | |
|-----------------------------------|------------------------------|
| <u>j</u> 1. hear the | a. films about nature |
| ___ 2. go to the park | b. quiet place in nature |
| ___ 3. don't take your cell phone | c. on a wet winter day |
| ___ 4. stay home | d. trees |
| ___ 5. you can choose a | e. when you go out to nature |
| ___ 6. watch | f. in your hair |
| ___ 7. feel better after | g. your garden |
| ___ 8. look at green | h. on a sunny summer day |
| ___ 9. feel the wind | i. you go outside |
| ___ 10. smell flowers in | j. birds singing |

B. Fill in the sentences in the passage with the words in the box.

מלאו את המשפטים בקטע עם המילים שבתובה.

If you are stressed and want to 1. lie in bed all day, why not go to an ecotherapist? Studies 2. _____ that going outside can help you feel less angry, less tired, and happier.

For example, you can go to the 3. _____ and look at the beautiful blue sea. In the 4. _____, you can plant flowers in your garden. If it's too cold to go outside, you can even look at 5. _____ of nature.

6. _____ should go to an ecotherapist? Ecotherapy is best for people who live in big cities 7. _____ a lot of trees and flowers around¹ them. Try it and see how much better you feel!

beach – pictures – show – without – spring – lie – who

Vocabulary for Listening

- | | | | |
|------------------|-------------------|----------------------|------------------|
| 1. bye / bye-bye | שלום! (בסוף שיחה) | 6. nice | נחמד, נעים, יפה |
| 2. early | מוקדם | 7. Nice to meet you. | נעים לפגוש אותך. |
| 3. finish | לגמור, לסיים | 8. there isn't | אין (ליחיד) |
| 4. lots of | הרבה | 9. there aren't | אין (לרבים) |
| 5. lunch | ארוחת צהריים | 10. windy | עם רוחות ערות |

Vocabulary Practice 3

נכון או לא נכון? Yes or no?

1. You say bye to your friends when you come to school in the morning.
2. It isn't nice to laugh when someone makes a mistake.
3. There aren't any orange trees in Israel.
4. People eat an early breakfast at noon.
5. It can be a problem to have a lesson outside on a very windy day.
6. When you finish a meeting, you sit down and start speaking.
7. There isn't any chicken or meat in a vegetarian² restaurant.
8. If there's lots of noise in the room, it's hard to study.
9. When you meet your sister, you smile and say "it's nice to meet you."
10. Lots of people eat chocolate, apples, and bananas for lunch.

1. around = מסביב

2. vegetarian = צמחונית

Vocabulary for Reading

1. birthday present	מתנת יום הולדת	14. party	מסיבה
2. card	כרטיס (ברכה, אשראי וכו')	15. saw	ראה
3. drew	צייר	16. send	לשלוח
4. far	רחוק	17. singer	זמר
5. fly	לטוס, לעוף	18. son	בן
6. grandchildren	נכדים	19. song	שיר
7. grandson	נכד	20. supper	ארוחת ערב
8. herself	עצמה	21. themselves	עצמם
9. (all) by herself	(לגמרי) בעצמה / לבדה	22. (all) by themselves	(לגמרי) בעצמם / לבדם
10. Israel	ישראל	23. time	פעם
11. live (in / at)	לגור (ב-)	24. visit	לבקר
12. monkey	קוף	25. wrote	כתב
13. neighbor	שכן		

Vocabulary Practice 1

A. Under each picture, write the correct word from the list above.

כתבו את המילה המתאימה מתחת לכל תמונה מתוך הרשימה למעלה.



1. Israel



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

B. In each sentence, circle the correct word. הקיפו בעיגול את המילה הנכונה בכל משפט.

1. Manny's (singer / **grandson**) is seventeen years old.
2. Mr. Neuman (visits / lives in) his grandchildren for two weeks every summer.
3. Dr. Flint's (son / card) wants to work in a hospital, just like¹ his father.
4. When my (neighbor / supper) talks on his cell phone in his garden, I can hear every word.
5. The baby eats seven or eight (monkeys / times) a day.
6. The teacher (drew / wrote) sentences on the board, and the students copied² them.
7. My grandfather gave me a great (song / birthday present): thirteen books by my favorite writer.
8. Do you think that people can teach (themselves / all by themselves) to drive a car?
9. Mrs. Zamir (lives / flies) in a small town near the sea.
10. Wow! He (drew / visited) that picture all by himself? It's beautiful!
11. Every year, my grandmother (flies / sends) me a present for my birthday.
12. She told me an interesting story about (herself / by herself).
13. Please stop singing that (singer / song). I really³ don't like the music.
14. This morning, I (saw / wrote) a green, yellow, and brown bird in a tree.

Read!



The Birthday Party

David lives in London. His birthday is in five weeks. He will be seventy years old.

David's daughter,⁴ Tami, calls her brothers and sister. "We're making Dad a birthday party," she says. "Everybody in the family must come."

5 "Everybody?" says Tami's brother, Ben. "But we live in Australia. That's very far from London. It will take us twenty-two hours to fly to London!"

"Sorry, but sons need to come to their father's seventieth birthday party," Tami says, "and grandchildren need to come, too. Go get tickets⁵ for your family now!"

10 "Where are we making the party?" Tami's sister, Esther, asks.

1. just like = בדיוק כמו

2. copied = העתיקו

3. really = באמת

4. daughter = בת

5. tickets = כרטיסי טיסה

"I want to make the party in a big hall¹ with music and a singer," Tami says. "We will invite² Dad's friends and neighbors to come and eat supper with us." "But Dad doesn't like to be with many people," says Esther. "He likes to be by himself or with two or three people. A big party is not for him."

15 "But this is Dad's *seventieth* birthday party!" Tami says. "I'm sure³ that he will love a big party this time. We *must* make this party very big and special."⁴

"What present are we getting Dad?" Tami's brother, Michael, asks.

"Let's get him something special," says Esther. "Yesterday,⁵ I was at a pet store and I saw a nice monkey there. I think that's a great birthday present."

20 "A pet? A pet monkey???" Michael says. "What will Dad do with a monkey?"

"Oh, Dad will love his present!" Tami says. "Monkeys are very friendly."⁶

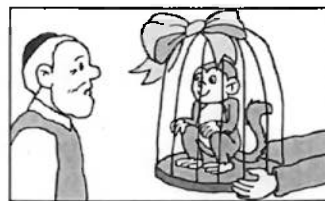
One week later, Tami calls her brothers and sister again. "The party and the present will cost £20,000," she says. "Please send me £5,000 each⁷ right away."⁸

25 "£5,000?" Ben says. "Our tickets from Australia to London cost us £5,000! I can't pay another £5,000."

"£5,000?" says Esther. "I don't have £5,000. I can't pay more than £1,000."

"£5,000?" Michael says. "I'm not paying £5,000 for a pet monkey! You can pay for the monkey all by yourself."

30 But Tami doesn't have £20,000



In the end, Tami makes a beautiful party in her house.

She cooks some of the food by herself, and her brothers and sister bring the rest.⁹ Only they and their families are at the party.

35 David's children give their father a ticket to Israel so he can visit his sister in Haifa. David's grandchildren give David birthday cards that they drew by themselves. One grandson sings a song that Esther wrote for her father.

David is very happy with his party and present and cards. "This is the best birthday that I've ever had!"¹⁰ he says.

1. hall = אולם

2. We will invite = נזמין

3. sure = בטוחה

4. special = מיוחד

5. Yesterday = אתמול

6. friendly = ידידותיים

7. each = כל אחד

8. right away = מיד

9. the rest = את השאר

10. that I've ever had = שהיה לי אי פעם





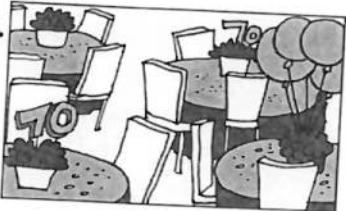

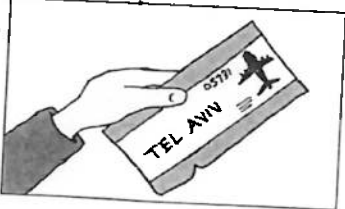


Reading Questions

A. Yes or no? נכון או לא נכון?

- 1. Tami wants all¹ her brothers and sisters to come to London.
- 2. Tami says that her brothers and sister and their children need to come to the birthday party.
- 3. Tami thinks that they need to invite their father's friends and neighbors to the party.
- 4. Everyone likes Esther's birthday present idea.²
- 5. Tami asks her brothers and sister to each pay £20,000.
- 6. Tami's brothers and sister are happy to pay what she asks for.
- 7. Tami doesn't invite any friends or neighbors to the party.
- 8. In the end, the birthday party is a big success.³

B. Put an X by the things that Tami first planned for her father's birthday party but didn't do in the end, and put a √ by the things that she and her family did do for the birthday party. (If we have no information about something, don't put either an X or a √ next to it.)

שימו X ליד הדברים שתמי תיכננה בהתחלה לעשות במסיבת יום ההולדת של אביה אבל לא עשתה בסוף, וסמנו √ ליד הדברים שהיא ומשפחתה עשו בסוף במסיבה. (דברים שאין לנו מידע עליהם, אין לסמן X או √.)

<p><input checked="" type="checkbox"/> 1. </p>	<p>— 2. </p>	<p>— 3. </p>
<p>— 4. </p>	<p>— 5. </p>	<p>— 6. </p>
<p>— 7. </p>	<p>— 8. </p>	<p>— 9. </p>

- 1. all = כל
- 2. idea = רעיון
- 3. success = הצלחה

C. Complete the sentences. / Answer the questions. השלימו את המשפטים. / ענו על השאלות.

1. Why does Tami want to make a party?
Her father's *seventieth birthday is in five weeks* _____.
2. Ben doesn't want to come to the party with his family because they _____.
3. Esther doesn't think that it's good to make a big party because their father _____.
4. Michael doesn't understand why Esther wants to get their dad _____.
5. Why don't Tami's brothers and sister agree¹ to pay a lot of money for the birthday party?
 - a. Ben needs to pay £5,000 for _____.
 - b. Esther doesn't have _____.
 - c. Michael doesn't want to pay £5,000 for _____.
6. Where and how does Tami make the party in the end?
 - a. Where: _____
 - b. Who makes the food: _____
 - c. Who comes: _____
7. How does David feel about his birthday party? _____

Vocabulary Practice 2

A. Match the words to make phrases. התאימו את המילים על מנת ליצור ביטויים שלמים.

- | | |
|---------------------------------------|---------------------------|
| <u> b </u> 1. give a monkey | a. must come to the party |
| <u> </u> 2. cook supper | b. as a birthday present |
| <u> </u> 3. can visit | c. £5,000 right away |
| <u> </u> 4. all sons and daughters | d. by themselves |
| <u> </u> 5. saw a monkey | e. his sister |
| <u> </u> 6. send me | f. in a pet store |
| <u> </u> 7. listen to a | g. grandson singing |

1. agree = מסכימים

B. Fill in the sentences in the passage about the story with the words in the box.

מלאו את המשפטים בקטע על הסיפור עם המילים שבתובה.

David will be seventy in five weeks, and his daughter Tami wants to make him a big 1. party. But not everybody is happy with her idea. One brother, Ben, lives 2. _____ from London. It will take him and his family twenty-two hours to 3. _____ to London.

Tami's sister, Esther, doesn't want to invite their father's friends and 4. _____. She thinks that he will be happier with a small party, with only his children and 5. _____. Tami doesn't agree. She says that this 6. _____, they need to make a special party because it's their father's seventieth birthday. She wants to make the party in a big hall, with a 7. _____ and music.

But in the end, the brothers and sisters do make a smaller party. Tami cooks a lot of the food 8. _____, and her brothers and sister cook the rest. David's grandchildren give him nice cards that they 9. _____ by themselves. One of David's grandsons sings a song that Esther 10. _____. David also gets a great birthday present: a ticket to 11. _____.

In the end, the brothers and sisters are very proud of¹ 12. _____. They know that it was a beautiful party and that their father is very happy.

singer - wrote - themselves - fly - time - by herself -
Israel - grandchildren - party - neighbors - far - drew

Vocabulary for Listening

- | | | | |
|-------------|---|-----------|-------------|
| 1. anything | שום דבר, כלום (במשפטי שלילה), משהו (בשאלות) | 5. enjoy | ליהנות (מ-) |
| 2. ate | אכל | 6. made | עשה |
| 3. did | פועל עזר בשאלות בעבר | 7. sang | שר |
| 4. draw | לצייר | 8. twelve | שתים עשרה |

1. proud of = גאים ב-