

# תרגול לדוגמא של ניסוח מחדש:

איך למקסם את הסיכויים להצליח באמירנט

1. תרגול חלק א' - קל יותר (היכרות עם הסגנון שאלות)
2. תרגול חלק ב' - בינוני עד קשה
3. תרגול חלק ג' - רמה של הבחינה/יותר
4. מפתח תשובות לקטעים השונים



Question 1:

Drinking enough water helps you stay healthy.

- (1) People who drink water are never sick.
- (2) Drinking sufficient amounts of water assists in staying healthy.
- (3) Water makes people stronger than others.
- (4) Healthy people need to drink enough water.

Question 2:

Regular exercise reduces stress.

- (1) Exercise usually makes people more stressed.
- (2) Exercise can reduce stress regularly.
- (3) Exercising often lowers stress.
- (4) Stress causes people to exercise regularly.

Question 3:

Eating too much sugar can lead to weight gain.

- (1) Eating any amount of sugar makes people gain weight.
- (2) People who eat sugar always gain weight.
- (3) Eating excessive amounts of sugar might make you gain weight.
- (4) Sugar is one of the reasons people are overweight.

#### Question 4:

Too much screen time can hurt your eyes among other things.

- (1) Looking at screens can damage your eyes.
- (2) Excessive screen time might harm your eyes, in addition to other things.
- (3) Eyes can be hurt by screens, among other things.
- (4) Eye problems usually come from too much screen time.

#### Question 5:

Listening to music can improve your mood and make you feel happier.

- (1) Music changes the way people feel for better or for worse.
- (2) Listening to music can sometimes make you feel better and more positive.
- (3) People who want to improve their mood should listen to music to feel happier.
- (4) Listening to music can improve not only your mood but also your health.

#### Question 6:

Learning a new language becomes easier if you practice speaking and writing every day.

- (1) Unless you practice speaking and writing every day, learning languages will be difficult.
- (2) Daily practice makes learning a language easier.
- (3) You can learn a language without practicing every day.
- (4) Learning a new language is easy if you practice speaking and writing often.

### Question 7:

Having a pet can reduce loneliness and make people feel happier at home.

- (1) People with pets never feel lonely or sad.
- (2) Having a pet can help one feel less lonely and more cheerful.
- (3) Pets can increase your loneliness but they make you happier at home.
- (4) Only pets can reduce loneliness and make people more joyful.

### Question 8:

Spending time in the sun helps your body produce vitamin D, which is important for your bones.

- (1) Vitamin D comes from spending time in the sun, as well as other sources and it's important for your body.
- (2) Vitamin D, which is vital for your bones, is made naturally by the body when in the sun.
- (3) People who spend time in the sun have healthier bones due to the vitamin D their bodies make.
- (4) Your body can produce enough vitamin D from spending time in the sun, which is important for the bones.

### Question 9:

Polar bears are endangered because the ice in the Arctic is melting.

- (1) The loss of Arctic ice is putting polar bears at risk.
- (2) Polar bears are endangered even though the Arctic ice is melting.
- (3) Polar bears are becoming more dangerous because of climate change.
- (4) The Arctic ice is growing, so polar bears are no longer in danger.

#### Question 10:

Although bees are small, they are important for pollinating many plants.

- (1) Bees play a significant role in pollinating numerous plants, though they are not big in size.
- (2) Bees are the smallest insect, nevertheless, they are important for pollinating many plants.
- (3) Since bees are small, they are even more important for helping plants grow.
- (4) Bees are vital for pollination, but because they are so small they cannot help many plants.

#### Question 11:

The Amazon rainforest is called "the lungs of the Earth" because it produces so much oxygen.

- (1) The Amazon is known for creating a large amount of oxygen and therefore dubbed "the lungs of the Earth".
- (2) The Amazon produces sufficient amounts of oxygen, therefore they are the lungs of the earth.
- (3) Since the Amazon makes the largest amount of oxygen on Earth it is named "the lungs of the Earth".
- (4) People call the Amazon "the lungs of the Earth" because it is full of life and oxygen.

#### Question 12:

Since dolphins are very intelligent, they can learn to follow human commands.

- (1) Dolphins can be trained because they are extremely clever.
- (2) Dolphins are very intelligent and therefore they must follow human rules.
- (3) Dolphins are smart enough to learn any human command.
- (4) Dolphins are smart from birth, and learn how to follow human guidelines.

## Question 1:

Studies indicate that the extent of mental health problems among teenagers has been severely underestimated.

- (1) Research shows that teenage mental health issues are much more serious and widespread than believed.
- (2) It is challenging to measure how common mental health issues are among teens according to research.
- (3) Scientists have discovered that teenagers face many severe psychological challenges.
- (4) There is evidence to suggest that teenage mental health problems are affecting others, not just themselves.

## Question 2:

When certain plants are stressed, they emit a special chemical into the air.

- (1) Some plants stop producing chemicals when stressed.
- (2) Some plants release a specific substance when they are under stress.
- (3) Few plants emit a special chemical when stressed, while others don't.
- (4) Some plants, mainly when stressed, emit a special chemical into the air.

## Question 3:

"Don't throw the baby out with the bathwater."

- (1) You cannot throw out babies with the bathwater.
- (2) Never bathe a baby in dirty water.
- (3) Get rid of something that bothers you, no matter the cost.
- (4) Be careful not to lose something valuable while getting rid of something unwanted.

Question 4:

When Serena Williams won her 23rd Grand Slam singles title, she achieved an unprecedented record in the Open Era.

- (1) Serena Williams was the only player to win 23 matches in a single tournament and achieve a record in the Open Era.
- (2) Serena Williams won 23 Grand Slam singles titles and achieved a grand record in the Open Era.
- (3) Serena Williams broke a record by winning her 23<sup>rd</sup> Grand Slam singles title but got backlash for her record in the Open Era.
- (4) Serena Williams set a record by winning more Grand Slam singles titles than any other player in the Open Era.

Question 5:

Poet Emily Dickinson was appreciated more by readers after her death than by critics during her lifetime.

- (1) Although critics admired Dickinson's poetry while she was alive, it was rarely read by readers until after her death.
- (2) Critics appreciated Emily Dickinson's work after her death more than readers did during her lifetime.
- (3) Dickinson's poetry gained greater admiration from the public after her death than it had from critics when she was alive.
- (4) Emily Dickinson's poetry was valued more after her death than during her lifetime.

Question 6:

After the 1859 publication of Charles Darwin's *On the Origin of Species*, interest in the theory of evolution grew rapidly across Europe and America.

- (1) Charles Darwin's *On the Origin of Species*, published in 1859, triggered a surge of evolution studies in people throughout Europe and America.
- (2) The popularity of evolution theory in Europe and America led Charles Darwin to publish *On the Origin of Species* in 1859.
- (3) Thousands of copies of *On the Origin of Species* were sold in 1859, raising widespread interest in the theory of evolution across Europe and America.
- (4) In *On the Origin of Species*, published 1859, Darwin talks about the rapid growth of interest in the theory of evolution in Europe and America.

Question 7:

"Fortune favors the bold."

- (1) Those who take risks are more likely to succeed.
- (2) Fortunately, there are bold favors.
- (3) Luck cannot be influenced by fortune.
- (4) Being bold is more important than being smart.

Question 8:

It is futile to search for scientific explanations in Greek mythology.

- (1) Greek mythology contains many references to science.
- (2) Greek myths are based on scientific methods.
- (3) It's important to check scientific explanations when reading Greek mythology.
- (4) There are no scientific explanations in Greek mythology.

Question 9:

The origins of ballet can be traced to the Italian Renaissance courts, where dance, music, and drama were combined to entertain royalty.

- (1) Ballet, which was founded in the Italian Renaissance courts as a mix of dance, music, and drama, was created to amuse nobles.
- (2) The Italian Renaissance courts used to mix dance, music and drama and ballet to entertain royalty.
- (3) Ballet was originally performed in Italy where they mixed dance, music and drama but later was performed by the Renaissance.
- (4) The popularity of ballet in the Italian Renaissance courts led to the disappearance of other arts like dance, music and drama.

Question 10:

By 2020, about 60 percent of Australians were settled in coastal areas.

- (1) 60 percent of Australians moved inland before 2020.
- (2) Roughly 60 percent of Australian cities were overcrowded in 2020.
- (3) Only 60 percent of Australians worked near the ocean by 2020.
- (4) Approximately 60 percent of Australians lived near the coast by 2020.

Question 11:

In the court of Emperor Augustus, the sole purpose of art was the glorification of the empire and its ruler.

- (1) Emperor Augustus allowed only artworks that praised him and the empire.
- (2) Emperor Augustus thought art existed for one reason – to glorify the emperor and Rome.
- (3) Emperor Augustus believed that art should serve to glorify him as much as possible.
- (4) Emperor Augustus insisted that art should celebrate the court's and the ruler's achievements.

Question 12:

Lack of sleep is the leading cause of poor concentration at work.

- (1) People who have trouble concentrating at work usually sleep too much.
- (2) Trouble focusing at work is most often caused by insufficient sleep.
- (3) Sleep problems are the first sign of losing concentration.
- (4) Poor concentration at work eventually leads to lack of sleep.

## Question 1:

Certain marine birds excrete surplus salt through specialized glands, a process that outwardly resembles the shedding of tears.

- (1) Marine birds appear to cry as they eliminate excess salt via specialized glands.
- (2) The only method marine birds possess for regulating salt levels is through tear-like secretions.
- (3) Specialized glands in marine birds remove surplus salt in a manner comparable to human weeping.
- (4) Marine birds lose considerable quantities of salt when they cry due to their environment.

## Question 2:

Machiavelli's *The Prince* is regarded as one of the most polarizing yet extensively scrutinized political treatises in recorded history.

- (1) Few political writings have provoked as much intensive examination or severe condemnation as *The Prince*.
- (2) While *The Prince* is praised by some for its profound political observations, it is wholly repudiated by others.
- (3) Among the corpus of political treatises, Machiavelli's *The Prince* stands out as both the most controversial and among the most meticulously analyzed.
- (4) Machiavelli's *The Prince* has been dissected and interpreted exhaustively, both for its ideological significance and its historical ramifications.

## Question 3:

The eminent Renaissance master Titian faced no true artistic rivals until the closing years of his life.

- (1) It was only toward the end of his career that Titian's supremacy in painting was challenged by contemporaries of similar caliber.
- (2) During his final years, Titian attained recognition as the preeminent painter of the Renaissance.
- (3) Titian stood virtually unmatched among Renaissance artists, with competitors of equal status appearing solely in his later life.
- (4) By the conclusion of his artistic journey, Titian was venerated by nearly all of his peers.

#### Question 4:

Despite strict international protections, the lucrative trade in rare tropical hardwoods continues, driven by demand in luxury furniture markets, where the timber is prized both for its durability and its aesthetic appeal.

- (1) Although heavily regulated worldwide, tropical hardwood remains sought after for crafting luxury furniture due to its resilience and visual beauty.
- (2) The commerce in rare tropical timber, though prohibited in many regions, flourishes because of its esteemed role in producing decorative and long-lasting furnishings.
- (3) Once abundant in high-end furniture markets, tropical hardwood has become increasingly scarce as global restrictions tightened.
- (4) In countries where the wood is revered for both its practical and artistic qualities, rare tropical timber commands exceptionally high market prices.

#### Question 5:

Despite being one of the longest conflicts in U.S. history, the Vietnam War ended without a clear victory for the United States.

- (1) Although the Vietnam War was one of the longest lasting U.S wars, they didn't achieve a decisive victory.
- (2) Although the Vietnam War was very long, it ended with a clear victory of the U.S over Vietnam.
- (3) The United States didn't achieve full victory in the Vietnam War, since it was a conflict too long to bear.
- (4) The Vietnam War results were ambiguous, therefore neither the U.S nor Vietnam won the war completely.

#### Question 6:

Archaeological evidence suggests that early Mesopotamian societies pioneered urban planning, with carefully laid streets and centralized marketplaces forming the nucleus of civic life.

- (1) There is some evidence that Mesopotamian communities initiated urban planning with carefully laid streets and centralized marketplaces especially for neighboring communities.
- (2) Excavations reveal that urban planning first emerged in Mesopotamia, where citizens planned cities with structured roads and communal trading hubs.
- (3) Evidence shows Mesopotamian urban centers grew haphazardly around marketplaces, later evolving into organized cities.
- (4) In Mesopotamia, early societies adopted city structures and marketplaces after learning about urban planning by pioneers.

### Question 7:

The placebo effect illustrates how patient expectations can significantly influence perceived and actual outcomes of medical treatments.

- (1) Medical researchers use the placebo effect to demonstrate that positive expectations may alter both subjective experience and measurable health results.
- (2) The placebo effect occurs when patients expect a different result of a medical treatment and change their perspective.
- (3) The placebo effect demonstrates that the patient's subjective thoughts can heavily impact the results of medical treatments.
- (4) It is unknown how the placebo effect can actually change perceived and actual outcomes of medical treatments.

### Question 8:

Despite the fact that Pluto was once considered the ninth planet, it is now classified as a dwarf planet due to new scientific criteria.

- (1) Since its discovery, Pluto has always been classified as the ninth dwarf planet.
- (2) Pluto is still officially classified as a full-sized planet although it is dwarf-sized.
- (3) Even though Pluto was originally recognized as the ninth planet, new definitions led to its reclassification as a dwarf planet.
- (4) Pluto lost its planetary status and now it's considered the ninth planet or the dwarf planet.

### Question 9:

While some of Leonardo da Vinci's inventions were never built, his designs were among the most advanced for his time.

- (1) Although several of Leonardo da Vinci's inventions remained on paper, few were as advanced as his, relative to his time period.
- (2) None of Leonardo da Vinci were built during his lifetime even though they were among the most advanced for his time.
- (3) Since Leonardo da Vinci was among the most advanced for his time, some of his paintings were never built.
- (4) Some of Leonardo da Vinci's ideas were ignored and never built even though his inventions could have made advancements.

#### Question 10:

Although the Black Death was one of the deadliest pandemics in history, it ultimately led to major social and economic changes in Europe.

- (1) Despite being among the most fatal pandemics, the Black Death played a role in reshaping European society and the economy.
- (2) The Black Death had a lasting impact on society in Europe because of it killing millions of deaths.
- (3) The Black Death caused a temporary crisis but ultimately triggered major social and economic changes in Europe.
- (4) Although the Black Death was the deadliest pandemic in history, eventually it reshaped Europe.

#### Question 11:

While Thomas Edison is often credited with inventing the light bulb, his contribution was actually improving an earlier design to make it commercially viable.

- (1) Thomas Edison made several contributions to the development of the light bulb, improving the invention greatly.
- (2) Thomas Edison was the first and only inventor of the light bulb, although others are credited with designing it.
- (3) While many people credit Thomas Edison with inventing the light bulb, the truth is he merely improved it to make it practical for everyday use.
- (4) Although people think Thomas Edison did not invent the first light bulb, he played a crucial role in improving the design to make it commercially viable.

#### Question 12:

The Kyoto Protocol, ratified in 1997, instituted legally binding obligations for signatory nations to curtail greenhouse gas emissions while simultaneously fostering multinational collaboration in climate-change research and mitigation strategies.

- (1) The Kyoto Protocol of 1997 stratified participating nations by economic capacity, imposing stringent carbon-abatement quotas upon industrialized states while granting concessions to developing economies.
- (2) In addition to mandating reductions in atmospheric pollutants, the 1997 Kyoto Protocol actively encourages transnational scientific endeavors aimed at alleviating climate-related crises.
- (3) Under the stipulations of the Kyoto Protocol, a large part of the signatories shoulder accountability for confronting anthropogenic climate disruption and advancing research toward viable remedial measures.
- (4) Since its enactment in 1997, the Kyoto Protocol's binding emissions framework has precipitated an unprecedented intensification of cooperative climate-science initiatives across national boundaries.

# מפתח תשובות:

## חלק ג:

Question 1: 1  
Question 2: 1  
Question 3: 3  
Question 4: 1  
Question 5: 1  
Question 6: 2  
Question 7: 3  
Question 8: 3  
Question 9: 1  
Question 10: 1  
Question 11: 3  
Question 12: 2

## חלק ב:

Question 1: 1  
Question 2: 2  
Question 3: 4  
Question 4: 4  
Question 5: 3  
Question 6: 1  
Question 7: 1  
Question 8: 4  
Question 9: 1  
Question 10: 4  
Question 11: 2  
Question 12: 2

## חלק א:

Question 1: 2  
Question 2: 3  
Question 3: 3  
Question 4: 2  
Question 5: 2  
Question 6: 2  
Question 7: 2  
Question 8: 2  
Question 9: 1  
Question 10: 1  
Question 11: 1  
Question 12: 1