

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

School Report and School Achievement

When most Greek parents receive bad school reports for their children, it seems that they are affected much more negatively than their children. “You can’t attend Senior High School, so you’d better go to a Vocational High School (EPAL)”, parents usually say to a Junior High School leaver whose school report is not really good. They usually believe an EPAL is a kind of school for failures and not a school that may be more suitable for their child’s skills and abilities.



How can one show parents that, if a school report recommends that the child cannot progress in that type of school, they’d better make peace with the fact that:

- a type of school may not be suitable for their child, and
- a society does not need only doctors and lawyers, but also good technicians of all kinds.

How can one tell parents that they must understand the possible effect on their children if they are not ready for a certain type of school, but develop anyway? According to a psychologist, “If the learning load in school is too heavy for the child, hard effort won’t build character but it will actually destroy his/her self-confidence”.

Once parents have realized that their child may not be able to achieve much in a Senior High School, what could they do to make choice of an EPAL school successful for their child?

(Words: 229)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text would probably appear in a scientific magazine.		
2.	The aim of this text is to inform about what an EPAL school offers to students.		
3.	When Greek students get bad marks at Junior High school, their parents usually advise them to choose an EPAL school.		
4.	The underlined pronoun “ <u>whose</u> ” refers to Senior High School students’ school reports.		
5.	The underlined pronoun “ <u>that</u> ” refers to an EPAL school.		
6.	According to the text, when students get bad marks, they should try harder.		
7.	According to the text, all kinds of jobs seem to be equally important for a society.		
8.	According to the text, students develop their personality when they try hard to learn new things.		
9.	The underlined pronoun “ <u>they</u> ” refers to Greek parents.		
10.	The writer appears to have a positive attitude towards EPAL schools.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	heavy	B.	suitable	C.	ready	D.	certain	E.	anyway
F.	successful	G.	possible	H.	better	I.	hard	J.	according

11.	We're leaving at eight o'clock, so you've got about an hour to get [].
12.	We should all play [] to the rules and never cheat at games.
13.	My second attempt to make pizza was more [] than the first one.
14.	A room in this hotel by the lake is the perfect place to relax after a week of [] work.
15.	Of course I don't mind giving you a lift back home; I'm going that way [].
16.	You'd [] hurry or you'll miss the train.
17.	I like living in the countryside; there is no [] traffic and life is at a much slower and calmer pace than in the city.
18.	An environmentalist is an expert on environmental problems; s/he investigates the most urgent environmental problems in our world and suggests [] solutions to them
19.	It's a nice enough dress but it's not really [] for a wedding.
20.	The quiz competitors had to spell difficult words in English really fast and finish at a [] time.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Although people can go on learning while they are physically able to do so, compulsory education ends when school students reach a certain age. This is the picture of what happens in Greece today. The information comes from Laws 1566/1985 and 2640/1998 which relate to Education. Effort has been made to make it simple for everybody to understand.



Once High School students finish Junior High School, which usually happens at the age of 15, the Law offers them three options:

- They can stop compulsory education altogether.
- They can continue their compulsory education and attend Senior High School.
- They can attend a Vocational High School (EPAL).

Students who continue their education may transfer from one type of school (e.g. Senior High School) to another (e.g. EPAL), if they change their mind later on. This is done only under certain conditions.

In High School, Greek students get a general type of education. Almost every town has a Senior High School. Vocational High Schools specialize in various sciences and technical subjects. Only cities and big towns have an EPAL. Also, not every EPAL covers all sciences and specialisations. It is, therefore, probable that the choice of an EPAL, on the part of Junior High School leavers, may mean moving from the area they live in to specialize in what they want.

(Words: 221)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text could be part of a student's essay.		
2.	This text would be mostly of interest to university students.		
3.	For Greek students, education is compulsory until they finish Senior High School.		
4.	Vocational High Schools are fewer than Senior High Schools in Greece.		
5.	Senior High School students develop a general knowledge about different topics.		
6.	Students who wish to attend an EPAL may need to move to another place.		
7.	In the text, the underlined word ' <u>which</u> ' refers to 'the Law'.		
8.	In the text, the underlined phrase ' <u>change their mind</u> ' means to 'have difficulty deciding'.		
9.	In the text, the underlined pronoun ' <u>it</u> ' refers to 'the choice of an EPAL'.		
10.	A possible title for this text could be: 'Senior High School or Vocational High School?'		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J).
Use each word only once.

A.	physically	B.	compulsory	C.	effort	D.	law	E.	option
F.	attend	G.	transfer	H.	offer	I.	specialise	J.	reach

11.	Physical or mental activity needed to achieve something.
12.	To move someone or something from one place to another.
13.	A rule, usually made by a government, that is used to order the way in which a society behaves.
14.	In a way that relates to the body.
15.	To get to a particular level, situation, etc.
16.	To go to an event, place, etc.
17.	To give, supply or provide something.
18.	To study or work on a particular subject or skill in order to become an expert in it.
19.	One thing that can be chosen from a set of possibilities, or the freedom to make a choice.
20.	You must do it because of a rule or law.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Although people can go on learning while they are physically able to do so, compulsory education ends when school students reach a certain age. This is the picture of what happens in Greece today. The information comes from Laws 1566/1985 and 2640/1998 which relate to Education. Effort has been made to make it simple for everybody to understand.



Once High School students finish Junior High School, which usually happens at the age of 15, the Law offers them three options:

- They can stop compulsory education altogether.
- They can continue their compulsory education and attend Senior High School.
- They can attend a Vocational High School (EPAL).

Students who continue their education may transfer from one type of school (e.g. Senior High School) to another (e.g. EPAL), if they change their mind later on. This is done only under certain conditions.

In High School, Greek students get a general type of education. Almost every town has a Senior High School. Vocational High Schools specialize in various sciences and technical subjects. Only cities and big towns have an EPAL. Also, not every EPAL covers all sciences and specialisations. It is, therefore, probable that the choice of an EPAL, on the part of Junior High School leavers, may mean moving from the area they live in to specialize in what they want.

(Words: 221)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text could appear in an international encyclopedia.		
2.	The main purpose of this text is to present some of the differences between Vocational and Senior High Schools in Greece.		
3.	Greek students can stop going to school any time they wish.		
4.	Senior High Schools are equal in number to Vocational High Schools in Greece.		
5.	There is a Vocational High School in all Greek neighbourhoods.		
6.	In the text, the underlined phrase ' <u>go on</u> ' means 'stop'.		
7.	In the text, the underlined word ' <u>compulsory</u> ' means 'free'.		
8.	In the text, the underlined word ' <u>once</u> ' means 'by the time'.		
9.	In the text, the underlined pronoun ' <u>they</u> ' refers to 'students'.		
10.	Students must finish Senior High School before attending a Vocational High School.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	education	B.	effort	C.	law	D.	science	E.	subjects
F.	information	G.	option	H.	mind	I.	condition	J.	area

11.	If we could all make a(n) <input type="text"/> to keep this office tidier, it would help!
12.	At first, I wasn't so excited as Clara, but after an afternoon there I changed my <input type="text"/> !
13.	Houses in the London <input type="text"/> are very expensive!
14.	What does the <input type="text"/> say about having alcohol in the blood while driving?
15.	It's important for children to get a good <input type="text"/> ; after all, knowledge is power!
16.	My favourite <input type="text"/> at school were history and English.
17.	They didn't leave him much <input type="text"/> - either he paid or they would call the police.
18.	I read an interesting piece of <input type="text"/> about electric cars in the newspaper this morning.
19.	They left the room in a terrible <input type="text"/> - there was mess everywhere!
20.	Advances in medical <input type="text"/> mean that people are living longer nowadays compared to their ancestors.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Maria: Hi! Good to see you Gina! Give me a hug.
 Gina: Hi! Where have you been? Your mobile was dead all summer.
 Maria: Oh, there's so much to tell you.
 George: Hi, girls! You look glamorous!
 Girls: Hi, George. Nice to see you again.
 Gina: Where did you get that super T-shirt?
 Maria: What's that on your chest? Let me see.
 George: Hands off me, Elena! I'm great!
 Elena: You're smug!
 Nick: Hey, hey! Save some love and kisses for me, everybody. Here I am!
 Elena: I don't believe it! You said you were going to attend Senior High School, Nick.
 Nick: **That** was my initial plan. Then, I went to my uncle's farm this summer. That changed it all. I'm going to work with him on the farm. That's why I chose EPAL. I need to learn everything about farming.
 Tony: Hi, guys!
 Gina & Nick: Hi! Who are you?
 Tony: I'm Tony. I'm new here.
 Gina: Where are you from?
 Tony: I'm not from here. I'm from Kastro.
 Gina & Nick: Fine. Nice to meet you Tony. Join us then.



(Words: 181)

STATEMENTS		A	B
		TRUE	FALSE
1.	In this conversation the students offer advice to one of their classmates.		
2.	Maria is Gina's High School teacher.		
3.	By saying "You look glamorous!" George wants to compliment the girls.		
4.	George is having an argument with the girls.		
5.	When Nick arrives, Elena expresses her surprise.		
6.	Nick must finish Senior High School if he wants to work on a farm.		
7.	Nick wants to learn about farming because he will need this knowledge in the future.		
8.	In the text, the underlined word ' <u>that</u> ' refers to attending EPAL.		
9.	Gina and Nick meet Tony for the first time.		
10.	Gina and Nick don't want to become friends with Tony.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	hug	B.	chest	C.	plan	D.	smug	E.	save
F.	glamorous	G.	attend	H.	choose	I.	change	J.	dead

11.	A set of decisions about how to do something in the future.
12.	Attractive in an exciting and special way.
13.	To hold someone close to your body with your arms, usually to show that you like, love or value them.
14.	Too pleased or satisfied about something you have achieved or something you know.
15.	A piece of equipment that is not working.
16.	To go officially to a place, such as a particular school.
17.	To decide what you want from two or more things or possibilities.
18.	The upper front part of your body, between your neck and your stomach, containing the heart and lungs.
19.	To keep something, especially money, for use in the future.
20.	To become different.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

When most Greek parents receive bad school reports for their children, it seems that they are affected much more negatively than their children. “You can’t attend Senior High School, so you’d better go to a Vocational High School (EPAL)”, parents usually say to a Junior High School leaver whose school report is not especially good. They usually believe an EPAL is a kind of school for failures and not a school that may be more suitable for the child’s skills and abilities. How can one show parents that, if a school report recommends that the child cannot progress in that type of school, they’d better make peace with the fact that:

- a. a type of school may not be suitable for their child, and
- b. a society does not need only doctors and lawyers, but also good technicians of all kinds.

How can one tell parents that they must understand the possible effect on their children if they are not ready for a certain type of school, but develop anyway? According to a psychologist “If the learning load in school is too heavy for the child, hard effort won’t build character but it will actually destroy his/her self-confidence”. Once parents have realised that their child may not be able to achieve much in a Senior High School, what could they do to make choice of an EPAL school successful for their child?



(Words: 229)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text could be of interest to Greek parents.		
2.	The aim of this text is to inform readers about what an EPAL school offers to its students.		
3.	When Greek students get bad grades in Junior High school, their parents ask them to try harder.		
4.	In the text, the underlined word “ <u>whose</u> ” refers to Greek parents.		
5.	In the text, the underlined word “ <u>that</u> ” refers to a type of school.		
6.	According to the text, when students get bad grades in one type of school, they may need to attend a different type of school.		
7.	According to the text, technical professions are not at all necessary in our society.		
8.	In the text, the underlined word “ <u>they</u> ” refers to students.		
9.	According to a psychologist, asking students to try hard in order to learn many things helps them develop a strong personality.		
10.	The writer seems to have a negative attitude towards vocational education.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each underlined word or phrase in the sentences below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	bad	B.	suitable	C.	type	D.	possible	E.	effect
F.	report	G.	ability	H.	ready	I.	psychologist	J.	especially

11.	A particular group of people or things that share similar characteristics.
12.	Able to be done or achieved or able to exist.
13.	The physical or mental power or skill needed in order to do something.
14.	Unpleasant or causing difficulties.
15.	Someone who studies the human mind and human emotions and behaviour, and how different situations have an effect on people.
16.	Prepared and suitable for an activity.
17.	A teacher's written statement to parents about a child's ability and performance at school.
18.	Very much; more than usual or more than other people or things.
19.	Acceptable or right for someone or something.
20.	The result of a particular action, decision, etc.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Teacher: Harry, why is Hydra quiet?

Harry: Because there isn't much traffic there, and there aren't any industries.

Teacher: You could be right. Gina?

Gina: There can't be much traffic. Hydra is very small.

George: I'm not sure, but Hydra has no other town or village, apart from the main port that is in the centre of the island. The rest of the island is dry and all rocks.

Teacher: You almost got the answer. No vehicles are allowed on the island.

The only means of transport are mules and donkeys. You can use your feet, of course, if you like!

Nick: I don't like walking up steep roads.

Harry: It's very unusual for a place not to have any vehicles at all.

Teacher: You're right Harry, but this makes Hydra such a special island. What about its history?

Does anybody know anything about Hydra's history?

Class:

Teacher: Come on, say something.

Elena: All I know is that Hydra was important in the Greek War of Independence in 1821.

Teacher: Bravo, Elena!

Class: Wow!

Teacher: Well, the silent group at the back of the class will bring some information on Hydra's history from the library. Their history teacher can help them.

They can also look at tourist guides on travelling around Greece.



(Words: 210)

STATEMENTS		A	B
		TRUE	FALSE
1.	Hydra is a very small island.		
2.	There is a lot of traffic in Hydra during the summer time.		
3.	Hydra is full of small villages around its main port.		
4.	Vehicles are not allowed on the island of Hydra.		
5.	The only way to move around Hydra is by riding a bicycle.		
6.	Hydra is quite similar to other Greek islands.		
7.	Hydra was unimportant during the Greek War of Independence in 1821.		
8.	The group of students at the back of the class is quiet.		
9.	The history teacher can help the students find more specific information on Hydra.		
10.	Students can find more information on Hydra's history in the library.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	library	B.	industry	C.	allow	D.	vehicle	E.	traffic
F.	steep	G.	unusual	H.	port	I.	dry	J.	silent

11.	A place with little or no rain.
12.	All the people and activities involved in making specific products in factories.
13.	An area where ships load and unload goods or passengers.
14.	The movement of vehicles along the roads in a particular area.
15.	Give someone permission to do something.
16.	Not usual, common or ordinary.
17.	Making no sound at all, being completely quiet.
18.	A place that rises or falls sharply.
19.	A machine with an engine that carries people or things from one place to another.
20.	A building where books are kept for people to read or borrow.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Teacher: Harry, why is Hydra so quiet?

Harry: Because there isn't much traffic there, and there aren't any industries.

Teacher: You could be right. Gina?

Gina: There can't be much traffic. Hydra is a very small island.

George: I'm not sure, but Hydra has no other town or village, apart from the main port in the centre. The rest of the island is dry and all rocks.

Teacher: You almost got the answer. No vehicles are allowed on the island.

The only means of transport are mules and donkeys. You can use your feet, of course, if you like!

Nick: I don't like walking up steep roads.

Harry: It's very unusual for a place not to have any vehicles at all.

Teacher: You're right Harry, but this makes Hydra a special island. What about its history? Does anybody know anything about Hydra's history?

Class:

Teacher: Come on, say something.

Elena: All I know is that Hydra was important in the Greek War of Independence in 1821.

Teacher: Bravo, Elena!

Class: Wow!

Teacher: Well, the silent group at the back of the class will bring some information on Hydra's history from the library. Their history teacher can help them with this project. They can also look at tourist guides on travelling in Greece.



(Words: 213)

STATEMENTS		A	B
		TRUE	FALSE
1.	Hydra is a very quiet island.		
2.	There are a lot of industries around the port of Hydra.		
3.	Hydra is a dry and rocky island.		
4.	Vehicles are allowed on the island of Hydra.		
5.	People can move around the island on foot.		
6.	Nick likes walking up steep roads.		
7.	Hydra played an important role in the Greek War of Independence in 1821.		
8.	Students can find information about the geography of Hydra in the library.		
9.	The geography teacher can help students complete their school project.		
10.	Students can find detailed information on Hydra in magazine articles.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J).
Use each word only once.

A.	transport	B.	industry	C.	allow	D.	vehicle	E.	traffic
F.	steep	G.	unusual	H.	port	I.	dry	J.	war

11.	With no water in it.
12.	The work involved in making things or producing goods in factories.
13.	A protected area of water where ships can load or unload goods or passengers.
14.	The movement of buses, cars, bicycles, etc. on the roads of towns or cities.
15.	To let somebody do something.
16.	Different from what is normal or happens very often.
17.	A period of fighting between countries or states.
18.	A road, hill, etc. that rises or falls sharply.
19.	A machine with wheels such as a car, truck, etc. that carries things, people, animals from one place to another.
20.	The activity of moving people or goods from one place to another by car, bus, train, etc.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Situated at a short distance from the port of Piraeus, Hydra is one of the islands of the Argosaronic Gulf. The name Hydra means a place with plenty of water. Today, Hydra is dry and rocky with no forests. Because of its dry land, farming was impossible. As a result, the first people who came to live on the island, the Hydriots, started building ships. When the Turks took over Hydra in 1715, the Hydriots had already built up a large fleet of ships. The Hydriots were not the first to start the Greek War of Independence against the Turks in 1821. When they joined, however, their ships made up two-thirds of the whole Greek fleet. More than that, Hydra offered its men to the Revolution. Admiral Andreas Miaoulis became the famous commander of the Greek fleet. Georgios Koundouriotis was another Hydriot who became the first Prime Minister of the newly born independent Greek State from 1822 to 1827. In memory of Andreas Miaoulis, the Hydriots organize a big festival called Miaoulia. The festival takes place every year around June 20. The Greek Air Force drops flowers into the sea in memory of Andreas Miaoulis. If you ever visit the Museum of Hydra you can see Miaoulis' cross there.



(Words: 209)

STATEMENTS		A	B
		TRUE	FALSE
1.	The text talks about the 1821 Greek War of Independence.		
2.	Based on its name, Hydra might have been an island with a lot of water resources in the past.		
3.	Hydra is a place with many lakes and rivers.		
4.	Farming in Hydra was difficult because of its rocky and dry land.		
5.	The Hydriots didn't grow the land but made ships.		
6.	The Hydriots started the Greek War of Independence.		
7.	Andreas Miaoulis was too old to take part in the 1821 Greek War of Independence.		
8.	Georgios Koundouriotis gave commands to the Greek ships.		
9.	Miaoulia is a great celebration that takes place once a year in Hydra.		
10.	At the Museum of Hydra, there's nothing to see of Miaoulis' belongings.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each underlined word in the sentences below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	results	B.	planned	C.	located	D.	commander	E.	a lot
F.	gave	G.	well-known	H.	began	I.	celebrations	J.	harbour

11.	John had <u>organised</u> the whole event.
12.	Our house is <u>situated</u> near the city centre.
13.	The speaker <u>started</u> her speech with a description of her trip to China.
14.	By the time we arrived at the <u>port</u> the ship had already sailed away.
15.	We should all be ready to accept the <u>consequences</u> of our actions.
16.	There was <u>plenty</u> of food and drink for everyone at the party.
17.	He became the <u>leader</u> of the Royal Australian Navy.
18.	Why don't we invite some <u>famous</u> scientists at the conference?
19.	The lady at the reception <u>offered</u> me a drink.
20.	There were lively New Year <u>festivals</u> all over the town.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

As nothing feels as good as relaxing in the sun and enjoying the sunlight, one never thinks about the dangers of sunbathing. Sunlight is really good for you because it helps you get rid of stress and helps your body produce vitamin D, which is very important for strong healthy bones. So, how can something as good as sunlight be so bad at the same time? Doctors say that sunlight causes more changes to our skin than natural ageing does. This is because the ultraviolet rays break down our skin and make it look old and dry. Another danger of sunbathing is skin cancer. It is a fact that you risk getting skin cancer if you stay too long in the sun. When you sunbathe your skin produces melanin, a chemical which gives your skin a nice dark colour. If you try to tan faster than the time needed for your skin to produce melanin, then the risk of skin cancer is bigger. You must always protect your skin with a good suntan cream. The sun protection factor number on the suntan cream is very important. The higher the number, the more protection it offers. So, get the right sun protection cream and relax in the sun this summer without any risk!



(Words: 212)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text talks about how to protect our skin from the dangers of sunbathing.		
2.	Sunbathing is a stressful activity.		
3.	Sunlight helps our body produce vitamin D.		
4.	Overexposure to the sun may cause skin cancer.		
5.	Melanin is responsible for the brown colour our skin gets when sunbathing.		
6.	You may get skin cancer if your body produces too much melanin.		
7.	You can only protect yourself from the sun if you don't go out on sunny days.		
8.	You should always wear a suntan cream when you are out in the sun.		
9.	The higher the protection factor number of your suntan cream, the faster you tan.		
10.	The sun protection factor number of the suntan cream is very important.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	ageing	B.	stress	C.	reduce	D.	relaxing	E.	offer
F.	produce	G.	risk	H.	sunbathe	I.	vitamin	J.	protection

11.	To sit or lie in the sun in order to make your skin darker.
12.	Great worry caused to someone facing a difficult situation.
13.	To make something or bring something into existence.
14.	The possibility of something bad happening when facing a danger.
15.	Something that makes you feel calm and at ease.
16.	To become or to make something become smaller in size, amount, importance, etc.
17.	Used to describe a person or thing that is getting older.
18.	Any natural substance that is necessary for the growth and good health of the body.
19.	To ask someone if they would like to have something or if they would like you to do something.
20.	The condition or state of being kept safe from injury, damage or loss.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

As nothing feels as good as relaxing in the sun and enjoying the sunlight, one never thinks about the dangers of sunbathing. Sunlight is really good for you because it helps you get rid of stress and helps your body produce vitamin D, which is very important for strong healthy bones. So, how can something as good as sunlight be so bad at the same time? Well, it is true that while you are relaxing in the sun, you may get a nice brown colour, but you need to know that there are some dangers. If you are aware of the dangers, then you can learn how to guard yourself against them. One of the dangers is getting a sunburn. If you wish to get a tan, you do not have to burn. When your skin starts getting red, this is a sign that the sun has damaged it. Your skin needs to get thick and the cells of your skin need time to produce melanin. Melanin is the natural colour that gives your skin a tan. You must always protect your skin and use a good suntan cream. The sun protection factor number on the suntan cream is very important. It tells you how much protection you will get from ultraviolet rays. So, get the right sun protection factor and relax in the sun this summer without any risk!



(Words: 230)

STATEMENTS		A	B
		TRUE	FALSE
1.	The main aim of the text is to inform us about the benefits of sunbathing.		
2.	Sunlight is good because it helps people get rid of stress.		
3.	All kinds of vitamins are necessary because they make our bones stronger.		
4.	Relaxing under the sun in the summer is not dangerous.		
5.	If we know the dangers of sunbathing we can better protect ourselves.		
6.	Getting a nice tan means getting a sunburn.		
7.	When your skin starts getting red it means that the sunlight has burnt it.		
8.	Melanin is a natural substance that gives your skin a dark colour.		
9.	You should never use a suntan cream when sunbathing if you want to tan fast.		
10.	A suntan cream with any sun protection factor will protect you from a bad sunburn.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	danger	B.	guards	C.	burn	D.	damage	E.	produces
F.	skin	G.	sunbathe	H.	bones	I.	stress	J.	important

11.	There are two security on the front door to keep uninvited people out of the wedding reception.
12.	I like to in the morning when the sun is not so hot.
13.	People who are under a lot of may face sleeping difficulties.
14.	If the cells get more UV exposure than they can handle, the damage may be beyond repair, and the cells just die off.
15.	Certain chemicals have been banned because of the they cause to the environment.
16.	If he carries on like this he is in of losing his job.
17.	The sun is so hot; put on your sandals or you may your feet on the sand.
18.	Rugby is a tough sport and you may end up with broken ,
19.	Her sons are the most thing in her life.
20.	Mike works for a factory that hybrid cars.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Phone Conversation 1

James: Hello.

Mary: Hi, James.

James: Hi, Aunt Mary. I'm so pleased to hear you!

Mary: Good to hear you too, James! How is everybody there?

James: We are all fine. Bella, as well.

Mary: I'm glad to hear that. How are you doing at school?

You're not working very hard, are you?

James: Not at the moment. I'm taking it easy

Mary: Don't take it too easy my boy! Is anyone of the adults around?

James: They're all downstairs doing, you know what.

Mary: OK, then, tell them I called and give them my love. I miss you all. Kisses! Bye!

James: I will. We miss you too. Kisses! Bye!



Phone Conversation 2

Railway Customer Service: Hello.

Jane: Hello. I was wondering whether you could tell me when the first train to Larisa is.

Railway Customer Service: At 8.00 a.m., Madam.

Jane: What kind of train is it?

Railway Customer Service: It's an Intercity train.

Jane: Could you tell me how long it takes to Larisa?

Railway Customer Service: 4 hours, Madam.

Jane: Is it possible to book two seats in advance, please?

Railway Customer Service: Certainly, if you give me your name and your credit card number.

In addition, someone must come here to collect your tickets.

Jane: All right then. I'll see what's more convenient to me. Thank you. Goodbye.

Railway Customer Service: Goodbye. Thank you for calling.



STATEMENTS		A	B
		TRUE	FALSE
1.	Mary is talking on the phone to James, her nephew.		
2.	James isn't very happy to hear his aunt on the phone.		
3.	James is studying hard for his school exams at the moment.		
4.	James' parents are somewhere inside the house.		
5.	Conversation 1 is between relatives of a family.		
6.	Jane is calling at a bus station.		
7.	Jane knows the person she is talking to on the phone.		
8.	Jane wants to go on a trip two hours away from her home.		
9.	Jane needs to pay by credit card in order to book her tickets.		
10.	Jane can only book her tickets online.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word/phrase from the box that has a similar meaning (A-J). Use each word only once.

A.	adult	B.	book	C.	railway	D.	seat	E.	take it easy
F.	convenient	G.	in advance	H.	downstairs	I.	ticket	J.	pleased

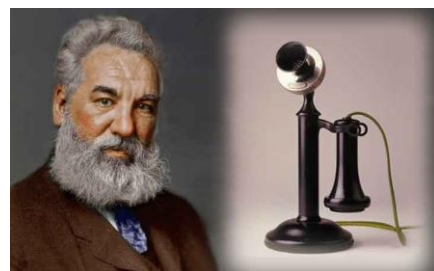
11.	A small piece of paper given to someone, usually to show that they have paid for an event or trip.
12.	Something that is suitable for your needs and causes you no difficulty.
13.	Before a particular time or before doing a particular thing.
14.	To make a reservation for a hotel room, a table at a restaurant, etc.
15.	The system of trains, tracks and stations.
16.	A piece of furniture that has been designed for someone to sit on.
17.	To relax and not work too hard.
18.	The lower floor or floors of a building, especially the ground floor of a house.
19.	Feeling happy or satisfied.
20.	A person or animal that has grown to full size and strength.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

On March 10 1876, in Boston, Massachusetts Alexander Graham Bell invented the telephone. Speaking through the machine to his lab assistant Thomas A. Watson, who was in the next room, Bell says these famous first words: "Mr. Watson come here, I want to see you". "Telephone" comes from the Greek word "tele", meaning "from far away", and "phone", meaning "voice" or "voice sound".

Generally, a telephone is any machine that carries sound over distance. People have used smoke signals, mirrors, jungle drums, pigeons to get a message from one point to another. But a real telephone could not be invented until the electrical age began. The electrical rules needed to build a telephone were known in 1831, but the idea of sending speech electrically was thought in 1854. It wasn't until 22 years later, in 1876, that the idea became a fact. Bell's success came as a direct result of his attempts to improve the telegraph. This had been the traditional means of communication for some 50 years, but with its Morse code, it was limited to receiving and sending one message at a time. The telephone is a shared achievement among many inventors, but Bell's knowledge of the nature of sound and his understanding of music made it easy for him to think of the possibility of sending many messages at the same time.



(Words: 225)

STATEMENTS		A	B
		TRUE	FALSE
1.	Alexander Graham Bell managed to speak through the phone successfully for the first time on March 10, 1876.		
2.	Alexander Graham Bell spoke through the telephone to his wife.		
3.	"Telephone" comes from the Greek words "tele" and "phone".		
4.	A telephone is a machine that carries images from one place to another.		
5.	People in the past used smoke signals to send messages at a distance.		
6.	Scientists knew the electrical rules needed to build a telephone in 1831.		
7.	A real telephone could be invented only during the electrical age.		
8.	The telegraph could send many messages at the same time.		
9.	Alexander Graham Bell invented the telegraph while trying to improve the telephone.		
10.	Alexander Graham Bell invented the telephone in order to play music to his wife at a distance.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	invent	B.	experiment	C.	assistant	D.	communicate	E.	distance
F.	attempt	G.	result	H.	traditional	I.	machine	J.	inventor

11.	To try to do or achieve something, especially something difficult.
12.	The amount of space between two places.
13.	A person who helps someone else to do a particular job.
14.	To create something that has never been made before.
15.	A test done in order to learn something or to discover if something works or is true.
16.	To share information with others by speaking, writing, moving your body, or using other signals.
17.	A piece of equipment that uses power to do a particular type of work.
18.	Following or belonging to the customs or ways of behaving that have continued in a group of people or a society for a long time without changing.
19.	A person who designs or creates something that did not exist before.
20.	Something that happens or exists because of something else.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

The history of post

Hermes was the first 'postman-god'. According to mythology, Hermes was said to be the son of Zeus and Maia. Besides leading the dead people's souls to Hades, Hermes brought good luck, wealth, sleep and was the messenger of the gods living on Mount Olympus. His head used to be printed on Greek stamps of the past.



The invention of stamps is closely related to the invention of modern paper during the Industrial Revolution. At that time, people also started to learn how to read and write. In earlier times, only the rich people and the rulers of countries sent messages with their servants. The messages were written on various materials, such as the skin of a sheep and tablets made of clay. Papyrus (a kind of plant that mostly grows in the Nile Valley in Egypt) was used by the ancient Egyptians, Greeks and Romans.

Modern paper started being made in England by the 15th century. Horses and guides carried mail using the five main roads leading to London from different parts of the country. This mail service belonged to the King. It was His Majesty's Mail. It goes without saying that if he wished to read a private citizen's mail, he could easily do so.

(Words: 210)

STATEMENTS		A	B
		TRUE	FALSE
1.	The first postman in human history was Zeus.		
2.	Hermes was believed to write all gods' letters.		
3.	Hermes was believed to bring bad luck to people.		
4.	In the past, Greek stamps had Zeus' head printed on them.		
5.	Stamps were invented during the industrial revolution.		
6.	Rich people and rulers used to send messages with their servants.		
7.	The messages rich people sent in the past were written on sheep skin.		
8.	The ancient Romans used to write messages on papyrus paper.		
9.	In the 15th century mail could not be sent outside London.		
10.	The King of England could read other people's personal mail.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	material	B.	skin	C.	messenger	D.	industrial	E.	stamps
F.	servants	G.	besides	H.	ancient	I.	papyrus	J.	invention

11.	She runs a successful business [] looking after her children.
12.	The documents were delivered by a special [] who worked undercover for the local police.
13.	Clay is the [] most frequently used to make flower pots and construction products, such as bricks and floor tiles.
14.	The world changed rapidly after the [] of the telephone in 1876.
15.	Houses near [] areas are not easily bought because of the noise and air pollution caused by the nearby factories.
16.	She is so rich that she has more than a dozen [] to do all the work for her.
17.	In ancient Egypt, [] was used to make paper.
18.	There are many creams on the market but every person's [] is unique.
19.	Many [] castles have received extensive repair work throughout the centuries and most of them are nowadays open to the public as tourist attractions.
20.	My favourite hobby is collecting []; these small pieces of paper have taught me many things about the history, culture and art of other countries.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

The invention of stamps is closely related to the invention of modern paper during the Industrial Revolution. At that time, everyday people also started to learn how to read and write. In earlier times, only the rich people and the rulers of countries sent messages with their servants. The messages were written on various materials, such as the skin of a sheep and tablets made of clay. Papyrus was used by the ancient Egyptians, Greeks and Romans.



Modern paper started being made in England by the 15th century. Horses and guides carried mail using the five main roads leading to London from different parts of the country. This mail service belonged to the King. It was His Majesty's Mail. It goes without saying that if he wished to read a private citizen's mail, he could it easily do so. The first mail coaches started being used in 1784. It must have been quite picturesque to watch them entering a castle while the uniformed guards of the castle were blowing their horns. A number of years later, in 1840, the first stamp was issued. It was called the 'penny black' because it cost a penny. Postcards were introduced by 1870. Post offices in the past offered services of all kinds of communication, not only of letter delivery.

(Words: 216)

STATEMENTS		A	B
		TRUE	FALSE
1.	Stamps were invented when rich people first started sending messages.		
2.	In the 15 th century, horses were used to deliver mail and messages around England.		
3.	The messages rich people sent in the past were written on clay tablets.		
4.	The Egyptians used to write on pieces of papyrus.		
5.	By 1784 mail was sent all over England by trains.		
6.	The mail service belonged to the postmen of England.		
7.	The underlined phrase ' <u>It goes without saying</u> ' means 'It is generally accepted'.		
8.	The castle guards used to wear special uniforms.		
9.	The 'penny black' was a special coin made of gold.		
10.	Post offices in the past delivered only postcards and letters.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	servants	B.	introduced	C.	stamps	D.	papyrus	E.	delivery
F.	picturesque	G.	industrial	H.	horn	I.	skin	J.	invention

11.	The old city of Buenos Aires has a lot of old, [] buildings whose walls are covered with murals from local artists.
12.	When driving, I cannot stand hearing the sound of a car [] behind me; I get really anxious.
13.	Recently, new measures have been [] by the local police to fight crime.
14.	The world changed rapidly after the [] of the telephone by Alexander Graham Bell.
15.	The new government promised to clean up chemically polluted [] sites near big factories.
16.	His father's family lived in a big house with many [].
17.	[] has been used as a writing material for centuries.
18.	Don't let that glue come in contact with your []; it's toxic and will cause you serious burns.
19.	Although home [] is available, I don't think you should have everything shipped to your house; you need to check products before buying them online.
20.	You can buy [] from the shop on the corner; you don't need to go to the post office.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Phone Conversation 1

James: Hello.

Mary: Hi, James.

James: Hi, Aunt Mary. I'm so pleased to hear you!

Mary: Good to hear you too, James! How is everybody there?

James: We are all fine. Bella, as well.

Mary: I'm glad to hear that. How are you doing at school?

You're not working very hard, are you?

James: Not at the moment. I'm taking it easy.

Mary: Don't take it too easy my boy! Is anyone of the adults around?

James: They're all downstairs doing, you know what.

Mary: OK, then, tell them I called and give them my love. I missed you. Kisses! Bye!

James: I will. I missed you too. Kisses! Bye!



Phone Conversation 2

International Railway Company: Hello.

Jane: Hello. I was wondering whether you could tell me when the first train to Larisa is.

International Railway Company: At 8.00 a.m., Madam.

Jane: What kind of train is it?

International Railway Company: It's an Intercity train.

Jane: Could you tell me how long it takes to Larisa?

International Railway Company: 4 hours, Madam.

Jane: Is it possible to book two seats in advance, please?

International Railway Company: Certainly, if you give me your name and your credit card number. In addition, someone must come here to collect your tickets.

Jane: All right then. I'll see what's more convenient to me. Thank you. Goodbye.

International Railway Company: Goodbye. Thank you for calling.



STATEMENTS		A	B
		TRUE	FALSE
1.	In Conversation 1 James is talking on the phone.		
2.	Mary feels worried to hear from James.		
3.	James is taking it easy at school.		
4.	Mary is asking James where his brother and sister are.		
5.	James doesn't miss his aunt Mary at all.		
6.	In Conversation 2 Jane is asking information about the train timetables.		
7.	Jane wants to go on a long trip abroad.		
8.	The trip to Larisa lasts four hours with an intercity train.		
9.	In order to book two seats in advance Jane has to give her name and credit card number.		
10.	Jane will pay for the tickets in cash when she gets to the station.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	adult	B.	book	C.	collect	D.	seat	E.	take it easy
F.	convenient	G.	credit card	H.	miss	I.	ticket	J.	pleased

11.	Before going to the cinema I bought my <input type="text"/> online.
12.	Is that <input type="text"/> taken? I really need to sit down for a minute!
13.	Would you like to pay by <input type="text"/> or in cash?
14.	What do you <input type="text"/> most from your childhood?
15.	I find it more <input type="text"/> to do my shopping online than having to go from one shop to another on foot.
16.	Kids in my school <input type="text"/> plastic bottles and caps for recycling.
17.	You need to <input type="text"/> a seat on the train to Edinburgh in advance.
18.	To use the swimming pool, children under the age of 14 must be accompanied by an <input type="text"/> .
19.	You'd better <input type="text"/> for a while; you really need to get some rest.
20.	I am <input type="text"/> to finally meet you in person!

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Tony, Harry, Elena, Gina, George, Nick and their teacher, Miss Anna Stratou, are at a cafeteria in a nearby town during a school outing. They are all busy reading the menu.

Miss Anna: Are you ready? Let's call the waitress. Waitress!
Waitress: Yes, Miss? Have you chosen?
Miss Anna: Almost. One fruit cocktail for me, an ice-cream for George...
George: I'd prefer the ice-cream with the cherry on top in the pretty blue-pink bowl you serve it in.
Waitress: Anything else?
Miss Anna: Elena, Tony, Gina, Nick, Harry, what will you have?
Elena: I'll have a salad and a sandwich.
Tony: I'll have a coke.
Gina: Me too.
Nick: I'll have a nice piece of fruitcake and an ice-cream like George's.
Harry: I'd like a milk shake.
Waitress: OK. Anything else?
Miss Anna: No, thank you. Er, wait, please, there's another boy coming on his bicycle. Hey, Bill, shall we order something for you? ... What? ... OK. A fresh orange juice for the boy, please.

(Words: 230)

STATEMENTS		A	B
		TRUE	FALSE
1.	The students are at a cafeteria near their school.		
2.	The students are busy doing a school project all together.		
3.	Miss Anna wants a fruit cocktail.		
4.	All students want to order the same type of ice-cream.		
5.	One of the students calls the waitress.		
6.	Tony and Gina order a coke.		
7.	George orders an ice-cream with strawberries on its top.		
8.	Elena wants only a sandwich.		
9.	Bill is the last person that gives an order.		
10.	Bill is coming on his bike to join the people at the cafeteria.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each underlined word/phrase in the sentences below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	prefer	B.	menu	C.	top	D.	outing	E.	serve
F.	order	G.	pretty	H.	nearby	I.	bowl	J.	bicycle

11.	The waiter brought the <u>food list</u> and the wine list.
12.	She was speaking to a boy standing <u>close to her</u> .
13.	Do they <u>offer</u> sugar-free drinks at the new cafeteria?
14.	Every year the professor takes her students on a(n) <u>trip</u> to the National Garden.
15.	If I could, I would <u>choose</u> to go on an island this summer.
16.	Rabat is the capital of Morocco. There are a lot of attractions, like ancient historic sites, sandy beaches, and an <u>attractive</u> Moroccan market.
17.	When I went to the <u>highest part</u> of the castle, I could see a beautiful view of Edinburgh.
18.	I would like to <u>ask for</u> some pasta and a mixed salad.
19.	At night, you should never ride your <u>bike</u> without lights.
20.	First, you need to put the flour and the milk into a mixing <u>dish</u> .

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).



All of us know that our nutritional needs vary a lot depending on our age, general life style and the demands the way we live places on our body. As a result, not everything suits everybody. Instead, we need to be aware of the products that are best for us and do good to our health.

Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which may also create a beauty within our body. The way our body looks reflects the state of our health and our emotional life.

What should our diet include to keep our body healthy? The good news is that we do not lack the information that tells us which food can cover our needs and be good for our health. Studies inform us that a healthy diet is one that provides the necessary water and nutrients that our body needs every day. They divide food into five categories to which we can add a sixth one, which is not closely related to food. These are:

1. fruit and vegetables
2. carbohydrate foods
3. dairy products (milk, yogurt, etc.)
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. water (and regular exercise)

(Words: 207)

STATEMENTS		A	B
		TRUE	FALSE
1.	People of the same age need the same types of food.		
2.	The same diet can be suitable for all people.		
3.	Our lifestyle has nothing to do with the food we eat.		
4.	A healthy diet can have a positive effect on our body.		
5.	It is very important to know which food is good for us.		
6.	Stress can affect our beauty.		
7.	A healthy diet gives our body the necessary nutrients and water.		
8.	According to studies, food is divided into six categories.		
9.	Studies do not give us enough information about what to eat.		
10.	A healthy diet should not include any meat.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	sugary	B.	closely	C.	covered	D.	state	E.	dairy
F.	categories	G.	nuts	H.	informed	I.	regular	J.	provides

11.	Meat, poultry, vegetables and ____ products are good for your health because they contain lots of vitamins.
12.	Finally I would like to inform you that one of our students has an allergy to all sorts of ____ so don't make any kind of cake with dry fruit for our school party.
13.	All those ____ snacks that kids eat are not only bad for their teeth but their health in general.
14.	If you want to lose some weight, you need to take ____ exercise.
15.	Our health is ____ linked to what we eat every day.
16.	There are different ____ of films such as mysteries, comedies, science fiction, etc.
17.	I ____ my boss that I was going to be away next week.
18.	Our company ____ excellent service to all its customers.
19.	She ____ every wall in her bedroom with posters of her favourite pop star.
20.	After the accident I was in a ____ of shock; I couldn't say a word!

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Our body needs food in order to develop and live. Eating the right food can help our body grow naturally and normally. This is why we should try to make sure that our diet is as full of nutrients as possible. More and more people are beginning to discover that certain kinds of food can be good for our body and can help it maintain its good condition and fight illnesses, while other kinds of food are not good for it. Such food is called 'junk food'; it is high in fat and has a lot of sugar and salt.



Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which may also create a beauty within our body. The way our body looks reflects the state of our health and our emotional life.

What should our diet include to keep our body healthy? Studies inform us that a healthy diet is one that provides the necessary water and nutrients that our body needs. They divide food into five categories to which we can add a sixth one, which is not closely related to food. These are:

1. fruit and vegetables
2. carbohydrate foods
3. dairy products (milk, yoghurt, etc.)
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. water (and regular exercise)

(Words: 226)

STATEMENTS		A	B
		TRUE	FALSE
1.	Any type of food can help our body grow.		
2.	Our diet should be as nutritional as possible.		
3.	People do not know at all which foods are good for their body.		
4.	Some types of food can help our body fight illnesses.		
5.	The food that is not good for our body is called junk food.		
6.	Junk food includes a lot of sugar and salt.		
7.	According to doctors, beauty is related to a healthy diet.		
8.	Regular exercise can help people's beauty.		
9.	A healthy diet does not include any water.		
10.	Studies divide food into six categories.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J).
Use each word only once.

A.	grow	B.	develop	C.	result	D.	include	E.	fight
F.	provide	G.	divide	H.	discover	I.	inform	J.	create

11.	To separate into parts or groups.
12.	To cause something to grow or change and become more advanced.
13.	To find out something or to find a place or an object, especially for the first time.
14.	To tell someone about something.
15.	To give someone something that they need.
16.	To make someone or something part of something else.
17.	To cause a particular situation or event to happen.
18.	To produce something new.
19.	To try to stop something.
20.	To gradually become older or bigger or taller, etc.

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Our body needs food in order to develop and live. Eating the right food can help our body grow naturally and normally. This is why we should try to make sure that our diet is as full of nutrients as possible. More and more people are beginning to discover that certain kinds of food can be good for their body and can help it maintain its good condition and fight illnesses, while other kinds of food are not good for it. Such food is called 'junk food', which is high in fat and has a lot of sugar and salt.



All of us know that our nutritional needs vary a lot depending on our age, general life style and the demands the way we live places on our body. As a result, not everything suits everybody. Instead, we need to be aware of the products that are best for us and do good to our health. Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which are all equally important. The way our body looks reflects the state of our health and our emotional life. The good news is that we do not lack the information that tells us which food can cover our needs and be good for our health.

(Words: 226)

STATEMENTS		A	B
		TRUE	FALSE
1.	In order to help our body become stronger, we need to eat a lot of junk food.		
2.	Certain kinds of food can help people fight illnesses.		
3.	Nutritious food is needed to keep our body in good condition.		
4.	Junk food is bad for our body because it has a lot of different nutrients.		
5.	Our body can be kept in good condition even if we eat a lot of junk food.		
6.	People of all ages should eat the same kinds of food.		
7.	Regular exercise is important even when you follow a healthy diet.		
8.	A healthy diet can help us look better.		
9.	We don't yet know which food is good for our health.		
10.	This text could be found in a health magazine.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	normally	B.	regular	C.	certain	D.	demand	E.	lack
F.	aware	G.	vary	H.	suit	I.	condition	J.	develops

11.	It is fascinating to watch how a baby changes and over time.
12.	She doesn't get to her office before ten o'clock.
13.	The museum is only open at times of the day.
14.	My bike is a few years old, but it's in a really good .
15.	Car prices can widely from one shop to another.
16.	I to see the manager right now and I won't take no for an answer.
17.	Were you of the risks at that time? Would you take such a risk ever again?
18.	Short skirts don't really me; I don't have the legs for them.
19.	There is a train service between Athens and Thessaloniki at 08.00.
20.	He gets angry easily because of his of sleep; he has been getting no sleep for days!

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

All of us know that our nutritional needs vary a lot depending on our age, general life style and the demands the way we live places on our body. As a result, not everything suits everybody. Instead, we need to be aware of the products that are best for us and do good to our health. Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which may also create a beauty within. The way our body looks reflects the state of our health and our emotional life. What should our diet include to keep our body healthy? The good news is that we do not lack the information that tells us which specific kinds of food can cover our needs and be good for our health. Studies inform us that a healthy diet is one that provides the necessary water and nutrients that our body needs. They divide food into five categories to which we can add a sixth one, which is not closely related to food. These are:



1. fruit and vegetables
2. carbohydrate foods
3. dairy products (milk, yogurt, cheese)
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. plenty of water (and regular exercise)

(Words: 214)

STATEMENTS		A	B
		TRUE	FALSE
1.	Nutritional needs are the same for all people of the same age.		
2.	The same diet must be followed by people having a similar lifestyle.		
3.	It is really important to know the foods that are good for our health		
4.	According to the text, our diet can have an impact on our appearance.		
5.	Our body can be kept in a good condition even if we eat whatever we like.		
6.	Specific information on what we should eat to remain healthy is publicly available.		
7.	A healthy diet gives people the nutrients and amount of water needed to survive.		
8.	According to studies, food is divided into nine main categories.		
9.	A healthy diet should not include any cheese.		
10.	A healthy diet includes a lot of water.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	include	B.	beauty	C.	result	D.	divide	E.	demand
F.	place	G.	provide	H.	regular	I.	know	J.	condition

11.	The quality of being pleasing to look at.
12.	A strong request.
13.	To put something in a particular position.
14.	To have specific information in your mind.
15.	Something that happens or exists because of something else.
16.	Happening or doing something often, for example once a week, a month, etc.
17.	The particular state that something or someone is in.
18.	To make something part of something else.
19.	To give someone something that they need
20.	To separate into parts or groups.