

## 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<sup>ο</sup>. 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.**

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

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