

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!