

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. |