

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 three main dangers: burning, ageing of your skin and skin cancer. 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 be careful in the sun and keep an eye on changes to your skin.



(Words: 217)

STATEMENTS		A	B
		TRUE	FALSE
1.	The text talks about the possible dangers of sunbathing.		
2.	Sunbathing is a relaxing activity.		
3.	Vitamin D helps you get rid of stress.		
4.	Our bones need vitamin D to be strong.		
5.	Sunlight can only make you dizzy.		
6.	Getting older does not cause any changes to your skin.		
7.	Sunlight makes our skin look old and dry.		
8.	You may get skin cancer if your skin produces more melanin than needed.		
9.	Melanin gives your body a nice brown colour.		
10.	According to the text, people should stop sunbathing once and for all.		

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.	changes	B.	produces	C.	skin	D.	relaxing	E.	reason
F.	bones	G.	sunbathing	H.	dry	I.	stress	J.	dangers

11.	People who are under a lot of <input type="text"/> may suffer from frequent headaches.
12.	It was such a sunny day that we decided to spend our day <input type="text"/> at the hotel pool.
13.	The <input type="text"/> why I walked out of the party was because I was bored.
14.	Babies have very soft <input type="text"/> because their body has not yet been exposed to the sun.
15.	She <input type="text"/> her hairstyle almost every month; she wants to be in fashion all year round.
16.	The doctor warned me of all the possible <input type="text"/> of smoking.
17.	Many passengers suffered broken <input type="text"/> and were taken to a nearby hospital.
18.	Kate works in a factory that <input type="text"/> electrical goods.
19.	Listening to music is a very <input type="text"/> activity.
20.	You should clean this antique table with a soft <input type="text"/> cloth; don't use any water or you'll destroy it.