

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. 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. 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 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: 225)

STATEMENTS		A	B
		TRUE	FALSE
1.	The text offers some advice on how to protect our skin during the summer.		
2.	The text suggests that we should avoid going out on sunny days.		
3.	Sunbathing has no harmful effects on our body.		
4.	A sign that your skin is in danger is when it starts getting red.		
5.	Red skin means that the sunlight has burnt it.		
6.	If you want to get a good suntan, you should first get a sunburn.		
7.	Melanin is responsible for giving our skin a dark colour.		
8.	A suntan cream with no sun protection factor number can still protect our skin.		
9.	For higher protection from the ultraviolet rays of the sun we should use a suntan cream with high sun protection factor number.		
10.	The sun protection factor number tells us how much time we can spend under the sun.		

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.	burn	B.	relax	C.	produces	D.	sunbathing	E.	dangers
F.	dark	G.	skin	H.	allow	I.	damage	J.	guard

11.	It was a sunny day and we decided to go <input type="text"/> at the hotel swimming pool.
12.	Why don't you try these breathing exercises? They can help you <input type="text"/> after a hard day at work.
13.	My sister has got <input type="text"/> hair and brown eyes. She wants to change her hair colour one day.
14.	Have you ever thought of the <input type="text"/> of rock-climbing?
15.	We should never judge people by the colour of their <input type="text"/> ; we are all humans!
16.	There are two men on the front door who <input type="text"/> the hotel entrance; nobody can get in without an invitation.
17.	Smoking can seriously <input type="text"/> your health.
18.	France <input type="text"/> a great deal of wine for export.
19.	Do you think Dad will <input type="text"/> us to go to Jamie's party?
20.	You'd better be careful with the steam iron; you may <input type="text"/> your hands the way you steam your clothes.