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', 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 may also create a beauty within our body. 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: 225)

	STATEMENTS	A TRUE	B FALSE
1.	Our life depends on what we eat.		
2.	In order to have a good body we should take care of what we eat.		
3.	The food we eat has nothing to do with any illnesses we might face in our life.		
4.	Junk food has a lot of fat.		
5.	Eating a lot of sugar is good for our health.		
6.	Age doesn't play a role in what we eat.		
7.	All people need the same type of food.		
8.	It is important to know which types of food are good for us.		
9.	In order to have a good body we should exercise regularly.		
10.	There is not enough information about which types of food are healthy.		

LIVEWORKSHEETS

ΘΕΜΑ 2α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each underlined word/phrase in the sentences below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	demand	**B.**	lacks	**C.**	developing	**D.**	normal	**E.**	knew
F.	includes	**G.**	state	**H.**	caused	**I.**	fight	**J.**	created

11.	She is sad because she **doesn't have** the money to go on holiday this year.
12.	The room price **covers** breakfast and lunch for two people.
13.	The building is in a terrible **condition**; we really need to move to another house soon.
14.	The fire **resulted in** damage to their property.
15.	Charles Schulz **invented** the characters 'Snoopy' and 'Charlie Brown'.
16.	There is great **need** for clean water in many African countries.
17.	Scientists are **making** new drugs all the time.
18.	The police is working on new measures to **reduce** crime in the city centre.
19.	Lively behaviour is **usual** for a four-year-old child.
20.	She **recognized** every child in her school.

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