

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 our body. 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 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 every day. 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, etc.)
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. water (and regular exercise)

(Words: 207)

STATEMENTS		A	B
		TRUE	FALSE
1.	People of the same age need the same types of food.		
2.	The same diet can be suitable for all people.		
3.	Our lifestyle has nothing to do with the food we eat.		
4.	A healthy diet can have a positive effect on our body.		
5.	It is very important to know which food is good for us.		
6.	Stress can affect our beauty.		
7.	A healthy diet gives our body the necessary nutrients and water.		
8.	According to studies, food is divided into six categories.		
9.	Studies do not give us enough information about what to eat.		
10.	A healthy diet should not include any meat.		

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.	sugary	B.	closely	C.	covered	D.	state	E.	dairy
F.	categories	G.	nuts	H.	informed	I.	regular	J.	provides

11.	Meat, poultry, vegetables and ____ products are good for your health because they contain lots of vitamins.
12.	Finally I would like to inform you that one of our students has an allergy to all sorts of ____ so don't make any kind of cake with dry fruit for our school party.
13.	All those ____ snacks that kids eat are not only bad for their teeth but their health in general.
14.	If you want to lose some weight, you need to take ____ exercise.
15.	Our health is ____ linked to what we eat every day.
16.	There are different ____ of films such as mysteries, comedies, science fiction, etc.
17.	I ____ my boss that I was going to be away next week.
18.	Our company ____ excellent service to all its customers.
19.	She ____ every wall in her bedroom with posters of her favourite pop star.
20.	After the accident I was in a ____ of shock; I couldn't say a word!