

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? 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 always protect your skin with a good suntan cream. The sun protection factor number on the suntan cream is very important. The higher the number, the more protection it offers. So, get the right sun protection cream and relax in the sun this summer without any risk!



(Words: 212)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text talks about how to protect our skin from the dangers of sunbathing.		
2.	Sunbathing is a stressful activity.		
3.	Sunlight helps our body produce vitamin D.		
4.	Overexposure to the sun may cause skin cancer.		
5.	Melanin is responsible for the brown colour our skin gets when sunbathing.		
6.	You may get skin cancer if your body produces too much melanin.		
7.	You can only protect yourself from the sun if you don't go out on sunny days.		
8.	You should always wear a suntan cream when you are out in the sun.		
9.	The higher the protection factor number of your suntan cream, the faster you tan.		
10.	The sun protection factor number of the suntan cream is very important.		

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.	ageing	B.	stress	C.	reduce	D.	relaxing	E.	offer
F.	produce	G.	risk	H.	sunbathe	I.	vitamin	J.	protection

11.	To sit or lie in the sun in order to make your skin darker.
12.	Great worry caused to someone facing a difficult situation.
13.	To make something or bring something into existence.
14.	The possibility of something bad happening when facing a danger.
15.	Something that makes you feel calm and at ease.
16.	To become or to make something become smaller in size, amount, importance, etc.
17.	Used to describe a person or thing that is getting older.
18.	A natural substance that is necessary for the growth and good health of the body.
19.	To ask someone if they would like to have something or if they would like you to do something.
20.	The condition or state of being kept safe from injury, damage or loss.