

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ ΔΙΑΧΕΙΡΙΣΗΣ ΑΠΟΓΕΥΜΑΤΙΝΩΝ ΚΑΙ ΒΡΑΔΙΝΩΝ
ΕΠΙΜΟΡΦΩΤΙΚΩΝ ΠΡΟΓΡΑΜΜΑΤΩΝ
ΚΡΑΤΙΚΑ ΙΝΣΤΙΤΟΥΤΑ ΕΠΙΜΟΡΦΩΣΗΣ

**ΤΕΛΙΚΕΣ ΕΝΙΑΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ
ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2012-2013**

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**ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΠΕΝΤΕ (5) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΔΟΘΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ**

PART I: WRITING (40 MARKS)

Write an essay of 200-250 words on ONE of the following topics.

1. You are about to choose a career. Which **three** factors will you take into consideration? Why?
2. In what **three** ways does entertainment help people?

PART II: READING COMPREHENSION (30 MARKS)

PASSAGE 1

Read the passage and then do all the exercises that follow.

Travelling

Nowadays travelling is far more convenient and easier than it was years ago. Travel has become part of almost everyone's life. More and more people choose to travel for various reasons, for business, for pleasure, to explore new places, to experience life in exciting different ways.

Globalisation has definitely decreased distances among cultures. Many people have experienced this during their frequent business trips. Travelling gives us the opportunity to disconnect from our regular life. It is nice to live life to its fullest and enjoy a stress free time with yourself. Going on vacation lets us recharge our "batteries". When we come back we feel invigorated and we are happy to be back to our day to day routine. It is a very good stress remover that has more to give than most people are willing to accept. No-one can deny that travelling increases our knowledge and widens our perspective. It gives us the opportunity to see new customs and different ways of living. It gives us a new perspective about life and especially our life, it can help us change some of our habits and even create new ones. Discovering different values and ways to get by in life is really interesting. Lots of people travel to meet family members or friends who are staying away. This in turn helps strengthening family bonds and brings a feeling of joy.

Whether you need to take a few weeks off to avoid the stress of work or need time off to think where your life is headed, travelling should be your answer. At least once in your life,

you should leave everything on pause and go somewhere, anywhere. Though it may not be obvious while you're sitting at home, the knowledge acquired from travelling is invaluable.

New experiences increase our resourcefulness by living situations we would never encounter at home. People who travelled a lot in life are ready to accept change and have a natural ability of overcoming problems. In today's busy life people have to travel and experience what life has to offer.

(adapted from: www.ineedmotivatton.com/blog/2008/06/the-benefits-of-traveling/#sthash.EYORDchX.dpuf)

A. Choose the best alternative according to Passage 1. (3 x 2 = 6 marks)

1. People travel to ...

- A. disconnect from their life.
- B. enjoy a stress free time.
- C. experience business trips.
- D. recharge some batteries.

2. When people travel they ...

- A. are more willing to change.
- B. change their values in life.
- C. accept new ways of thinking.
- D. see different ways of living.

3. People who travel ...

- A. are ready to overcome problems.
- B. meet other people who travel.
- C. experience what life has to offer.
- D. have difficult and busy lives.

B. Complete the paragraph using words from Passage 1. (5 x 2 = 10 marks)

Travelling helps people to 1. _____ from their daily routine, especially when they go on 2. _____. Then when people come back from their joyful holidays they feel 3. _____ and ready to continue their everyday life. It is generally accepted that travelling 4. _____ our perspective, while at the same time it strengthens family bonds and brings a 5. _____ of joy.

PASSAGE 2

Read the passage and do the exercises that follow.

Why should people eat healthily?

Healthy eating is all about learning how to take better care of your body and improve your health. There are so many healthy eating benefits even beyond weight loss.

Being undernourished makes you exhausted, weak and slow. Having plenty of energy and feeling strong is just one of many healthy eating advantages. Imagine waking up each morning and eagerly getting out of bed to start your day. Imagine having lots of energy to carry you through the day, no matter how busy it is. Imagine going to bed each night feeling proud of all you accomplished during the day, and feeling like you still have energy to spare. Your quality of sleep is better when you eat healthily too, so you wake up feeling refreshed instead of foggy-headed and still tired.

Have you ever struggled to concentrate? It is not fun feeling like you cannot quite get your thoughts together, especially if you really need to concentrate on something important. Low-quality foods do not provide the nutrients your brain needs to function properly. Healthy eating improves your focus a lot! Your mental energy increases just like your physical energy does. You also benefit emotionally. Rather than struggling with mood swings and irritability, you will find that you just feel good not to mention confident, happy, alert, resilient almost all the time.

There are endless healthy eating benefits, but just these few should make you feel determined to stick with your healthy lifestyle for good.

(adapted from : <http://www.fitwatch.com/nutrition/healthy-eating-advantages-why-should-you-eat-healthy-2319.htm>)

C. Choose the best alternative according to Passage 2. (2 x 2 = 4 marks)

1. When people eat healthy food they ...

- A. are very exhausted.
- B. feel proud of themselves.
- C. improve their health.
- D. wake up feeling too tired.

2. Healthy eating ...

- A. helps people struggle.
- B. increases mental energy.
- C. makes you too irritable.
- D. includes low-quality foods.

- D. Put a tick (✓) in the correct box to say whether the following statements are TRUE or FALSE according to Passage 2. (5 x 2 = 10 marks)**

		TRUE	FALSE
1	Healthy eating helps people lose weight.		
2	Good nutrition keeps people busy.		
3	When people feel healthy they do not want to go to bed.		
4	Proper nourishment increases brain functions.		
5	Eating healthily improves people's moods.		

PART III: USE OF ENGLISH

(30 MARKS)

- A. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. (10 x 1 = 10 marks)**

- In the past, this village was quiet. **(be)**
This village _____ quiet.
- I had expected the job to be more difficult than it was. **(as)**
The job _____ I had expected.
- We must pay our telephone bill by Friday. **(paid)**
Our telephone bill _____ by Friday.
- "Who used my toothbrush?" **(used)**
He wanted to know _____ toothbrush.
- I like travelling, but sometimes I'd rather just stay at home. **(prefer)**
Sometimes I _____ travelling.
- Promise to give it back and you can borrow my new computer game. **(as)**
You can borrow my new computer game _____ to give it back.
- We didn't get a map so we got lost. **(taken)**
If we ____, we wouldn't have got lost.
- "Don't look at me! I didn't eat all the cake." **(denied)**
He _____ all the cake.
- The headmaster let the boys leave the school. **(allowed)**
The boys _____ the school.
- How long is it since you visited Spain? **(visit)**
When _____ Spain?

B. Use the words given in brackets to form words that fit the blanks.**(10 x 1 = 10 marks)****A Music Festival**

A music festival is a festival oriented towards music that is sometimes presented with a theme such as musical genre, 1. _____ (**NATIONAL**) or locality of musicians, or holiday. They are 2. _____ (**COMMON**) held outdoors, and are very often inclusive of other 3. _____ (**ATTRACT**) such as food and merchandise vending machines, performance art, and social 4. _____ (**ACT**). The Pythian Games at Delphi included musical 5. _____ (**PERFORM**). During the Middle Ages festivals were most frequently held as 6. _____ (**COMPETE**). Many festivals are annual, or are repeated at some other interval. Some, 7. _____ (**INCLUDE**) many rock festivals, are held only once. Some festivals are organized as for-profit concerts and others are benefits for a 8. _____ (**SPECIFY**) cause. Another type of music festival is the educative type, organised annually in local communities, 9. _____ (**REGIONAL**) or nationally, for the benefit of amateur musicians of all ages and grades of 10. _____ (**ACHIEVE**). While entrants perform prepared pieces in the presence of an audience each participant receives verbal and written feedback.

C. Complete the gaps with ONE suitable word.**(10 x 1 = 10 marks)****Human Nutrition**

Human nutrition is the provision to obtain the materials necessary to support life. In general, people can survive for two 1. _____ eight weeks without food, depending on stored body fat and muscle mass. Survival 2. _____ water is usually limited to three or four days. Lack of food remains a serious problem, 3. _____ about 36 million people dying every year 4. _____ causes directly or indirectly related to hunger. Childhood malnutrition is 5. _____ common and contributes to the global burden of disease. However, global food distribution 6. _____ not equal, and obesity among some human populations 7. _____ increased to almost epidemic proportions, leading to health complications and increased mortality 8. _____ some developed, and a few developing countries. Obesity is caused 9. _____ consuming more calories than the ones needed, with many attributing excessive weight gain to a combination of overeating of "unhealthy" foods and insufficient exercise. 10. _____ major risk of obesity is becoming a type 2 diabetic.