

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΠΟΛΙΤΙΣΜΟΥ
ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
ΚΡΑΤΙΚΑ ΙΝΣΤΙΤΟΥΤΑ ΕΠΙΜΟΡΦΩΣΗΣ

ΤΕΛΙΚΕΣ ΕΝΙΑΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ
ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2014-2015
ΔΕΙΓΜΑ

Μάθημα: Αγγλικά Επίπεδο: Ε5 Διάρκεια: 2.30 ώρες Ημερομηνία:

ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΕΠΤΑ (7) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ
ΠΡΙΝ ΑΠΟ ΚΑΘΕ ΑΠΑΝΤΗΣΗ ΝΑ ΣΗΜΕΙΩΣΕΤΕ ΤΑ ΣΤΟΙΧΕΙΑ ΤΗΣ ΕΡΩΤΗΣΗΣ

PART I: WRITING

(35 MARKS)

Write a composition of 200-250 words on **ONE** of the following topics:

1. The use of computers reduces face-to-face interaction. Write an article for an online magazine stating your views on the topic.



2. You have recently seen the following notice in an English language magazine called '*Forever friends*'. Write an article for the magazine expressing your opinion.



WRITERS WANTED!

A real friend is a hand that is always holding yours, in pleasant times and in hard times! Do you agree or disagree with the statement. Support your views by giving examples.

The best articles will be published next month!

Read the two passages and do ALL the exercises that follow.

Passage 1



A Healthy Diet

A **healthy diet** is one that helps maintain or improve overall health. It can provide the body with essential nutrition: fluids, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming excessive amounts. Where lack of calories is not an issue, a properly balanced diet (in addition to exercise) is also thought to be important for lowering health risks, such as obesity, heart disease, type 2 diabetes, hypertension and cancer.

Various nutrition guides are published by medical and governmental institutions to educate the public on what they should be eating to promote health. Nutrition fact labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health.

The World Health Organisation (WHO) makes the following five recommendations:

- Eat roughly the same amount of calories that your body is using. A healthy weight is a balance between energy consumed and energy that is 'burnt off'.
- Increase consumption of plant foods, particularly fruits, vegetables, legumes, whole grains and nuts.
- Limit intake of fats and prefer less unhealthy unsaturated fats.
- Limit the intake of sugar.
- Limit salt/sodium consumption from all sources.

The American Heart Association, World Cancer Research Fund, and American Institute for Cancer Research recommend a diet that consists mostly of unprocessed plant foods, with emphasis on a wide range of whole grains, legumes, and non-starchy vegetables and fruits. This healthy diet is replete with a wide range of various non-starchy vegetables and fruits that provide all the essential ingredients and vitamins.

(Adapted from www.wikipedia.org/ahealthydiet)

**A. Indicate whether the following statements are TRUE or FALSE.
(5 × 2 =10 marks)**

| | TRUE | FALSE |
|--|------|-------|
| 1. A healthy diet consists only of plant-based foods. | | |
| 2. A balanced diet helps reduce health risks. | | |
| 3. Nutrition fact labels help consumers make healthier food choices. | | |
| 4. WHO recommends consuming more calories than we 'burn off'. | | |
| 5. Unsaturated fats are less unhealthy than other fats. | | |

**B. Complete the paragraph with ONE word from passage 1.
(5 × 2= 10 marks)**

A healthy diet can provide the body with (1) nutrition. It supports (2) needs and lowers (3) risks. WHO recommends lowering the (4) of fats, sugar and salt/sodium. Other health organizations recommend a diet that consists mainly of vegetables and fruits to get all the necessary (5) and vitamins.

Passage 2

Why is education so important?

The importance of education cannot be stated enough. It is a self-enlightening process. It is crucial to the overall development of an individual and the society at large.

The first time we are introduced to formal education is in school. The school years are the **grounding** years of one's education. Schools are institutions that lay the foundation of a child's development. They play a key role in developing children into responsible **citizens** and good human beings. They are places where young talent is recognized and nurtured. On leaving school, we are all set to soar high in life and enter the real world in pursuit of our dreams.

A direct effect of education is knowledge gain. Education gives us knowledge of the world around. It develops in us a perspective of looking at life. It helps us form opinions and develop a point of view. The information we are constantly bombarded with, cannot be converted into knowledge without the catalyst called education. Education makes us capable of **interpreting** things rightly and applying the gathered information in real life scenarios. Education is not limited to lessons from textbooks. Real education is **obtained** from the lessons taught in life.

Education is important because it equips us with the expertise that is needed in helping us realise our career goals. Expertise is an in-depth knowledge about a specific field and it helps open doors to brilliant career opportunities. Education always proves to be rewarding since we are valued in the market on the basis of our educational skills and how well we can apply them.

Moreover, education is important as it teaches us the right behaviour and good manner, thus making us civilized. It is the basis of culture and **civilization**. It is instrumental in the development of our values and virtues. Education cultivates us into mature individuals, capable of planning for the future, and taking the right decisions in life.

Finally, in today's competitive world, it won't be wise to **neglect** the importance of education for the development of society as a whole. It is often said that the future of a nation is safe in the hands of the educated and that education is important for the social and economic growth of a nation.

(Adapted from: [www.buzzle.com/articles/ why-is-education-so-important](http://www.buzzle.com/articles/why-is-education-so-important))



C. Choose the best alternative according to passage 2. (3 × 2 = 6 marks)

1. According to the passage, education

- (A) only refers to the knowledge we get from books.
- (B) makes us capable of understanding the world around us.
- (C) is school-based.
- (D) can make us wealthy.

2. The word *expertise* in paragraph 4

- (A) refers to a deeper knowledge in every field.
- (B) refers to a deeper knowledge about a certain field.
- (C) is irrelevant to the career path a person may follow.
- (D) means education.

3. In the passage, it is stated that education
- (A) does not affect our character.
 - (B) is only applied in our profession.
 - (C) makes us more mature.
 - (D) distracts us from making the right decisions.

D. Write down 3 advantages of education mentioned passage 2. (3 marks)

E. Match the words which appear in bold in the passage to their meanings. (6 × 1 = 6 marks)

| | |
|---------------------------------------|-----------------|
| 1. inhabitants of a city or town | a. grounding |
| 2. understanding in a specific way | b. citizens |
| 3. pay little or no attention to | c. interpreting |
| 4. the basis or the foundation of | d. obtained |
| 5. acquired | e. civilization |
| 6. an advanced state of human society | f. neglect |

PART III: USE OF ENGLISH (30 MARKS)

A. Choose the word or phrase that best completes the sentence. (5 × 1 = 5 marks)

1. Mike expects at 8 o'clock this evening.
 - a. arriving b. he will arrive c. he is arriving d. to arrive
2. She did very well in the exam. She studied hard.
 - a. should have b. ought to have c. must have d. will have
3. The doctor said he must give up salt.
 - a. to eat b. he will eat c. eat d. eating
4. I think you took your schoolwork seriously!
 - a. it's time b. there is time c. it time d. it was time
5. If she hadn't caught the flu, she in yesterday's game.
 - a. was playing b. would have played c. had played d. could be played

B. Complete the second sentence so that it has a similar meaning to the first. Use the words in capitals. (10 × 1 = 10 marks)

1. When I was a child, I went to bed at seven every evening. **WOULD**
When I was a child, to bed at seven every evening.
2. Sue doesn't like horror films. **KEEN**
Sue horror films.
3. He has never been to France before. **FIRST**
This is the to France.
4. I finally managed to get Ben on the phone. **ABLE**
I get Ben on the phone.
5. It's a pity that I dropped the glass bottle. **WISH**
I the glass bottle.

C. Complete the text with the correct form of the words in capitals.



(5 × 1 = 5 marks)

Tea anyone?

If you love tea and technology, then you will also love Bright Electronics' new (1) (INVENT). Read for more information! If you have always wished that you could make a cup of tea without (2) (DAMAGE) the planet, the (3) (ENVIRONMENT)-friendly Sun Tea Maker is the answer. Available in a variety of colours, this amazing solar- (4) (POWER) tea maker only works with loose tea. In addition, the Sun Tea Maker has a touch-(5) (SENSE) mechanism that allows you to adjust the temperature of the water without wasting energy.

D. Fill in the gaps with an appropriate word from the box.
(5 × 1 = 5 marks)

ordinary / worthy / sporting / biggest /pleased

The Great North Run

The Great North Run is one of the UK's most popular (1)..... events. It is the (2) and best- known half marathon in the world. The first Great North Run was held in 1981, to help raise money for charities and other (3) causes. Around fifty thousand competitors sign up to take part in it every September. Most (4) people who enter the race are (5) if they just manage to finish it, but for some professional athletes the competition is a serious business and they are out to win.

E. Match the questions 1-5 with the responses a-e. (5 × 1= 5 marks)

| | |
|--|--|
| 1. Didn't he come home last night? | a. My story hasn't been chosen to appear in the magazine and I'm a bit disappointed. |
| 2. Do you remember how to get to Jack's? | b. Not as far as I know. |
| 3. What's wrong? | c. That sounds great. |
| 4. Can you see me off? | d. Yes, it's easy. My uncle lives on the same street. |
| 5. Shall we meet at the cinema? | e. Yes. What time are you leaving? |

GOOD LUCK!