

ΤΕΛΙΚΕΣ ΕΝΙΑΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ

ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2025-2026

Μάθημα: **Αγγλικά**

Επίπεδο: **E7**

Διάρκεια: **2:20 ώρες**

Ημερομηνία: **18 Μαΐου 2026**

ΔΟΚΙΜΙΟ ΚΑΤΑΝΟΗΣΗΣ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

**ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΔΕΚΑ (10) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ
ΠΡΙΝ ΑΠΟ ΚΑΘΕ ΑΠΑΝΤΗΣΗ ΝΑ ΣΗΜΕΙΩΣΕΤΕ ΤΑ ΣΤΟΙΧΕΙΑ ΤΗΣ ΕΡΩΤΗΣΗΣ**

PART II: READING AND USE OF ENGLISH

(60 MARKS)

1. Choose the best answer according to the passage.

(5x2=10 marks)

"Fancy lion's mane in your latte? The rise of mushroom coffee".



In many cafés today, customers are noticing a new option on the menu: mushroom coffee. Instead of choosing only between traditional drinks such as cappuccino, latte, or flat white, customers are increasingly asked whether they would like to add a scoop of lion's mane, reishi, or another mushroom extract to their coffee. What began as a small wellness trend has now become a common café option, attracting people who had never considered combining mushrooms with their morning coffee.

Mushroom coffee is usually made by mixing regular coffee with powdered or liquid mushroom extracts. These mushrooms are not the ones people normally use in cooking. Instead, they are known as "functional mushrooms" because they are believed to provide health benefits beyond basic nutrition. Popular examples include lion's mane, which some people say may help with focus; reishi, which is linked to relaxation; and cordyceps, which is often promoted as a natural energy booster. Although scientific evidence is still limited, these mushrooms have become well known in health and wellness communities, especially on social media.

Interest in mushroom coffee has grown quickly in recent years. Many cafés now offer mushroom powders in the same way they offer syrups or plant-based milk alternatives. For a small extra cost, customers can choose a mushroom add-in that matches their personal goals, such as improving focus, reducing stress, or increasing energy. This appeals to people who want to improve their daily habits without making major lifestyle changes. Adding mushrooms to coffee can seem easier than taking supplements or changing one's diet.

The popularity of mushroom coffee is also connected to a larger trend of "functional drinks." These drinks include collagen coffees, protein lattes, herbal teas, and energy drinks with ingredients such as ginseng or ashwagandha. Consumers, especially young adults, are attracted to drinks that

promise benefits such as improved sleep, or overall wellbeing. Mushroom coffee fits this trend because it combines a familiar drink with the idea of supporting health in a simple way.

Although younger people often lead wellness trends, mushroom coffee is enjoyed by a wide range of age groups. Many middle-aged and older adults are also interested in trying it. Some like the idea of supporting their health naturally, while others look for alternatives to very strong coffee. Because mushroom coffee usually has the same or slightly less caffeine than regular coffee, it can feel like a balanced choice. Some people also say that the earthy flavour of mushrooms makes coffee smoother and less bitter.

Marketing also plays an important role in the popularity of mushroom coffee. Companies often refer to studies suggesting that mushrooms contain antioxidants, vitamins, or other useful compounds. Influencers on social media frequently share their experiences and claim that mushroom coffee improves their focus or morning routine. Even if these claims are not fully proven, they encourage many people to try the drink.

However, some experts warn that the health claims may be exaggerated. While mushrooms do contain helpful compounds, the amount in a typical cup of mushroom coffee may be quite small. Research on the long-term effects is still limited, and some studies involve only small groups of people.

Another issue is that the amount of mushroom extract varies between brands. Some products include only a small quantity, while others contain more, which can give the coffee a stronger earthy taste. As a result, people often try several brands before deciding which one they prefer.

Despite these concerns, mushroom coffee remains popular. As interest in natural and functional ingredients continues to grow, cafés are likely to keep offering mushroom add-ins alongside syrups and plant-based milks. For many people, the drink represents a simple way to combine a daily habit with the idea of supporting personal wellbeing.

Adapted from: <https://www.thetimes.com/life-style/food-drink/article/mushrooms-collagen-functional-coffee-g8t03t3gx>

1. Which mushroom used in coffee is mentioned as being linked to relaxation?

- A) Reishi
- B) Lion's mane
- C) Cordyceps
- D) Shiitake.

2. Why do cafes offer mushroom coffee alongside syrups and plant-based milks?

- A) To provide options for customers who want something trendy.
- B) To provide options for customers who want something healthy.
- C) To provide options for customers who want something branded.
- D) To provide options for customers who want something improved.

3. What can be inferred about marketing strategies for mushroom coffee?

- A) They always provide proven scientific facts.
- B) They claim mushroom coffee is cheaper than normal coffee.
- C) They discourage people from drinking regular coffee.
- D) They aim to create interest and curiosity about the drink.

4. Why might a person try several brands of mushroom coffee?

- A) Because some brands contain more caffeine than others.
- B) Because the taste and amount of mushroom extract can vary between brands.
- C) Because they need to find a brand that tastes strong and earthy.
- D) Because they need to research before deciding the brand.

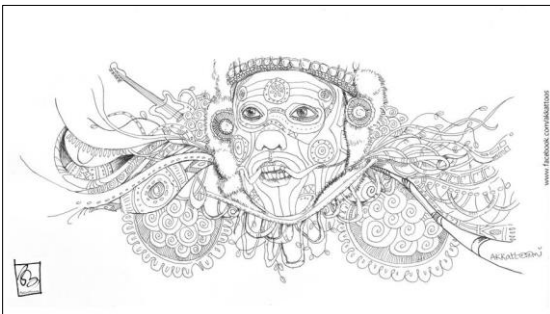
5. According to the passage, what has happened to mushroom coffee over time?

- A) It has become stable.
- B) It has become a specialized product.
- C) It has become a popular coffee choice.
- D) It has become more personalised.

2. Read the text and answer the following questions.

(12 marks)

Inside the ancient Indian ritual where humans become god **Theyyam: Ancient Ritual Theatre in Kerala**



For nearly 300 years, a family's ancestral house in Kerala, India, has hosted Theyyam, an ancient folk ritual. Rooted in tribal traditions, Theyyam existed before Hinduism but now includes elements of Hindu mythology. Each performance is both a theatrical spectacle and an act of devotion, transforming the performer into a living form of a deity.

The performers are mostly men from Kerala and neighbouring Karnataka. They wear elaborate costumes, paint their faces, and perform trance-like dances, mime, and music. About a thousand performances take place each year in family estates and near temples, traditionally performed by men from marginalised castes and tribal communities.

Theyyam is often called ritual theatre because of its dramatic and electrifying style. Performers take part in daring acts such as fire-walking, diving into burning embers, chanting mystical verses, and prophesying. Fire is especially important, symbolising purification, divine energy, and the transformative power of the ritual. Some performers bear physical signs of these feats, including burn marks or injuries.

The deities represented include gods and goddesses, ancestral spirits, animals, and forces of nature. For example, Raktheswari, a fierce form of Kali, the Hindu goddess of destruction, is shown drenched in blood, symbolising raw energy and destructive power. Through costume, dance, and ritual performance, the artist channels the deity's power for protection, justice, and spiritual cleansing.

Facial markings, intricate designs, and bright colours, particularly vermillion, are key features. Some performances use only masks without face paint. Theyyam also reflects respect for nature, with some deities representing animals or natural forces, such as a crocodile deity protecting people from dangers.

Women in the family, especially senior members, play an important role. They prepare rituals, oversee arrangements inside the house, and ensure traditions are followed. The senior-most maternal uncle manages the ceremonies, with the next senior male member taking over if needed.

Theyyam season runs from October to April, during which devotees gather in large numbers. Performances honour ancestors, warrior-hunter deities, tiger spirits, and local goddesses. Some rituals begin in nearby forests, believed to be the deity's earthly home, before bringing the spirit to the house.

During the performance, the artist, or kolam, fully transforms into the deity. The spectacle combines loud cries, fiery torches, and scenes from epics or dances. Devotees sometimes unburden their troubles, seeking solace and divine intervention.

Overall, Theyyam is a combination of art, theatre, religion, and culture. It connects humans with their environment, ancestors, and spiritual beliefs. The performances are dramatic, colourful, and intense, showing the power of devotion and the deep-rooted traditions of Kerala.

Adapted from: <https://www.bbc.com/news/articles/cy872p8m41eo>

1. How long has the ancestral house in Kerala hosted Theyyam performances?
..... (1)
2. What two elements does Theyyam combine in its performances?
..... (1)
3. Which social groups do the performers come from?
..... (1)
4. What is an alternative name for Theyyam?
..... (1)
5. How is Raktheswari portrayed?
..... (1)
6. How do women in the family contribute to the rituals? Give ONE detail.?
..... (1)
7. When is the Theyyam ritual period?
..... (1)
8. What is the performer of the ritual called?
..... (1)
9. How does Theyyam honor animals?
..... (1)

10. What is the role of fire during the ritual? Give THREE details.?

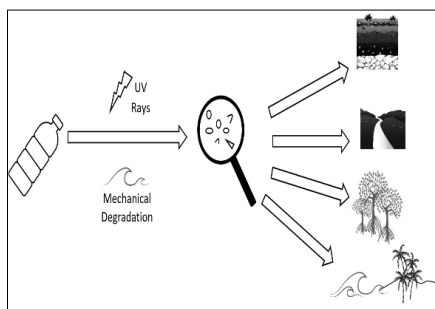
.....

.....

..... (3)

3. The text has four paragraphs, A-D. Which paragraph contains the following information?
(10x1=10 marks)

Views on Microplastics, Recycling and Plastic Waste



Most people today have heard about plastic pollution, but microplastics — tiny plastic particles that result when larger plastics break down — are less well understood. Microplastics can be found in oceans, rivers, soil and even the air. They can enter the food chain, affecting marine animals and potentially reaching humans. Although scientists continue to study the exact effects, many environmental campaigns highlight microplastics as a serious global concern.

Anne (A):

Anne became aware of microplastics when she saw a television report about pollution in the oceans. She remembers seeing images of beaches covered in plastic debris and tiny particles being ingested by fish. Anne finds this worrying because she does not think most people realise how widespread microplastics are or how they enter everyday products, such as cosmetics, clothing fibres and packaging. She has started choosing products with minimal packaging, but she admits that it can be hard to know which items contain microplastics because the information on labels is confusing or missing.

Bill (B):

Bill works as a secondary school teacher and often discusses environmental issues with his students. He believes that recycling is part of the solution, but he observes that many people don't recycle properly because they find rules unclear. In his town, for example, some plastics can be recycled while others cannot, and the guidelines are complicated. "If recycling were simpler," he says, "more people would do it correctly." Bill makes an effort to sort his own waste carefully, but he admits that when he is busy, he sometimes forgets which bin to use.

Claire (C):

Claire volunteers with a local environmental organisation. She has helped run talks and demonstrations about microplastics and recycling. According to Claire, most people have heard the term microplastics but cannot explain what it really means or what actions contribute to the problem. In her outreach work, she emphasises the effects on marine life, such as sea turtles mistaking plastic fragments for food, because telling these stories seems to make the issue more real for many people.

David (D):

David is a civil engineer who studies waste management systems. Although he believes strongly in recycling, he also notes that recycling alone cannot solve the plastic crisis if producers continue to make huge quantities of plastic goods. Instead, he argues, society must shift toward repairing,

reusing and reducing consumption, not only recycling. David often repairs broken items rather than replacing them and encourages his friends to avoid single use plastics, such as disposable cutlery and bags. He thinks policy changes, better product design and public education must work together to reduce overall plastic waste and limit microplastics in the environment.

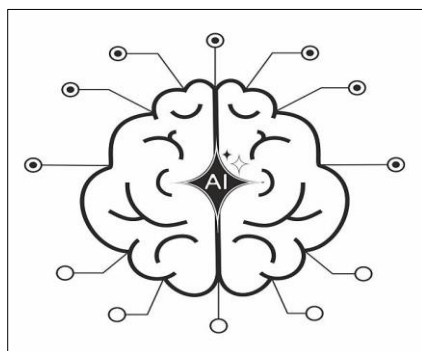
Adapted from: Henderson, L. & Green, C. (2020). Making sense of microplastics? Public understandings of plastic pollution. Marine Pollution Bulletin, 152, 110908

Who:

1.	... Believes many people have only heard the term but don't understand the issue?	
2.	... Works with young people to improve environmental awareness ?	
3.	... Encourages repair and reuse instead of just recycling ?	
4.	... Tries to buy products with less plastic packaging ?	
5.	... Has seen first hand how confusing recycling rules can be ?	
6.	... Says microplastics can come from clothing fibres and cosmetics ?	
7.	... Thinks recycling guidelines should be simpler ?	
8.	... Points out that recycling is not enough if plastic production remains high	
9.	... Uses stories about wildlife to explain the impact of microplastics ?	
10.	... Feels it is difficult to know which products contain microplastics ?	

4. Read the article “Neurotechnology and the Human Brain” and then complete the notes.
(8x1=8 marks)

Neurotechnology and the Human Brain



Neurotechnology includes tools that can read or influence brain activity. This technology has developed very quickly in recent years. Its most important uses are in medicine. Some systems can read brain signals and turn them into actions, helping people who have lost abilities because of illness or injury. For example, at a UN event in Geneva, a man who could not speak was able to communicate using a computer connected to his brain. This technology allowed his thoughts to be turned into spoken words. Such developments can help people regain communication and independence.

However, similar technology is now being sold to the public. Devices such as headbands, smart earphones and wristbands claim to improve focus, relaxation or productivity by measuring brain activity. Unlike medical equipment, these products are not always controlled by strict health and privacy laws. As a result, companies may collect and store very personal information about users, including data about attention, emotions and preferences.

Experts at the United Nations warn that this creates serious privacy risks. They explain that people who say they have “nothing to hide” may not understand how much can be learned from brain data. Just as social media companies use online behaviour to build profiles today, brain data could one day be used to learn even more personal details.

Another concern is control and influence. In the future, advanced systems might not only read thoughts but also influence them. This raises important questions about freedom of thought and personal choice. If technology can affect how people think, strong protections will be needed.

Because of these risks, the United Nations is calling on governments to create clear rules now. These rules should explain who can use brain data, for what reasons, and under what conditions. The goal is to make sure neurotechnology is used to help people, especially in healthcare, without threatening personal freedom.

Adapted from: UN News — ‘Mind over machine: UN urges ethical guardrails for brain tech revolution’ (5 Nov 2025).

You are going to give a talk about Neurotechnology to your class at school. Prepare some notes to help you with your talk. Make short notes under each heading.

1. Main medical benefits of neurotechnology.

- (1)
- (1)

2. Types of consumer neurotechnology products.

- (1)
- (1)

3. Privacy risks of consumer neurotechnology.

- (1)
- (1)

4. Ethical concerns.

- (1)
- (1)

5. Complete the gaps with ONE suitable word. There is an example at the beginning (0).
(10x1=10 marks)

The Value of Boredom in a Busy World

In modern society, people often see boredom as something negative—a feeling to (0) **be** avoided at all costs. With instant entertainment available on our phones, computers, and televisions, we rarely allow ourselves (1) _____ experience a quiet moment without stimulation. (2) _____, many psychologists argue that boredom can actually play an important role in our mental development.

When we experience boredom, our brains begin to search for new ideas and possibilities. This mental restlessness can lead to creativity. For example, some artists claim that their (3) _____ ideas come when they are daydreaming or doing simple, repetitive tasks. Without constant distractions, the mind has space to wander, make unusual connections, and imagine new solutions to problems. In this way, boredom (4) _____ be a useful tool for innovation.

Additionally, boredom can help us understand ourselves better. When we are not reacting to outside information, we become more aware (5) _____ our thoughts and emotions. This self-reflection can guide us in making decisions about our goals, relationships, and values. People (6) _____ regularly spend time alone, without digital devices, often develop stronger emotional resilience and concentration skills.

Despite these benefits, society continues to encourage constant activity. Students feel pressure to fill their schedules (7) _____ sports, clubs, and academic work, leaving little room for unstructured time. Adults also fear (8) _____ seen as unproductive if they are not always busy. As a result, many people lose the chance to enjoy the positive aspects of boredom.

Learning to appreciate boredom does not mean giving up entertainment or productivity. Instead, it means recognising (9) _____ moments of quiet can be valuable. By allowing ourselves to pause, reflect, and observe the world around us, we (10) _____ discover ideas and strengths that would otherwise remain hidden.

6. Complete the gaps with ONE suitable word. There is an example at the beginning (0).
(10x1=10 marks)

Art: Human Creativity and Expression



Art is the product of human (0) **creativity** and culture. It is created by artists and often does not need to have a(n) (1) _____ function. When it does though, it is called design or applied art. However, the main role of art is to express ideas, emotions, or imagination beyond simple usefulness.

Many people think of paintings, drawings, or sculptures when they hear the word art. But art also includes forms that (2) _____ creativity with communication. It allows individuals to share thoughts and respond to the world, including personal (3) _____, and perspectives. Whether something is

considered art **(4)** _____ on interpretation, appearance, and context. Aesthetic value refers to how pleasing or disturbing something is to the senses.

Art can **(5)** _____ ideas, guide processes, and inspire feelings. Some forms combine images with **(6)** _____, such as theatre, dance, or film. Others use words, like comics, literature, or poetry, to express human experiences and imagination. From **(7)** _____ cave paintings to modern films, art records human experience and explores the relationship between people and their environment.

Even humorous works, such as *Calvin and Hobbes*, show that art can entertain, reflect, and make people think. It helps people **(8)** _____ emotions and explore creativity. Art is part of human history, culture, and society, showing creativity and thought. Finally, it allows education, reflection, and personal **(9)** _____, connecting humans to the world.

Overall, art demonstrates that imagination and expression are **(10)** _____, influencing human society.

Adapted from: <https://clearlyexplained.com/arts/index.html>

0	<u>A. creativity</u>	B. imagination	C. invention	D. design
1	A. practical	B. brilliant	C. fictional	D. applied
2	A. present	B. create	C. combine	D. process
3	A. talents	B. laws	C. structure	D. experiences
4	A. counts	B. depends	C. interferes	D. allows
5	A. prepare	B. change	C. transfer	D. communicate
6	A. performance	B. stability	C. relaxation	D. immobility
7	A. prehistoric	B. current	C. contemporary	D. antique
8	A. express	B. deliver	C. consider	D. narrate
9	A. production	B. invention	C. growth	D. education
10	A. measurable	B. limitless	C. finite	D. restricted

PART III: WRITING

(40 MARKS)

You must attempt BOTH writing tasks.

(1x20=20 marks)

1. Recently you visited a new place in your area such as a park, museum, or attraction.

Write an email to a friend about the visit.

In your email you should:

- describe the place you visited
- explain one interesting or surprising thing that happened there
- say whether you would recommend this place to others

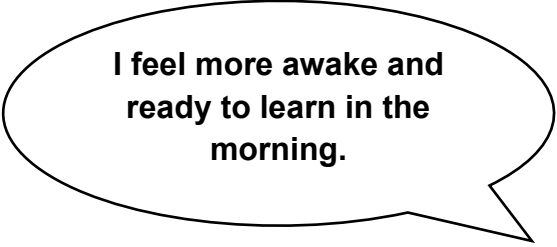
Your email should be between 120 and 160 words.

2. Your school recently tested a new rule or change in the school timetable. Your teacher has asked you to write a report about the change. (1x20=20 marks)

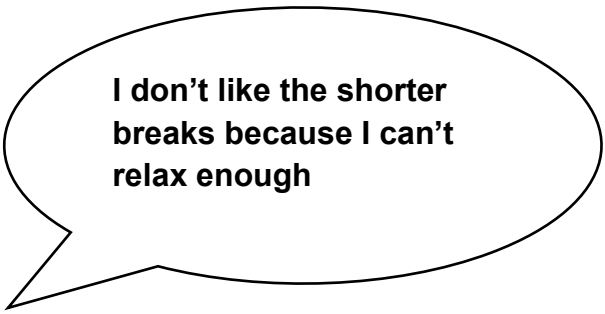
In your report you should:

- explain what the new rule or timetable change was
- describe how students and teachers reacted to it
- suggest whether the school should keep or change this rule

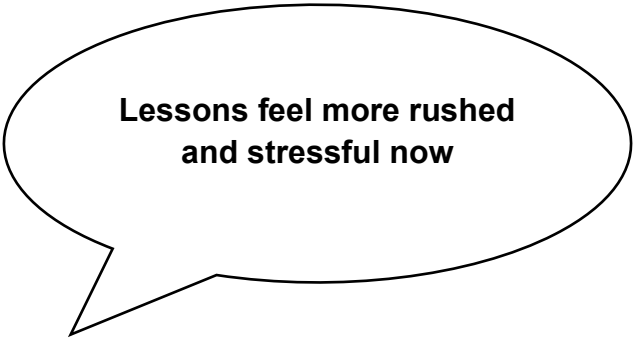
Here are some comments from other students:



I feel more awake and ready to learn in the morning.



I don't like the shorter breaks because I can't relax enough



Lessons feel more rushed and stressful now

Make sure to present your ideas clearly and logically. Your report should be between 120 and 160 words.

Good Luck!!!