

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΠΟΛΙΤΙΣΜΟΥ
ΔΙΕΥΘΥΝΣΗ ΑΝΩΤΕΡΗΣ ΚΑΙ ΑΝΩΤΑΤΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
ΥΠΗΡΕΣΙΑ ΕΞΕΤΑΣΕΩΝ

ΠΑΓΚΥΠΡΙΕΣ ΕΞΕΤΑΣΕΙΣ 2007

Μάθημα: ΑΓΓΛΙΚΑ (Ξενοδοχειακά)

Ημερομηνία και ώρα εξέτασης: Παρασκευή 25 Μαΐου 2007
7.30 π.μ. – 10:30 π.μ.

ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΠΕΝΤΕ (5) ΣΕΛΙΔΕΣ

Να απαντήσετε σε όλα τα ερωτήματα.

SECTION I: COMPOSITION

(25 MARKS)

Write about 150 - 200 words on the following topic:

You are a cook or a waiter and you are thinking of opening your own restaurant. Give three (3) reasons for your decision.

SECTION II: READING COMPREHENSION

(30 MARKS)

Read the passage below and answer the questions that follow it:

How to burn fat all day long

You eat all the right food and do plenty of exercise, so why aren't you losing any of that extra weight? Perhaps you need to think about a daily diet and exercise plan which tells you when you should be eating, drinking and exercising in order to burn fat more quickly. Try to start the day with a cup of green tea. Green tea wakes you up and gets you ready for a busy day ahead. You will feel cheerful and active, and at the same time your metabolism will start burning the extra calories.

After your hot drink, think about early morning exercise. This will help to elevate your energy levels and keep you alert all day long. But wait until your body temperature has risen and give yourself time to wake up. The best time to start exercising is half an hour after you open your eyes. The next step is to provide yourself with carbohydrates and liquids. This will help to give you the energy you need to get moving. Try to eat breakfast an hour after exercising, so the carbohydrates will be turned into energy and not be stored as body fat. It's also a good idea to eat plenty of unprocessed carbohydrates such as fruit, yogurt and rye bread.

As you make your way through the first part of your busy programme, don't forget the mid-morning energy increase you need. Eating just three meals a day makes the body store more food as fat. The secret of burning fat is to eat small amounts at regular intervals throughout the day. Keep away from unhealthy food like ice cream and chocolate, though! A banana or a kiwi at around eleven will give you all the energy you need. At around noon it's vital to drink lots of water. Water will help to lessen your appetite as it will fill you up. Experts recommend drinking cold water, as your body will have to use up calories just to warm it up.

It is always important to eat lunch earlier rather than later. The later you leave it, the easier it will be to fill up on fast food to satisfy your hunger. Try to plan your lunch menu and choose light carbohydrates and proteins such as tuna or chicken sandwiches served with vegetables and fruits. You shouldn't need to eat very much as you have already filled up with water. Now, by mid afternoon, you will find that your stress levels are on the rise again. That means that you are in need of fuel to keep you going through the rest of the afternoon. A small sweet snack would be the perfect choice, such as dried fruit, a banana or some fruit yogurt.

Later in the day, when you finish work and your body temperature is high, is the best time to do some fast, powerful exercise like going for a run or even a fast walk. Do whatever you enjoy, as long as it gets you moving and burning fat. The next step is the evening meal. It is important to eat an hour or so after doing some evening exercise. This will replace some of the energy you have lost so that you will be able to get up and get going again the next day.

A. Answer the following questions according to the information in the passage: (6 x 2 = 12 marks)

1. What two things should you think about if you want to lose extra weight?
a) b)
2. When is the best time to start exercising?
.....
3. Why are carbohydrates and liquids important?
.....
4. Give two examples of healthy food to increase your energy at about 11 o'clock.
a) b)
5. Why is it advisable to drink cold water?
.....
6. Write two kinds of powerful exercise.
a) b)

D. Read the following recipe. Choose ONE appropriate word from the words in parentheses to fill in the blanks: (10 x 1 = 10 marks)

Linguini with duck ragù

Trim each duck breast and season well. Place skin **1.(square / side / triangle)** down in a non stick pan and cook over a high **2.(heating / heat / hot)** until the fat is released and the skin is golden. Turn the fillets **3.(over / about / round)** and cook on the other side until crisp. Remove from the **4.(pan / plate / dish)** and set aside to rest.

Meanwhile, make the tomato sauce. Heat the **5.(water / wine / oil)** and fry the onion, celery **6.(and / end / add)** garlic over a low heat until softened but not brown. Add the chopped tomatoes and **7.(snip / stir / spread)** well. Season, then cook to reduce slightly.

Cook the linguini in a large pan of lightly **8.(salted / sliced / sifted)** boiling water until just tender. Drain, return to the pan, add the tomato sauce and **9.(dip / toss / sprinkle)** well so the pasta is coated.

Slice or shred the duck and add to the pan along with the chopped oregano leaves. Toss again to combine all the **10.(ingredients / slices / bars)**, and serve immediately.

E. Complete the following passage by using the correct form of the words in parentheses: (10 x 1 = 10 marks)

Menus

There are several kinds of menu. However, a **1..... (CHOOSE)** of dishes may be given for all courses and the customer may be able to make his own menu. However, **2..... (COMPOSE)** a menu is a chef's most important job. He must inform the staff what is to be ordered, prepared and **3..... (SERVE)**. The **4..... (INFORM)** must be clearly given and the courses must be **5..... (CAREFUL)** arranged.

The **6..... (APPEAR)** of a menu is also important. An **7..... (ATTRACT)** and well arranged menu will obviously increase sales. The language used must be easily **8..... (UNDERSTAND)** by everybody. Photographs usually attract **9..... (ATTEND)**. Moreover, a dietician's advice could be **10..... (HELP)** for better results.

----- ΤΕΛΟΣ ΕΞΕΤΑΣΗΣ -----