

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? Well, it is true that while you are relaxing in the sun, you may get a nice brown colour, but you need to know that there are some dangers. If you are aware of the dangers, then you can learn how to guard yourself against them. One of the dangers is getting a sunburn. If you wish to get a tan, you do not have to burn. When your skin starts getting red, this is a sign that the sun has damaged it. Your skin needs to get thick and the cells of your skin need time to produce melanin. Melanin is the natural colour that gives your skin a tan. You must always protect your skin and use a good suntan cream. The sun protection factor number on the suntan cream is very important. It tells you how much protection you will get from ultraviolet rays. So, get the right sun protection factor and relax in the sun this summer without any risk!



(Words: 230)

STATEMENTS		A	B
		TRUE	FALSE
1.	The main aim of the text is to inform us about the benefits of sunbathing.		
2.	Sunlight is good because it helps people get rid of stress.		
3.	According to the text, Vitamin C make our bones stronger.		
4.	Relaxing under the sun in the summer is not dangerous.		
5.	If we know the dangers of sunbathing we can better protect ourselves.		
6.	Getting a nice tan means getting a sunburn.		
7.	When your skin starts getting red it means that the sunlight has burnt it.		
8.	Melanin is a natural substance that gives your skin a dark colour.		
9.	You should never use a suntan cream when sunbathing if you want to tan fast.		
10.	A suntan cream with any sun protection factor will protect you from a bad sunburn.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	danger	B.	guards	C.	burn	D.	damage	E.	produces
F.	skin	G.	sunbathe	H.	bones	I.	stress	J.	important

11.	There are two security █ on the front door to keep uninvited people out of the wedding reception.
12.	I like to █ in the morning when the sun is not so hot.
13.	People who are under a lot of █ may face sleeping difficulties.
14.	If the █ cells get more UV exposure than they can handle, the damage may be beyond repair, and the cells just die off.
15.	Certain chemicals have been banned because of the █ they cause to the environment.
16.	If he carries on like this he is in █ of losing his job.
17.	The sun is so hot; put on your sandals or you may █ your feet on the sand.
18.	Rugby is a tough sport and you may end up with broken █,
19.	Her sons are the most █ thing in her life.
20.	Mike works for a factory that █ hybrid cars.