

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 three main dangers: burning, ageing of your skin and skin cancer. Doctors say that sunlight causes more changes to our skin than natural ageing does. This is because the ultraviolet rays break down our skin and make it weak and dry. Another danger of sunbathing is skin cancer. It is a fact that you risk getting skin cancer if you stay too long in the sun. When you sunbathe your skin produces melanin, a natural chemical which gives your skin a nice dark colour. If you try to tan faster than the time needed for your skin to produce melanin, then the risk of skin cancer is bigger. You must always protect your skin and use a good suntan cream.



(Words: 213)

STATEMENTS		A	B
		TRUE	FALSE
1.	This text talks about some of the dangers of sun exposure.		
2.	Sunbathing is an activity that can help you relax.		
3.	If you know about the dangers of sunbathing, you can better protect yourself.		
4.	Sunlight can change your skin as much as ageing does.		
5.	Our skin looks old because sunlight makes it weaker and easier to break.		
6.	If you stay under the sun for a long time, you risk getting skin cancer.		
7.	You should wait for your body to produce melanin so as to avoid getting a sunburn.		
8.	Melanin protects your skin from the harmful effects of the ultraviolet rays of the sun.		
9.	Our body cannot produce any melanin when we spend a long time under the sun.		
10.	You should use a good suntan cream only when you want to get a fast tan.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	damage	B.	change	C.	burn	D.	protect	E.	careful
F.	produce	G.	suntan	H.	guard	I.	dry	J.	risk

11.	To make or become different.
12.	Giving a lot of attention to what you are doing so that you do not have an accident, make a mistake, or damage something.
13.	To make something or bring something into existence.
14.	To destroy something by fire or extreme heat.
15.	The possibility of something bad or unpleasant happening.
16.	To keep someone or something safe from injury, damage, or loss.
17.	Pleasantly brown skin colour caused by spending time under the hot sun.
18.	Something that has no water in or around it.
19.	To cause injury or harm to somebody or something.
20.	When a person's job is to protect a person, place, or thing from danger or attack.