

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΠΟΛΙΤΙΣΜΟΥ
ΔΙΕΥΘΥΝΣΗ ΑΝΩΤΕΡΗΣ ΚΑΙ ΑΝΩΤΑΤΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
ΥΠΗΡΕΣΙΑ ΕΞΕΤΑΣΕΩΝ

ΠΑΓΚΥΠΡΙΕΣ ΕΞΕΤΑΣΕΙΣ 2012

Μάθημα: Αγγλικά 4ωρο Τεχνικών Σχολών (Ξενοδοχειακά)
Ημερομηνία & Ωρα Εξέτασης: Τρίτη, 5 Ιουνίου 2012
7.30 π.μ. – 10.45 π.μ.

ΤΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΕΞΙ (6) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ

I. WRITING SKILLS

(30 MARKS)

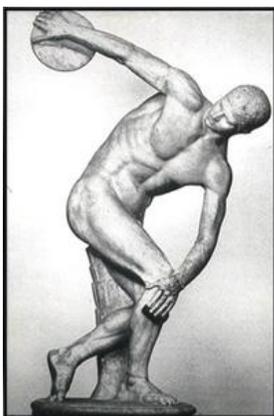
Write about 150 – 200 words on the following topic:

Some European students will visit your school. Describe some of the dishes you will offer them. Explain why you have chosen these dishes.

II. READING SKILLS

(30 MARKS)

Read the passage below and answer ALL the exercises that follow:



Diets of Athletes at Ancient Olympics

What did ancient athletes eat? It sounds like an easy question, but finding the answer is extremely difficult. Ancient historians gave very little information about the special diet for athletes, but we all know that food has always played an important part in their life. In fact, the winner of the running race at the Olympics in 776 BC was a cook, Koroibos, from Elis.

The diet of the athletes in the ancient Olympics was very **different** from the diet of the modern day athletes. However, athletes' need for protein to build muscles and for carbohydrates to have energy was not different. The ancient Olympic athletes came mostly from rich families in Greece. These families could afford to feed on more protein-rich beans and meat. They did not eat only bread, fruit and vegetables, which were the foods that all the other people ate. We must remember that this food is what we now believe is a **basic** part of the Mediterranean Diet. It is a healthy eating habit that does not cause heart **disease**. In ancient times, the most common "meat" eaten by all people was fish because the sea was very close to where the people lived.

Early reports write that the first Olympic athletes followed a cheese and fruit-based diet. Later on, meat also became important for them. A food historian found documents of an ancient Olympic runner who won several **competitions** because he followed a "meat-only" diet. This made "meat-only" diets very popular.

Some other advice for athletes included avoiding bread right before a competition. However, they were asked to eat dried figs, which were thought to build muscle and stamina. Wine was also very popular for both drinking and cooking in ancient Greek times. It is said that even Hippocrates once advised athletes with **painful** muscles to "get drunk once or twice."

Adapted from: <http://www.topendsports.com/nutrition/olympic-ancient.htm>

A. Choose the best answer a, b, or c according to the passage:

(5x3=15 marks)

1. The Olympic winner of the running race in 776 BC

- a. was a chef.
- b. did not know how to cook.
- c. was from Athens.

2. **Carbohydrates are needed by athletes to**
 - a. make strong muscles.
 - b. increase their energy.
 - c. relax them after exercise.

3. **The families of Olympic athletes could**
 - a. buy protein-rich foods.
 - b. not buy meat.
 - c. not get protein-rich foods.

4. **Early reports show that the first Olympic athletes ate**
 - a. meat.
 - b. only fruit.
 - c. cheese and fruit.

5. **The athletes were advised**
 - a. to eat bread before a competition.
 - b. to eat fresh figs.
 - c. not to eat bread before a competition.

B. True or False?

(5x2=10 marks)

1. Food has never played an important role in the life of athletes.
2. The ancient Olympic athletes ate exactly the same kind of food as today's athletes.
3. The Mediterranean Diet is good for the heart.
4. In ancient times, the most common "meat" people ate was pork.
5. It is said that Hippocrates advised athletes to get drunk every day.

C. Match the words in Column A, in bold in the passage, with the words / phrases in Column B according to the passage:

(More words / phrases than needed are given in Column B)

(5x1=5 marks)

A	B
1. different	a. likeable
2. basic	b. illness
3. disease	c. strength
4. competitions	d. not the same
5. painful	e. hurting
	f. main
	g. races

III. LANGUAGE USAGE (20 MARKS)

A. Rewrite the following sentences without changing their meaning:

(5x1=5 marks)

1. "Do you mind not smoking in the reception area?"
"Please, don't _____ in the reception area."
2. The chopped onions must be cooked in the same butter you used for the meat.
Cook _____ in the same butter you used for the meat.
3. "I want some more wine."
"I would _____ some more wine."
4. Andreas told his friend he would invite him next time.
Andreas said, "I _____ you next time."
5. The manager welcomed her at the hotel.
She _____ at the hotel by the manager.

B. Complete the following passage by using ONE of the three words in brackets:

(10x1=10 marks)

HOW TO MAKE SPAGHETTI CARBONARA

For the carbonara sauce:

In a pan, put some olive **1. (paste / pie / oil)** and then the chopped **2. (carrot / apple / bacon)**. Stir for a few minutes, and then turn the heat off.

In a bowl, put the egg **3. (omelette / shell / yolk)**, and then the fresh cream and the parmesan **4. (salad / cheese / drink)**. Mix it all together.

Now for the spaghetti:

In another pan, boil some **5. (water / milk / wine)** and season with salt. Put the **6. (potatoes / tomatoes / pasta)** into the pan and push it down with your wooden **7. (knife / whisk / spoon)** so that all the spaghetti is under the water. Add some oil and cook for seven to ten **8. (seconds / minutes / hours)**.

When the pasta is cooked, strain it. Then, put the pasta in the pan with the bacon. After that, put the egg mixture and mix it all together.

After mixing, season with **9. (salt / mayonnaise / ketchup)** and pepper and add the chopped **10. (pineapple / cereal / parsley)**.

Enjoy the meal!



C. Complete the following passage by using the correct form of the words in brackets:

(10x0.5=5 marks)

Honey and its Use in Local Food



Honey bees have been around for millions of years. Honey is 1. _____ **(PROBABLE)** the food that has the 2. _____ **(LONG)** tradition in the history of the world. Cyprus was well 3. _____ **(KNOW)** for its honey since ancient times. Honey is a basic ingredient in Cypriot 4. _____ **(COOK)** and confectionary and a 5. _____ **(HEALTH)** alternative to sugar in coffee or tea. As part of an every day diet, it can also be served with breakfast, spread on 6. _____ **(TOAST)** bread.

A Cypriot and Greek product made with honey is Pastelli. Pastelli is of great 7. _____ **(NUTRITION)** value, good for substituting candies and other sweets. A new variation of the product involves the 8. _____ **(ADD)** of almond or pistachio nuts in the mix. The basic 9. _____ **(PREPARE)** of pastelli begins with the 10. _____ **(BOIL)** of honey. Then sesame is added while the stirring continues. The mixture is then spread on a cold surface until it cools down.

[Http://foodsectors/products-of-the-honey-bee](http://foodsectors/products-of-the-honey-bee)