ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΠΟΛΙΤΙΣΜΟΥ, ΑΘΛΗΤΙΣΜΟΥ ΚΑΙ ΝΕΟΛΑΙΑΣ

ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΓΕΝΙΚΗΣ ΕΚΠΑΙΔΕΥΣΗΣ

ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΤΕΧΝΙΚΗΣ ΚΑΙ ΕΠΑΓΓΕΛΜΑΤΙΚΗΣ ΕΚΠΑΙΔΕΥΣΗΣ ΚΑΙ ΚΑΤΑΡΤΙΣΗΣ

ΕΝΙΑΙΑ ΓΡΑΠΤΗ ΑΞΙΟΛΟΓΗΣΗ Β΄ ΤΕΤΡΑΜΗΝΟΥ 2021-2022

Γ' ΤΑΞΗ ΤΕΧΝΙΚΩΝ ΣΧΟΛΩΝ

ΔΕΥΤΕΡΑ, 23 ΜΑΙΟΥ 2022

ΕΞΕΤΑΖΟΜΕΝΟ ΜΑΘΗΜΑ: ΑΓΓΛΙΚΑ 2ΩΡΟ (Α' ΣΕΙΡΑ)

ΚΩΔΙΚΟΣ ΜΑΘΗΜΑΤΟΣ: Γ0051

ΣΥΝΟΛΙΚΗ ΔΙΑΡΚΕΙΑ ΓΡΑΠΤΗΣ ΕΞΕΤΑΣΗΣ ΑΓΓΛΙΚΩΝ: <u>135΄ λεπτά</u>

ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ <u>ΕΞΙ (6)</u> ΣΕΛΙΔΕΣ

_____

ΟΔΗΓΙΕΣ

1. Στο εξώφυλλο του τετραδίου απαντήσεων να συμπληρώσετε όλα τα κενά με τα στοιχεία που ζητούνται.
2. **Να απαντήσετε ΟΛΑ τα ερωτήματα.**
3. **Να μην αντιγράψετε τα θέματα** στο τετράδιο απαντήσεων.
4. Να μη γράψετε πουθενά στις απαντήσεις σας το όνομά σας.
5. Να απαντήσετε στο τετράδιό σας σε όλα τα θέματα **μόνο με μπλε πένα ανεξίτηλης μελάνης**. Μολύβι επιτρέπεται, μόνο αν το ζητάει η εκφώνηση, και μόνο για πίνακες, διαγράμματα κλπ.
6. Απαγορεύεται η χρήση διορθωτικού υγρού και διορθωτικής ταινίας.

ΣΑΣ ΕΥΧΟΜΑΣΤΕ ΚΑΛΗ ΕΠΙΤΥΧΙΑ

PART II: WRITING SKILLS   (30 MARKS)

> Write **an email** to a classmate about a friend and his/her personality.
>
> In your email you should discuss
>
> - two positive characteristics of his/her personality,
>
> - two negative characteristics of his/her personality.
>
> - the effect his/her personality has on you.
>
> **Write about 150 words.**

PART III: READING SKILLS   (30 MARKS)

Read the passage below and answer ALL the questions that follow.

Various Modern Lifestyle habits that influence health

Lifestyle is an essential factor in health. Unhealthy behaviour can lead to illness, disability and even death. Recent medical reports show that there has been a rise in health-related issues like metabolic diseases, joint, skeletal problems and obesity. Research has proved that a healthy lifestyle like appropriate diet, satisfactory physical fitness level and a healthy weight can provide health benefits. For many of us, the modern lifestyle and the stress it causes affects our physical, psychological and social health. So, it has become **vital** to understand the relationship between lifestyle and health and maintain the right balance.

Unhealthy Diet

Diet is the most crucial factor in lifestyle and has a direct relation with health. The way people eat has also changed from before. Earlier, the diet used to include a lot of vegetables and fruits which gave nutritional value. With the fast-paced modern lifestyle, the diet has also become fast. In a competitive world, people have no time to cook meals or sit and eat slowly. As a result, people resort to fast-foods and frozen foods. This gives rise to unwanted diseases. Obesity is on the **rise** and has become a chronic problem.

Lack of physical fitness or exercise

Along with poor eating habits, lack of physical fitness is a significant problem in modern lifestyle. It can cause damage to a person's health. The study from WHO[1] tells that around 60-85% of the worldwide population does not engage in enough physical activity. So, why are we more sedentary now than fifty years ago? The answer is simple: technology. Technology results in more **inactive** means of transport. It leads to an increase in sedentary lifestyle and more sitting activities. Additionally, people do not have time because they are working more in a competitive world. So, how to relieve stress? The best way is to exercise regularly and work on your holistic wellness.

Lack of sleep

Many aspects of modern lifestyle like television, computer screens, and the mixing of work and personal time have contributed to sleep **deprivation**. For a healthy lifestyle, a person requires a minimum of seven hours of good sleep. Sleep deprivation prevents the body from producing cytokines, which fight infection. This means a person takes a longer time to recover from illness and increases the risk of chronic illness. It also affects body weight and leads to obesity.

Technology addiction

Modern technology brings certain advantages to people and makes things, such as fast communication and ease of travelling, better. Machines are used for cooking, washing, cleaning, and they reduce the need for physical work. Computers and the Internet are a **standard** part of every household. Modern technology can bring us luxury, but the problem starts when it becomes an addiction. For example, cell phones have become an essential part of every person's life. People have become obsessive and are losing the humane aspect of their lives.

Adapted from: https://maharishiayurvedaindia.com/blogs/ayurveda-knowledge-center/understand-the-impact-of-modern-lifestyle-on-health

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[1] World Health Organisation

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

(5x2=10 marks)

1. The stress from modern lifestyle has an impact on people's ___.

a. psychology
b. physics
c. society

2. People used to eat nutritious food because they had ___.

a. more patience
b. more time
c. less competition

3. A sedentary lifestyle refers to a ___ life.

a. natural
b. technical
c. sitting

4. 'Obesity' means ___.

a. body building
b. being overweight
c. weight lifting

5. Obsession with mobile phones makes people less ___.

a. caring
b. selfish
c. isolated

B. Write whether the following sentences are True (T) or False (F).

(5x2=10 marks)

1. People have always had the same eating habits. **FALSE**

2. Nowadays people eat more quickly. **TRUE**

3. You can manage stress if you take exercise. **TRUE**

4. Cytokines allow infection to develop. **FALSE**

5. Technology becomes a problem when people cannot do without it. **TRUE**

C. Match the words in Column A with their meanings in Column B.

Column A		Column B
1. vital	**d**	**a.** increase
2. rise	**a**	**b.** passive
3. inactive	**b**	**c.** typical
4. deprivation	**e**	**d.** necessary
5. standard	**c**	**e.** lack

D. Answer the following questions according to the passage. (5 marks)

   1. What are three examples of a healthy lifestyle? (3 marks)

    Appropriate diet, satisfactory physical fitness level and a healthy weight.

   2. What two benefits does technology offer people? (2 marks)

    Fast communication and ease of travelling.

PART IV: LANGUAGE USAGE (20 MARKS)

A. Choose the correct option a, b or c so that the second sentence has a similar meaning to the first sentence. (5x2=10 marks)

1. Mike does not obey the school rules.

   Mike _____ the school rules.

   a. beats   **b.** hits   **c. breaks**

2. The writer is finishing the novel.

   The writer is putting the finishing _____ to the novel.

   a. touches   **b.** effects   **c.** points

3. Many people think that Peter is good at his job.

Peter is _____ to be good at his job.

    a. said   **b.** thought   **c.** believed

4. Someone stole my calculator.

My calculator _____ stolen.

    a. is   **b.** was   **c.** has been

5. We all need friends.

No man is an _____.

    a. animal   **b.** island   **c.** inland

B. Complete the following passage by choosing ONE of the following words in brackets.   (10x0.5=5 marks)

Reading History to Understand Your Ancestors

Have you **1. (never / ever / forever)** considered reading history to get to know your ancestors better? It is a wonderful **2. (way / means / time)** to do so. Here's how it can help you bring them **3. (alive / aloud / awake)**.

If you want to truly understand **4. (what / which / who)** your ancestors were as people, you have to do a little bit **5. (less / more / most)** than the regular types of genealogical research. You have to become a historian of the times and places in which they **6. (lived / survived / died)**.

Even if you are not reading about your ancestors specifically, you can find **7. (out / up / in)** so much about who they were by reading about the history that surrounded them. Brushing up on the details of what life was **8. (like / alike / similar)** in the time and place they lived, what historical events might **9. (had / have / has)** affected them can give you an excellent **10. (idea / opinion / thought)** of what your ancestors went through, and how those things shaped them as people.

Adapted from: https://ancestralfindings.com/reading-history-understand-ancestors/

C. Complete the following passage by using the correct form of the word in brackets. (10x0.5=5 marks)
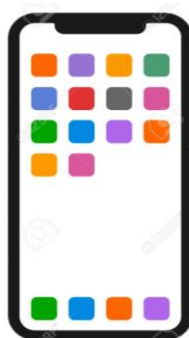
Challenges of Mobile Phones

Using their mobile phones, people can talk, text, email, post on Facebook, Instagram, and video conference **1. cheaply (CHEAP)** and conveniently. However, we are still in the early days of the **2. development(s) (DEVELOP)** of mobile phones. Only a small fraction of the mobile phone's potential has been **3. unlocked (UNLOCK)**.

Services, especially Internet access, are too costly, as are the phones themselves. Smartphones try to do all things for all people. Mobile phones are **4. designed (DESIGN)** as mass-market commodities without regard for the fact that people are unique and that **5. different (DIFFER)** people benefit from phones satisfying their unique needs.

These deficiencies are being addressed in our society in the **6. following (FOLLOW)** ways: New radio technologies are increasing the capacity of existing systems and **7. reducing (REDUCE)** service costs. Specialized devices optimized for **8. medical / medicinal (MEDICINE)** and educational applications are appearing each day. Applications are starting to appear that promise to revolutionize medicine, **9. education (EDUCATE)**, and business, and to promote new types of **10. collaboration (COLLABORATE)** between people.

Adapted from: https://onlinelibrary.wiley.com/doi/full/10.1002/hbe2.112

- ΤΕΛΟΣ ΕΞΕΤΑΣΤΙΚΟΥ ΔΟΚΙΜΙΟΥ -