

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΘΡΗΣΚΕΥΜΑΤΩΝ, ΠΟΛΙΤΙΣΜΟΥ ΚΑΙ ΑΘΛΗΤΙΣΜΟΥ  
ΚΕΝΤΡΙΚΗ ΕΠΙΤΡΟΠΗ ΕΞΕΤΑΣΕΩΝ ΕΙΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ  
ΕΛΛΗΝΩΝ ΕΞΩΤΕΡΙΚΟΥ

**ΕΞΕΤΑΣΗ ΤΩΝ ΥΠΟΨΗΦΙΩΝ ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ**

10 Σεπτεμβρίου 2012

**ΟΔΗΓΙΕΣ ΓΙΑ ΤΟΥΣ/ΤΙΣ ΥΠΟΨΗΦΙΟΥΣ/ΕΣ**

1. Να απαντήσετε σε όλα τα ερωτήματα στο τετράδιό σας ακολουθώντας την αρίθμηση των θεμάτων, ως εξής:
  - A1. 1 ...  
2 ...
  - A2. Να γράψετε μόνο τον αριθμό του ερωτήματος και το γράμμα που αντιστοιχεί στη σωστή απάντηση, π.χ.  
4 – C  
5 ...
  - B1. Να γράψετε μόνο τον αριθμό του ερωτήματος και τη ζητούμενη λέξη.  
10 ...  
11 ...
  - B2. Να γράψετε μόνο τον αριθμό του ερωτήματος και τη ζητούμενη λέξη.  
15 ...  
16 ...
  - B3. Να αντιστοιχίσετε τον αριθμό του ερωτήματος με το σωστό γράμμα, π.χ.  
20 – F  
21 ...
  - Γ. Να αναπτύξετε το ζητούμενο θέμα στο τετράδιό σας χωρίς να αντιγράψετε την οδηγία-εκφώνηση.
2. Να χρησιμοποιήσετε μόνο μπλε ή μαύρο στυλό διαρκείας και μόνο ανεξίτηλης μελάνης.

**Καλή Επιτυχία**

Διάρκεια εξέτασης: Τρεις (3) ώρες

Έναρξη χρόνου εξέτασης: Αμέσως μετά τη διανομή των θεμάτων

Δυνατότητα αποχώρησης: Μιάμιση ώρα από τη διανομή των θεμάτων.

**A. Read the text below and respond to tasks A1 and A2.**

## **THE TRUTH ABOUT FATS**



Brace yourself: fat is vital for a healthy, balanced diet. Essential for energy and insulation, it is also responsible for carrying fat-soluble vitamins (A,D,E and K) through the bloodstream and keeping the skin and immune systems working properly. The real difficulty is deciding which fats are good and which aren't. To do so you need to understand the importance of cholesterol and the effects different fats have on it. Two types of cholesterol exist: bad cholesterol – LDL- that can clog up your arteries and lead to heart disease; and good cholesterol – HDL- that can prevent heart disease and transports protein and carbs through your body.

Monounsaturated fats reduce bad cholesterol and raise good cholesterol. These are liquid at room temperature - olive oil, canola oil and peanut oil are great sources. Polyunsaturated fats - found in nuts, corn and leafy greens - reduce cholesterol levels overall. Saturated fats are solid at room temperature and made from animal fats (think cheese, butter and fatty meat), but despite their bad reputation they are important to bodily function (protein, which is essential for building and repairing body tissues among other vital jobs, is found in many saturated fats). Don't go looking for saturated fat; it generally finds you.

Finally, trans fats - found in greasy, fast food - are without merit at all. 'They're unnaturally made and chemically treated by the food industry, which means they can't be processed effectively by the body and block absorption of the monounsaturated and polyunsaturated fats that the body needs,' says nutritionist Ian Marber. Avoid, avoid, avoid.

Essentially fatty acids (EFAs) omega-3 and omega-6 are, as the name implies, crucial, because our bodies can't produce them independently. They help improve brain and mood function and allow for normal growth and development. Oily fish are a great source of omega-3, while most plant oils are rich in omega-6. Our bodies need both, but according to pharmacist Shabir Daya just a little omega-6 is enough – too much can lead to heart disease and arthritis because it has inflammatory properties. Omega-3 is, happily, the opposite, as it has potent anti-inflammatory properties.

Georgia Collins  
ELLEUK.COM, August 2012  
Abridged.

## ΑΡΧΗ 3ΗΣ ΣΕΛΙΔΑΣ

**A1. Answer questions 1-3 with information from the article (up to 20 words each).**

(3 x 4 points = 12 points)

1. Are all fats equal?
2. Is there any kind of fat we should keep away from?
3. Which words in the text show that the article is trying to change the general concept about diets that exclude animal fats?

**A2. Choose the correct answer (A, B, or C) for items 4–9 with information from the article.**

(6 x 3 points = 18 points)

4. The most difficult thing about fats is to determine their  
A. origin                      B. function                      C. number
5. Polyunsaturated fats  
A. reduce LDL and raise HDL      B. reduce both LDL and HDL      C. raise both LDL and HDL
6. High levels of HDL  
A. can bring heart disease      B. can create protein      C. can carry carbs
7. Trans fats are  
A. inhibiting other fats from being processed      B. produced effectively by the body      C. found in natural substances
8. One of the functions of saturated fats is to  
A. block absorption of unsaturated fats      B. clog up arteries and cause heart disease      C. help maintain body tissues in a good condition
9. EFAs are important because they  
A. are produced by the human body      B. promote many aspects of our health      C. inhibit the absorption of peanut oil

**B1. Use the following words (A-H), in the correct form, to complete sentences 10-14, as in the example. There are two words you do not need.**

(5 x 2 points = 10 points)

A.	approval	B.	consumption	C.	conclusion	D.	association
E.	<del>poise</del>	F.	frustration	G.	risk	H.	force

The example is in *italics*.

### MEDICATIONS FOR CHILDREN

It is a conundrum that has (10) \_\_\_\_\_ pediatricians for decades: children get sick and need drugs, yet few medications have been (11) \_\_\_\_\_ for their use. A recent study and a government report published in February (12) \_\_\_\_\_ that, most of the time, doctors are (13) \_\_\_\_\_ to prescribe drugs to young patients without adequate data, putting kids at risk for overdoses, side effects and long-term health problems. In late June Congress was *poised* to strengthen existing laws that encourage pharmaceutical

ΤΕΛΟΣ 3ΗΣ ΑΠΟ 5 ΣΕΛΙΔΕΣ

ΑΡΧΗ 4ΗΣ ΣΕΛΙΔΑΣ

companies to test medicines in kids, but that won't solve the safety problems  
(14)\_\_\_\_\_ with pediatric drugs.

**B2. Use ONE WORD to fill in the gap in the statements of Column B, so that they have a similar meaning with the statements of Column A.** (5 x 2 points = 10 points)

**Example:** The coach has called the players of the new team.

He is trying to put a team together for next season.

	COLUMN A	COLUMN B
15.	Children should learn to save money for later use.	We can encourage children to put some of their pocket-money_____.
16.	The reunion must be delayed by at least another week.	We will have to put the reunion _____ further.
17.	He has suggested a new plan to save water.	He has put _____ a new proposal for water conservation.
18.	Cigarettes should be extinguished at the entrance.	You should put _____ your cigarettes before entering.
19.	The secretary makes the connection so that you can talk to the manager.	The secretary will put you _____.

**B3. Match items 20-24 (Column A) with options A-G (Column B) to make complete statements. In Column B there are two options you do not need.** (5 x 2 points = 10 points)

	COLUMN A	COLUMN B
20.	The researchers examined data on 43,265 participants enrolled in the Aerobics Center,	<b>A.</b> aside from their weight, they didn't suffer from insulin resistance, diabetes, low levels of good cholesterol and high blood pressure.
21.	The researchers categorized obese participants as "metabolically healthy" if,	<b>B.</b> you are still more likely to develop other metabolic risk factors that contribute to chronic disease if you're overweight.
22.	Obviously the more overweight and the more obese you are,	<b>C.</b> who filled out questionnaires about their lifestyle and medical history.
23.	It is also quite easy physiologically to be overweight or obese,	<b>D.</b> it takes about 30 minutes of walking five days a week on average.
24.	Although research suggests that excess weight alone may not necessarily lead to disease,	<b>E.</b> but also qualify as physically fit.
		<b>F.</b> the more likely you are to have a metabolic abnormality.
		<b>G.</b> is a strong predictor of whether or not you're going to be metabolically fit.

**C. Produce a written text. (40 points)**

**TASK:** Your school's e-magazine is asking for contributions concerning '*Ways to Eat Environmentally Friendly*'. Write an article (200 words) for the next issue discussing environmentally friendly practices consumers can adopt. Your suggestions may concern some of the following:

- organic products
- reusing bags
- recycling
- minimal packaging
- plastic bags and bottles
- local markets

(Do NOT sign the article. Use the title given above)

**ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ**