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READING SKILLS (20 MARKS)

READING A: Read the text below and do ALL the exercises that follow.

GOOD HEALTH

Good Health



Most people would agree with the definition of good health as being a state where you are free from sickness. Despite this, there are many different opinions about how a person can actually have good health. People used to only think of their health when they were sick. But these days more and more people are taking measures to make sure that they don't get sick in the first place.

One of the best things you can do for your body is exercise. But how much is enough? Not everyone agrees on exactly how much people should exercise each day. Some people think that doing simple things like cleaning the house are helpful. Other people do heavy exercise everyday such as running or swimming. One thing experts do agree on is that any kind of exercise is good for you.

Along with exercise, having a healthy diet can help promote good health. Foods like vegetables and fruits should be eaten several times each day. It is also important to eat foods high in fiber such as beans, grains, fruit and vegetables. Fiber helps your body to digest the food you eat. It also, helps your body in other ways such as decreasing the chance of getting some cancers, heart disease and diabetes. Avoiding foods with a lot of sugar, salt and fat is a good idea. Eating these kinds of foods can lead to a variety of health problems. The main one being obesity. Obesity means having so much fat on your body that you are risking your health.

In today's modern world, we all have some level of stress in our life. Different things cause stress for different people. Money problems, work and relationships with other people can all cause stress. It can also be caused by good things like getting married or moving into a new house. The important thing to remember is that you can never completely remove stress from your life. It will always be with you. Instead of trying to remove stress, people need to be aware of what causes them stress and find ways to reduce the impact that stress has on their lives.

There are several ways to fight against stress in your life. Exercise and sports are a great way to reduce stress. Other activities like Tai Chi, yoga or taking a walk also help reduce stress. Changing the way you think can also reduce stress. Try living for now, and don't worry about the future.

These are only some of the ways that people can have good health. Doing these simple things can help you to have a better life now and will lead to a longer and happier life in the future.

Source: http://www.esreadinglessons.com/good_health.htm

EXERCISE A1. Decide whether the following statements are TRUE, FALSE or NOT MENTIONED in the passage. (4x1=4 marks)

	TRUE	FALSE	NOT MENTIONED
1. Everyone agrees on how to have good health.			
2. You must do difficult exercise for a long time every day to be healthy.			
3. Many people are obese nowadays.			
4. Stress can be caused by good things.			

EXERCISE A2. Choose the best alternative according to the passage: (6x1=6 marks)

- 1. What is the main idea of the text?**
 - a. Knowing the difference between good health and bad health is important.
 - b. People all over the world have different ideas of what “good health” means.
 - c. Exercising, a healthy diet and reducing stress lead to a healthy life.

- 2. Beans, grains, fruit and vegetables are examples of ____.**
 - a. Foods with fiber
 - b. Foods you should eat several times a day
 - c. Foods that can cause obesity

- 3. What is one cause of obesity?**
 - a. Foods high in fiber.
 - b. Unhealthy foods.
 - c. A lot of exercise.

- 4. The word It refers to:**
 - a. Stress
 - b. Work
 - c. World

- 5. Tai Chi, Yoga and taking a walk are examples of ____.**
 - a. ways to reduce stress
 - b. changing how you think
 - c. how we live now

- 6. In which order were these presented?**
 - a. Diet, stress, exercise.
 - b. Exercise, diet, stress.
 - c. Stress, diet, exercise.

EXERCISE A3. Match the words in Column A (in bold in the text) with the words in Column B. (More words than needed are given) (5X1=5 marks)

COLUMN A	COLUMN B
1. sickness 2. experts 3. decreasing 4. completely 5. impact	a. effect b. increasing c. definitely d. specialists e. reducing f. entirely g. illness
1.....2.....3.....4.....5.....	

READING B: SUMMARY WRITING (10 marks)

Read the following article about stress.

Using your own words, write a summary of 80-100 words.

The Effects of Stress



There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

