

# Αγγλικά

Επιλογής

## A1.

1. Critical thinking is important and informal educational environments prove to be more effective in teaching it than schools.
2. It means thinking critically which provides the sound foundation on which students will be able to learn.
3. Yes, because the writer says “we studied” implying he/she participated in the study carried out at the Exploratorium

## A2.

4. B
5. A
6. C
7. C
8. A
9. B



## B1.

10. recession
11. graceful
12. acceptable
13. decision
14. illegal

## B2.

15. for granted
16. No sooner
17. to leaving
18. provided that/ providing that
19. more likely

# ΠΑΝΕΛΛΑΔΙΚΕΣ ΕΞΕΤΑΣΕΙΣ 2013

## Ενδεικτικές Απαντήσεις

**B3.**

20. D

21. E

22. A

23. F

24. C

**Γ.**

### ADOPTING A HEALTHY LIFESTYLE

What is a healthy lifestyle and why is it important? A healthy lifestyle does not only make you look better but also promotes quality of life and longevity. Although this is something most young people are aware of, more and more students follow an unhealthy way of life.

Regarding students' diet, it is true that many teenagers skip breakfast. Under no circumstances should a nutritious breakfast be skipped. It supplies you with energy so you will find yourself more able to resist unhealthy snacks during school breaks. Physical exercise is also essential. Most students have a lot of homework and no free time which makes them lead a sedentary lifestyle. However, cycling to school or playing sports during breaks are some forms of exercise busy students could have. Working out will help you release stress and being fit will make you feel more self-confident. As far as habits teenagers tend to adopt, they should avoid smoking and alcohol consumption since these habits may cause them serious health problems in the future.

To sum up, a healthy lifestyle should be a priority for young people because the earlier one adopts it the more beneficial it will prove to be to them.

 **Σ σύγχρονο**

Φ Ρ Ο Ν Τ Ι Σ Τ Η Ρ Ι Α  
ΘΕΩΡΗΤΙΚΗ-ΘΕΤΙΚΗ-ΤΕΧΝΟΛΟΓΙΚΗ ΚΑΤΕΥΘΥΝΣΗ  
ΕΠ.Α.Λ