

ΥΠΟΥΡΓΕΙΟ ΕΘΝΙΚΗΣ ΠΑΙΔΕΙΑΣ ΚΑΙ ΘΡΗΣΚΕΥΜΑΤΩΝ  
ΚΡΑΤΙΚΟ ΠΙΣΤΟΠΟΙΗΤΙΚΟ ΓΛΩΣΣΟΜΑΘΕΙΑΣ

Ministry of National Education and Religious Affairs  
**English Language Certification**

**LEVEL**

**C1**

on the scale set by the Council of Europe

**MODULE**

**1**

Reading comprehension and language awareness

**Period**

**November 2008**

**ATTENTION**

- Do not open this booklet until the exam begins.
- Mark your answers on Answer Sheet 1 [ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 1].
- Provide a single answer for each item.
- You have **80 minutes** to complete this part of the exam.

**ACTIVITY 1**

Read the text below and do steps 1-2.

*You've enjoyed Christmas, and now January has been set aside to cleanse your system of toxins. But you don't need a special diet. Detoxing your body is simpler than you think. Helen Foster explains why.*

## To detox or not to detox?



The theory behind detoxing goes like this: modern life exposes us to higher levels of toxins (in the form of fat, sugar and alcohol, or nastier pollutants such as heavy metals) than ever before. The level of toxicity overwhelms our bodies, causing a build-up of pollutants, which then trigger health problems. Fans of detoxing claim that by flushing out these toxins, you give your body a rest from the excesses of Christmas feasting.

But detoxing has its detractors, and they're growing in number. 'The greatest piece of evidence against a quick-fix detox is that we're living longer than our grandparents did. If our toxic load was so great that wouldn't happen', says Derek Lohmann, chemical scientist and spokesperson for the group *Sense About Science*. 'The fact is that our body already has an extremely efficient in-built detoxification system'. This ensures that the majority of the toxins we're exposed to are eliminated before any build up can occur. The liver and kidneys are the primary organs involved in this function, but it's a whole body process – even hair is involved in detoxification. It seems the oils that make hair greasy actually contain minute traces of pollutants that the body passes out of the system.

But what about the alcohol, fat, caffeine and calorie surplus that we consume over Christmas? Well, it seems the body copes with them, too. One of the biggest 'experiments' on the danger of overindulgence associated with modern diets was the movie *Super Size Me*, in which US film-maker Morgan Spurlock consumed nothing but McDonald's for a month. Part of the way into his investigation, doctors were so frightened by the effects on his liver that they begged him to stop.

However, at Sweden's University of Linköping, Dr. Frederik Nystrom has repeated the *Super Size Me* experiment, under clinical conditions – with very different results. While levels of liver enzymes indicating toxic liver damage initially went up, these had normalised within three weeks. His subjects' livers adapted to the overload. 'The concept that the detoxification organs get tired when you constantly expose them to pollutants just isn't true', says Dr Peter Pressman. The reason for this, he explains, is that detoxification is one of the systems in the body whereby the enzymes that 'clean' the body are only produced when exposed to the toxins for elimination, and if levels of these increase, so does the production of enzymes.

So, does this mean that we should forget the post Christmas clean-up? Not necessarily. Taking a break from toxic eating habits is good for the body in that it helps you break negative food patterns. But taking a break doesn't mean you have to start fasting, drinking water only or consuming carrots till your skin turns orange.

*Psychologies, Jan. 2007: 138*

**Step 1: Read the text and choose the best answers (A, B, or C) for items 1-4.**

1. The purpose of the text is to
  - A. defend detoxing against its critics.
  - B. present a new detoxifying diet.
  - C. say that the body detoxes on its own.
2. Another possible title for the text would be:
  - A. The myth of detox
  - B. The power of detox
  - C. The science of detox
3. The text suggests that
  - A. detoxing may not be necessary.
  - B. in some cases detoxing is essential.
  - C. detoxing is a waste of time.
4. A text similar to this one might also appear in
  - A. a medical journal.
  - B. a newspaper.
  - C. a science textbook.

**Step 2: Read the text again and choose the best answers (A, B, or C) for items 5-10.**

5. For most people 'detoxing' means
  - A. allowing the body to clean itself.
  - B. going to a special clinic.
  - C. keeping to a special calorie diet.
6. One argument against 'detoxing' is that
  - A. people eat more nutritious food nowadays.
  - B. people live longer than they used to.
  - C. the toxic load in our bodies is decreasing.
7. What do the liver and kidneys do?
  - A. They allow toxins to develop in the body.
  - B. They get rid of the toxins in the body.
  - C. They eliminate all the waste.
8. The author refers to the film *Super Size Me* in order to
  - A. question the point the film was making.
  - B. to prove that toxins are a serious problem.
  - C. to warn against the dangers of overeating.
9. What is the role of enzymes in the body?
  - A. They warn us when we have health problems.
  - B. They help the body get rid of pollutants.
  - C. They produce toxins in the kidneys.
10. The author concludes that detox
  - A. may have some benefits.
  - B. is not necessary.
  - C. can damage your health.

## ACTIVITY 2

**Step 1:** Read the article below and decide if statements 11-13 are True (A), False (B), or Not stated (C).

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
11.	Despite its title, the text presents a negative picture of railway development in Greece.			
12.	The introduction of the intercity trains won over one in three people who travel between Athens and Thessaloniki.			
13.	Greece has used the financial support of the European Union for its railway expansion.			

## Greece's railway on uphill climb



Greece's railways have long been undergoing constant improvement and the Athens-Thessaloniki 'fast track' is no exception. However, since 1945, although many lines have been (14) abolished, no new tracks have been laid, apart from those on Attica's new suburban line.

Every attempt to (15) expand the network has failed. For example, Epirus and Western Sterea are two of only a handful of European regions without any railway, even though the European Union has offered to (16) finance the project. It appears that it (17) was forgotten, amid the plans for the Rio-Antirio bridge which, unlike most such bridges, has no provision for a rail line.

As a result, only 1.8% of journeys in Greece are made by train (excluding sea and air transport) which (18) ranks the country third to last in Europe, ahead of Lithuania and Estonia. In most European countries, train travel (19) accounts for an average of 8% (led by Hungary with 13.2%). Yet people (20) opt to travel by train when it is reliable and fast.

**Step 2:** Read the text again and match the meaning of the underlined words (14-20) with options A-H. There is one option you do not need.

A.	to prefer	B.	to get rid of	C.	to place	D.	to agree
E.	to make larger	F.	to pay for	G.	to overlook	H.	to make up

### ACTIVITY 3

Read the following texts (21-27) and decide where they might appear. Use each of the options below (A-H) only once. There is one option you do not need.

A.	An advertisement	B.	Information leaflet about sight-seeing tour
C.	Hotel guest leaflet	D.	A history book
E.	A novel	F.	The cover of a CD box
G.	A newspaper	H.	A dictionary

21.	We kindly request that guests be ready 10 minutes before the bus is due to depart.	
22.	<b>China says terrorist plot failed.</b>	
23.	We hope that you will have an enjoyable stay with us. It is essential that you carry this key card with you at all times.	
24.	<b>Hair loss? Thanks to Belgravia it can be a thing of the past.</b>	
25.	Many years later, as he faced the firing squad, Colonel Auerelia Buendia was to remember that distant afternoon when his father took him to discover ice.	
26.	The heroic stage of humanism belongs to the period before 1450.	
27.	Includes the single 'Gone, gone, gone, done moved on'. Produced by T Bone Burnett.	

### ACTIVITY 4

For items 28-34 in the following text, choose one of the options (A-H) from the table below. There is one option you do not need.

A.	successful	B.	non-profit	C.	full	D.	advanced
E.	academic	F.	additional	G.	wealthy	H.	recognised

### *Scholarships to study Greek*

The Michael Antoniou Scholarship Trust is accepting applications for the 2008-2009 (28) \_\_\_\_\_ year until June 13. The (29) \_\_\_\_\_ Trust Fund annually grants 170 scholarships to young people wanting to study the Greek language. Scholarships are available for all levels, from beginners up to and including (30) \_\_\_\_\_ or C2 level. Scholarships cover one year (31) \_\_\_\_\_ tuition, plus all required educational materials. (32) \_\_\_\_\_ applicants will have the opportunity to apply for renewal of the scholarship for (33) \_\_\_\_\_ years. Instruction takes place at two (34) \_\_\_\_\_ non-commercial language institutions located in Crete and Rhodes. Applicants must be of Greek descent and at least 12 years old. For more information ring 210-2258623 or visit [www.antinioustrustfund.gr](http://www.antinioustrustfund.gr)

### ACTIVITY 5

**Step 1: Read the text below and choose the best answer (A, B, or C) for item 35.**

35. What seems to be the aim of the text?

- A. To report on the Suffragette Movement leader. Emmeline Pankhurst.
- B. To review a film about the British suffragette, Emmeline Pankhurst.
- C. To explain the negative views about Emmeline Pankhurst.

## 'Deeds not words'

Emmeline Pankhurst, leader of the Militant Suffragettes

June Purvis offers a fresh look at the career of the suffragette leader.



Emmeline Pankhurst is one of the 'true Brits' and she is certainly remembered as the heroine of the Women's Social and Political Union (WSPU), the most notorious of the groups campaigning for the parliamentary vote

for women on equal terms with men in Britain.

She founded the WSPU in 1903 as a women-only organisation and under her leadership the deeds of her followers grabbed the imagination of the public. The popularity of the suffragette movement was quite evident for years. In the 1970s it inspired the television series 'Shoulder to Shoulder'. Twenty five years later, Emmeline Pankhurst topped the polls among *Observer* and *Daily Mirror* readers as the woman of the twentieth century. Yet, most historians have presented her in a negative manner.

The most influential book about the work of Emmeline Pankhurst, *The Suffragette Movement* (1931), was written by Sylvia

Pankhurst, the middle of Emmeline's three daughters, from whom she was estranged at the time of her death in 1928.

Sylvia had often argued against the views of her mother, as well as those of Christabel, her elder sister (organising secretary of the WSPU) and their mother's favourite child. Writing not only as an angry socialist but also as a rejected daughter, Sylvia presented her mother as a traitor to the socialist cause, a failed leader and a failed mother, easily swayed by Christabel. Both Emmeline and Christabel were represented as moving further and further to the political right.

*The Suffragette Movement* has become the accepted story of Emmeline Pankhurst, especially after George Dangerfield adopted this account for *The Strange Death of Liberal England*, first published in 1935 and re-printed a couple of times in the 60s and 70s. Dangerfield belittled the suffragette movement, labelling it as a brutal comedy, a 'puppet show' where the strings were pulled by Emmeline and Christabel. Both women were seen as opportunists, seeking to rise above their impecunious middle-class background, and as despots who 'dictated every move and swayed every heart of a growing army of enthusiastic women'. My reading of Emmeline Pankhurst suggests that there is a more complex story to be told.

*History Today*, Vol. 52/5: 56



**Step 2: Read the text again and choose the best answers for items 36-38.**

36. The way that Emmeline Pankhurst is viewed derives from
- her daughter's version of events.
  - Dangerfield's book on England.
  - her political opponents.
37. The text suggests that the early suffragette movement
- was not supported by the British public.
  - received a lot of publicity.
  - had no political aims.
38. What was an important reason that Sylvia Pankhurst was at odds with her mother?
- She felt unloved by her mother.
  - She suffered because of her cruelty.
  - She thought her mother was a very despotic woman.

**Step 2: Now read more about Emmeline Pankhurst and choose the best answer (A, B, or C) for items 39-41.**

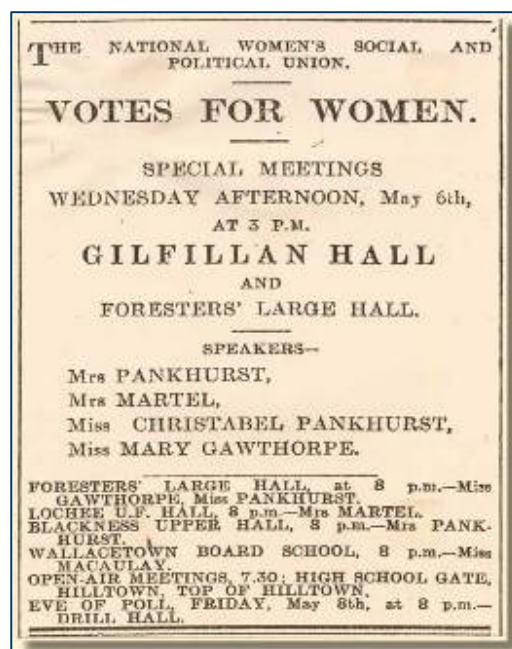


Born in 1858 into a middle-class family in Manchester, Emmeline Goulden married Dr. Richard Pankhurst, a radical barrister twenty-one years her senior, in 1879. Their marriage was both a love match and a political partnership.

Abandoning her membership of the Womens' Liberal Federation in disappointment over the attitude of the Liberal party towards women's suffrage, Emmeline and Richard became keen members of the newly formed (1893) Independent Labour Party (ILP). A popular figure and vigorous campaigner, Emmeline was elected to the National Executive of the ILP in 1897. When Richard died the following year, Emmeline temporarily lost interest in politics.

Left with heavy debts and four children to bring up, she gave up her philanthropic work as a poor Law Guardian and took a paid job as a Registrar of Births and Deaths in a working-class area of Manchester. The plight of the poor women she encountered stirred her. Emmeline became convinced that the only way to raise women out of their subordinate position was to campaign for their right to vote.

When she heard that the socialist hall to be opened in her husband's name would not



admit women, Emmeline declared that she had wasted her time in the ILP. On October 10<sup>th</sup>, 1903, she invited some socialist women in her Manchester home to found an independent women's movement. The permanent motto of the WSPU was decreed: 'deeds, not words'.

During the early years, the small group engaged in a range of constitutional and peaceful work. However, convinced that such methods would not bring the desired results, Emmeline decided on a more confrontational approach.

39. Emmeline married Richard Pankhurst who was
- a doctor, with conservative ideas.
  - a lawyer who had uncompromising views.
  - a politician who fought for women's rights.
40. What effect did Emmeline's work with the poor have on her?
- She decided to start a campaign against poverty.
  - She began her struggle to help women gain power.
  - She became even more involved in the ILP.
41. What does the founding of the WSPU suggest about the existing political parties?
- They were not open to peaceful persuasion.
  - They avoided direct conflict with the government.
  - They did not support women's rights.

**Step 3: Now search both texts and decide if statements 42-50 are True (A), False (B) or Not Stated (C).**

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
42.	There is now general agreement on Emmeline Pankhurst's influence.			
43.	No man supported the women's movement in the late 19 <sup>th</sup> century.			
44.	The texts suggest that Emmeline was less successful as a mother than as a politician.			
45.	Her daughter Sylvia despised her mother to the extent that she did not attend her funeral.			
46.	Emmeline had a decisive influence on one of her daughters.			
47.	Emmeline has been accused of being undemocratic.			
48.	The ILP received much support from the blue collar workers.			
49.	Emmeline took the decision to make the women's movement more aggressive.			
50.	Today, Emmeline is highly regarded by public opinion in general.			

**Step 3: Fill in the gaps in Column B (items 51-55) with words that have approximately the same meaning as those with a strikethrough in Column A, as in the example.**

COLUMN A		COLUMN B	
Emmeline Pankhurst <del>topped</del> the polls among <i>Observer</i> and <i>Daily Mirror</i> readers as the woman of the twentieth century.	0.	Emmeline Pankhurst <u>came top in</u> the polls among <i>Observer</i> and <i>Daily Mirror</i> readers as the woman of the twentieth century.	
<del>Most</del> historians have presented her in a negative manner.	51.	The <del>most</del> historians have presented her in a negative manner.	
Sylvia had often <del>been at odds</del> with the views of her mother	52.	Sylvia had often <del>been at odds</del> the views of her mother	
Emmeline Goulden <del>married</del> Dr. Richard Pankhurst	53.	Emmeline Goulden <del>married</del> Dr. Richard Pankhurst.	
When Richard died the following year, Emmeline <del>temporarily</del> lost interest in politics.	54.	When Richard died the following year, Emmeline, <del>temporarily</del> , lost interest in politics.	
The plight of the poor women she <del>encountered</del> stirred her.	55.	The plight of the poor women she <del>encountered</del> stirred her.	



**ACTIVITY 6**

Solve the quiz. For items 56-60, put the jumbled words in Column B in the correct order, so as to complete the utterance in Column A meaningfully, as in the example.

Column A		Column B
0.	<b>Notice in bar</b> It is an offence for <u>any person under the age of 18</u> to buy or attempt to buy liquor.	under - age- any - the - 18 - person -of
56.	<b>Travel leaflet</b> Avoid [redacted] taking food such as ice-cream, warmed up meat or cold drinks from street vendors.	or - markets - eating- in - open -food
57.	<b>Advert for medicine</b> Panawonder's soothing action works [redacted], lift that weary feeling and set you up again.	to - and - clear - aches - gently -pains
58.	<b>Weather forecast</b> it will be [redacted] or drizzle; maximum temperatures will be 8 degrees centigrade.	cloudy - rain - occasional - rather -with
59.	<b>Parliamentary report</b> The Minister said that the government believed fox hunting to be cruel because of the [redacted].	infliction - suffering -of - unnecessary
60.	<b>Book of records</b> The greatest number of Olympic gold medals won is nine by Mark Spitz, and all [redacted] world records.	performances - but - were - of - these - one

**ΣΑΣ ΥΠΕΝΘΥΜΙΖΟΥΜΕ ΟΤΙ ΠΡΕΠΕΙ ΝΑ ΜΕΤΑΦΕΡΕΤΕ ΟΛΕΣ ΤΙΣ ΑΠΑΝΤΗΣΕΙΣ ΣΤΟ ΕΝΤΥΠΟ 1  
ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ**