

**ΑΠΑΝΤΗΣΕΙΣ ΣΤΟ ΕΞΕΤΑΖΟΜΕΝΟ ΕΛΙΚΟ**  
**ΜΑΘΗΜΑ ΤΩΝ ΑΓΓΛΙΚΩΝ**

**A1.**

1. Working away from your office: is it the future working type? (or a similar answer)
2. To inform about the negative aspects of working remotely. (or a similar answer)
3. The feelings of isolation, due to the lack of communication and interaction with our colleagues. (or a similar answer)

**A2.**

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

**B1.**

10. intimately
11. entirely
12. insulation
13. inexpensive
14. substantial

**B2.**

15. as long as
16. apologize for
17. unlikely to
18. had its
19. are you

**B3.**

20. C
21. A
22. D
23. B
24. F

## Γ. ΠΑΡΑΓΩΓΗ ΛΟΓΟΥ

### The importance of a healthy lifestyle (the title isn't obligatory)

Nowadays, scientists point out the importance of adopting a healthy lifestyle which demands proper nutrition as well as regular exercise. Why do these facts play a significant role in people's lives, especially during this period?

It is a fact that the majority of people live in cities, eat improperly, sleep less hours than is needed and prefer staying home than walking or working out. The sedentary lifestyle and the lack of exercise have resulted in health or mental problems like obesity, even depression. People of modern societies should work out and follow the Mediterranean diet which includes fruits and vegetables more than ever before. This type of lifestyle will lead to strengthen their body's natural defenses and be physically and mentally healthy. Types of sports like yoga or running will definitely enhance not only their body but also their psychology.

For all I mentioned before, young people should learn the significance of leading a healthy lifestyle. Their parents and school should explain the advantages of this type of life, the consequences of choosing unhealthy snacks, like fries and products with sugar and of avoiding exercise and the repercussions of smoking and alcohol, habits that many of them use to have during adolescence.

All in all, if people are determined and disciplined, they will absolutely manage to have a healthy life, albeit they believe that it is difficult and demanding to apply it in their everyday lives.

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