

ΘΕΜΑΤΑ 2020

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ (40 points)

TASK: *You are taking part in an online discussion on 'Healthy Lifestyle' and you have decided to submit an article (180-200 words) on this issue in which you:*

- a) *discuss the importance of healthy eating habits and physical exercise and*
- b) *suggest ways in which young people can adopt a healthy lifestyle*

You do not need to provide a title.

Do not mention your name anywhere in the article and do not sign it.

SAMPLE ANSWER

Nowadays, there has been much debate regarding our modern lifestyle and the need to follow a balanced diet, combined with doing regular exercise. How important are these though?

Admittedly, most people live in cities, leading a sedentary lifestyle, as opposed to our ancestors who were close to nature, being more active, doing manual work, eating whatever was readily available from the fields. However, mass food production, together with the fact that most of us work a white-collar job, have resulted in health problems such as obesity or diabetes. Therefore, it is essential that both young and old should be physically more active, whereas they should also eat healthily, such as by following the Mediterranean diet. In this way, not only will people be fitter and healthier, but they will feel better psychologically, too. Indeed, a balanced diet and regular exercise help us boost our immune system as well as our mood.

Therefore, young people should learn from a young age how to lead a healthy lifestyle. Going jogging, or taking up a sport will help a lot towards this aim, whereas avoiding unhealthy snacks, fat and sugar, will also be beneficial. Avoiding processed foods, or even going for a walk in the woods can also go a long way towards more active and healthy individuals. Of course, smoking, alcohol and being seated for a long time in front of the TV or the computer screen are out of the question.

To conclude, it is not difficult, even in today's society, to lead a healthy lifestyle. The only thing needed is determination to change.