

A1.

1. Working away from Office: Is it ideal after all? (sample answer)

2. To inform readers on the negative aspect of working remotely.

3. Feelings of isolation, due to the lack of communication with colleagues or even people on the way to work.

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. long as

16. apologise for

17. unlikely to

18. had its

19. are you

B3.

20. C

21. A

22. D

23. B

24. F

Γ.

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.