



**LES RESTAURANTS RAPIDES – FAST FOOD**  
(BREVE HISTOIRE – AVANT ET APRES)

En 1921 la première restauration rapide a été installée aux États – Unis. Quels avés années plis tard, Jaques Borel a lancé la version Français «Wimpy».

Wimpy est un restaurant en Amérique pourtant, c’est initiative a échoué. Les restaurants n’ont pas eu de succès.

De nos jours, il y a beaucoup de restaurants de ce type en France, e les français les apprécient extrêmement. Selon les statistiques, la France est le huitième pays dans le monde à la consommation de fast-food.

En 1921, il y a eu 30 restaurants de fast-food, mais de nos jours, en France il y a 296.349 restaurants rapides.

JORDAN KALLIGERIS – FRANÇAIS A2

**FRENCH**



**LE CINÉMA FRANÇAIS**

Le cinéma français est considéré comme une série de productions de films très différente des autres, et c’est vrai, en fait ; au cas où vous regarderiez un film français, vous considérez que la fin est la plupart de fois un peu mélancolique, et ceci est le trait le plus caractéristique du cinéma français. Le cinéma français est plus culturel et influent que Hollywood et il a beaucoup de films qui s’adressent à un public plus spécialiste, qui s’intéresse tellement au cinéma, et même s’occupe de ceci. Bien que les

films français ne soient pas très connus, ils font de grande audience et influencent la société et le monde francophone, et non seulement.

PIERRE KOLAITIS & KATERINA MAKRYLLOU – FRANÇAIS B2

**LA FRANCOPHONIE ET L’IMPORTANCE DE LA LANGUE FRANÇAISE**

La langue française occupe une place importante dans le monde ; elle est la seule langue parlée sur les cinq continents. En 2006, elle a été la quatrième langue la plus parlée dans le monde avec 520 million de locuteurs. La langue française est une langue romane qui dérive du latin.

Connaître le français est important pour trouver un emploi, mais aussi pour étudier en France. Puis, si on veut simplement visiter la France, connaître le français peut s’avérer utile et agréable. Un autre avantage de connaître le français est qu’il peut nous aider à comprendre des autres langues voisines. Ainsi, on peut apprendre d’autres langues plus facilement.



DEPI TELKOUDI & VASO TELKOUDI – FRANÇAIS B2

**JE M’ INTRODUCE**

Je m’appelle Marianne. J’ai dix ans. J’habite à Voula. Je parle anglais, grec et français. J’adore la France et le dessin. J’ai deux chiens et un chat. J’aime la glace au chocolat.

MARIANNE LYGNOU – FRANÇAIS JUNIOR

Je m’appelle Anthi. J’ai dix ans. J’habite à Vouliagmeni. Je parle grec, anglais et français. Je suis en quatrième classe du primaire. J’adore la France. J’aime beaucoup la musique, la danse, la chanson, le théâtre et les livres. Je déteste les jeux vidéo. J’ai quatre chiens, six chats, deux tortues, un poisson, un canari, et beaucoup plus.

ANTHI NIKITA – FRANÇAIS JUNIOR

Je m’appelle Zoe. J’ai huit ans. J’habite à Vari. Mon père s’appelle Stavros et ma mère s’appelle Irene. Je parle grec, anglais et français. J’adore la musique et les DVD. J’aime la technologie, les jeux vidéo et la BD. Je déteste l’école et la lecture.

ZOE TELAKI – FRANÇAIS JUNIOR

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# Mastermind News

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**VEGETARIANISM**

Vegetarianism is getting more and more popular nowadays. There is a variety of vegetarian diets that may be healthy and beneficial, but may also be harmful. So what are the main benefits and drawbacks of vegetarianism?

Firstly, vegetarians think that it is brutal to kill animals for food. Studies show that pigs, chickens and most animals can experience pain and stress. As a result, animals have emotions and have feelings. Another advantage is that a vegetarian diet can provide health benefits as well as all the necessary vitamins. For instance, carrots help us concentrate on our studies and oranges help us recover from the flu with their vitamins.

On the other hand, vegetarians think that they don’t cause harm to plants, but plants have also life and they can feel fear. This means that vegetarians harm plants but it is a natural part of life. Another drawback is that meat has been eaten for 2,3 million years now. Meat in ancestral diet provided proteins that allowed us to develop our brains and intelligence.

In conclusion, I strongly believe that vegetarianism should stop. There are many benefits that they are missing from meat which means they will not have a balanced diet and a completely healthy life.

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IRENE TATARAKI, B1



**NUTRITIONIST**

A nutritionist is an interesting job that gives advice to the people who want to lose weight and how to eat healthier or gives them a program with specific foods that they need to eat every day. Also, a good nutritionist should ask you some questions of your nutritional history, and if there are some foods which you don’t like or you’re allergic to.

If somebody wants to become a nutritionist, first of all, he/she needs to study home economics, to know lots of things about foods and to know very well food’s

combinations. They also need to know lots of things about biology and to know how the human body works. The advantages of a nutritionist are that you earn lots of money, you know many things about food, you learn how to eat healthier than the other people and you can also eat more carefully, because you know lots of things about food combination.

Finally, the disadvantages of this job is that you’re working lots of hours every day there are lots of different appointments. On the other hand, without customers, you are not going to earn lots of money.

ANASTASIS GAVALOS, B1

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### WEB DESIGNER

A Web Designer is someone who is both creative and technically inclined, and uses both to build or redesign websites. We can say they are the architects of the Internet. They are responsible for all the awesomeness of a website's look, for example the colors, fonts, icons, etc. They also have to meet their clients to understand what they want from their websites. So, based on their experience and what their customers want, they design the website.

Once they and their clients, have agreed on how the website will work, it's their job to gather all the information needed, such as photographs or written content. At the end, they upload the site to a server.

But not all people can become web designers. To be a web designer you need to have good working knowledge of HTML and experience on writing web pages. You will also need to have strong creative skills and the ability to pay attention to detail. Another skill that web designers need to have is the ability to work with deadlines.

All in all, to be a web designer, you need to be skillful, but it is a really fun job.

VASO TELKOUDI, B1

## PROFESSIONS

### MEDICAL RESEARCHER, NEKTARIOS MAKARATZIS, B1

A medical researcher also called a biological scientist is usually a biomedical doctor. They are trained in Biology particularly in the context of medicine and pharmacology. A medical researcher must work to find new medicine. He researches new ways to make medicine better and stronger to keep humans healthy. They do experiments on animals like dogs, monkeys, cats, rabbits and other animals, to see if their medicine works properly or how the pills should work. They also research and work to find better medical machines like X-rays, ECMos, Pet, Ct, microscopes and heavy monitors.

A medical researcher must research about different pills and medicines and he must work a lot of hours per day.



### HOW TO BECOME A JUDGE, ANTHONY STATHOULIS, B1+

The court system is headed by judges. These judges supervise trials and make sure laws are being followed correctly. But is it easy to become a judge? First you have to earn a Bachelor's Degree in College. Then Go to Law School and after three years you obtain your Law Degree. Now you are a lawyer but you need experience to become a judge. Judges are either appointed or elected. But the most important of all is to have a very good reputation. Also, it is good to have good connections with people that may support you.

Education never ends. You still have to train even after you become a judge.

The advantages of this job is that you earn a lot of money, you learn the law and you become a better person.

The disadvantage is that you must study for many years to become a judge and need a lot of cases to and experience.

In my opinion, to be a judge is interesting not only because you are well paid, but because you help people.



### PHYSIOTHERAPIST, IRENE TATARAKI, B1

Physiotherapists help relieve pain. Physiotherapists work for the improvement of the physical condition of people and mostly for athletes and dancers.

Physiotherapists use some techniques like massage, therapist bath, etc. Someone who wants to follow this job must have a degree of the Physiotherapy Department from a Technological Education Institute or they can become an assistant physiotherapist by studying at a Technological Education School. They can later continue their studies at a University Level, like for example the Medical

Department or the Physical Education Department after succeeding to the qualifying examination of the relevant part.

A Physiotherapist must have:

- Patience
- Good health, physical strength, skill in hands
- Ability to communicate
- Organizational skills

This job has increased in our country in recent decades. The number of positions offered is satisfactory and professionals are rewarded with good pay particularly in the case that maintain in private hospital. Physiotherapists can work in physiotherapy laboratories, hospitals, clinics, institutions and insurance agencies, beauty salons, sports clubs, sports centers, institutions for the disabled, nursing homes or gyms.



### CHEF, GEORGE ANDRINOPOULOS, B1

A chef is a professional cook who has had a very special training. He is the director of a kitchen and gives orders to the other kitchen assistants. He makes decisions for the menu and check the preparation of the dishes. Every chef must have formal training and experience on all cuisines of the world. His uniform includes a white hat, a jacket and an apron.

## FEELINGS



### WHAT IS LOVE TO YOU?, VASO TELKOUDI, B1

Love is, without any doubt, the most important thing in the world. Without love, the world would be dark and sad. But unfortunately, people nowadays care only about money and, sometimes, that makes them lose the people they love.

Personally, I think that we should all express our love to our family and friends. Love is simply everything we need. We can spend wonderful moments with our loved ones. Love, in general, makes everyone happy. Anger, sadness, hate and stress should be kept away from our lives and love can take all those bad feelings and thoughts away.

So this thing called love, can make us happy and take our bad feelings away, but still our world is full of mystery and hate. How can this be possible? Our world should be filled with bright, happy people, and it is obvious that people want to give love to the world.

So what are you waiting for? Start loving the world!

### FAMILY OR FRIENDS?, GEORGE ANDRINOPOULOS, B1

I don't want to choose between family and friends because you can take a different thing from each of them. But in my opinion family is more important than friends due to:

The family is with you forever. While your friends can change, your parents offer love without asking for anything in return. But friends do not.

Our family protects us and want our good by trying for our education and our health etc. , while our friends give us joy and share our interests.

I wish for my family to be healthy and to have each other always.



### ABOUT THE IMPORTANCE OF FRIENDSHIP, VASO TELKOUDI, B1

"Walking with a friend in the dark is better than walking alone in the light", Hellen Keller once said.

I totally agree with her. Friends are definitely very important to everybody.

To begin with, all of us need somebody with whom we can share our emotions. A friend is someone whom we can place our trust on. For example if we share a secret with them, they won't tell anyone.

In addition, friends are always there for you. They stick with you in difficult situations. They are always happy to help you and give you a piece of advice. If you have a problem they will help you without a doubt.

Also, they don't make us feel lonely and we can spend wonderful moments with them. Our friends are simply the ideal people we can spend time with. How many times have spent happy and funny moments with your friends? On the other hand, many people think that it is better to be alone ad there is no one better to hang out with, than your own self. For example, friends can hurt you sometimes.

All in all, friends are a special gift to everyone. The only thing that you have to do is to find the real ones.



## ASTRONAUT LIFE - INTERVIEW WITH AN ASTRONAUT

### What are the requirements to become an astronaut?

All astronauts have some special skills so they have all gone through college and have gotten some experience in their particular field. The experience that is needed would probably mean that the astronauts are at least 25 uears old, more likely over 30 years old.

Field: a field is a structure, which is widely used in algebra, number theory and many other areas of mathematics. It is a set on which are defined addition, subtraction, multiplication and division, which behave similarly as they behave rational and real numbers.

### How near can an astronaut in a spaceship get to the sun before he or she gets burned?

It depends on how well the spaceship is designed to handle the heat and the light. Even an astronaut in space around Earth could get burned if he or she doesn't have a good spacesuit on.

### How can the pressure in space affect an astronaut?

Well, there isn't any pressure, because space is nearly a vacuum. That is one of the reasons that astronauts wear spacesuits.

LEFTERIS MAKRYLLOS, B1+



### EXERCISING IN GROUPS OR INDIVIDUALLY?

Exercising is very good for your health and helps people stay fit and reduce stress. Some people prefer to exercise individually and some others in groups.

The advantages of group exercise are, firstly, that people are more motivated since they can exercise with friends and use less excuses to stay at home.

Also, seeing others trying, makes them want to do their best too. Furthermore, it's a chance to meet new people and make new friends. It is more fun because can chat with them and time passes faster.

On the other hand, the disadvantages are that there is less individual attention and the instructor may make mistakes. Also, they might be on different fitness levels, so not everyone can follow the class's pace. Finally, exercising in groups has both advantages and disadvantages but if people can concentrate and do their best, the advantages are more.

CHRIS ADAMIDIS, B1+

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