

1 – 20. sorularda boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz

1. All people need a balance of protein, fat, carbohydrates, fibre, vitamins, and minerals in their diet ---- they can sustain a healthy body.

- A) as soon as B) as if
C) in case D) just as
E) so that

2. Research shows that adults who ---- at least four years in economic hardship ---- the risk of accelerated aging compared to others.

- A) spent / will be able to face
B) are spending / should have faced
C) spend / would have faced
D) have spent / could face
E) were spending / ought to face

3. Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual ---- in mood, ranging from periods of extremely cheerful to very miserable.

- A) treatments B) commitments
C) shifts D) images
E) capacities

4. When you have a food allergy, the immune system reacts to a component of a certain food ---- it is harmful to the body.

- A) so that B) just as
C) as if D) even if
E) in case

5. When babies are born early or sick, there is a medical need to monitor levels of glucose, lactate, sodium and potassium in their bodies, ---- their balance can be critical for their health.

- A) for example B) as
C) that is D) otherwise
E) though

6. Despite significant efforts for the past 20 years, stopping or reversing memory impairment in people with Alzheimer's ---- researchers.

- A) puzzled
B) had puzzled
C) has been puzzling
D) is puzzled
E) has been puzzled

7. Watching television and playing video games may affect students' grades, ---- more research is needed to understand whether these activities impact learning.

- A) if B) because
C) but D) in case
E) unless

8. Most cases of insomnia, or inability to sleep, can be cured with changes you can make on your own, but first you need to ---- the underlying causes.

- A) pull out B) take off
C) take over D) turn back
E) figure out

9. Body size is one of the most noticeable differences among species, but relationship between immune system and body size have been ---- unstudied.

- A) regularly B) fundamentally
C) largely D) appropriately
E) rapidly

10. Getting enough calcium in your diet is ---- important for older people, ---- vital for children, teens, and young adults since we continue building bone mass into our mid-20s.

- A) whether / or
B) more / than
C) as / as
D) neither / nor
E) not only / but also

AKIN DİL EĞİTİM

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11. According to the statistics, in 1970, there were roughly half ---- many people suffering from cancer in the world ---- there are now.

- A) so / that
- B) as / as
- C) the less / the more
- D) no sooner / than
- E) either / or

12. The Food and Drug Administration (FDA) ---- the use some chemicals in e-cigarettes due to the studies suggesting that they can cause liver and lung cancer.

- A) has banned
- B) had banned
- C) was banned
- D) is banned
- E) will be banned

13. Small amounts of alcohol can make it dangerous to drive, and when you mix alcohol ---- certain medicines you put yourself ---- even greater risk.

- A) to / from
- B) in / along
- C) into / of
- D) with / at
- E) about / for

14. Anaemia, or bloodlessness, occurs when the number of red blood cells or their oxygen-carrying capacity is ---- to meet physiologic needs.

- A) implicit
- B) uncommon
- C) illogical
- D) invaluable
- E) insufficient

15. Tongue-tie, also known as ankyloglossia, is a condition present at birth that can ---- motion of an infant's tongue and affect breastfeeding.

- A) diagnose
- B) restrict
- C) allow
- D) enhance
- E) replace

16. Circadian rhythms, ---- people commonly refer to as "body clocks," are the body's automatic means of adjusting biological mechanisms.

- A) which
- B) where
- C) when
- D) why
- E) how

17. According to recent research, consuming nuts, a kind of dry fruits or seeds, can prevent weight gain ---- the high amount of calories they contain.

- A) such as
- B) but for
- C) except for
- D) in addition to
- E) despite

18. The underlying cause of the encephalitis, or the inflammation of the brain, determines the type of the treatment; ----, if bacteria cause it, then a doctor will prescribe antibiotics.

- A) in addition
- B) however
- C) otherwise
- D) for instance
- E) in fact

19. Health authorities in the Democratic Republic of the Congo ---- plans to introduce a new Ebola vaccine, which ---- for populations living in risk areas within the next two months.

- A) had announced / has been provided
- B) announced / was provided
- C) have announced/ will be provided
- D) were announcing / is provided
- E) announce / had been provided

20. Recent research suggests that people who survive cancer often experience insomnia ---- the intensity and trauma of cancer diagnosis and treatment.

- A) such as
- B) instead of
- C) despite
- D) incase of
- E) owing to

AKINDİL EĞİTİM

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21 – 25. sorularda boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Rubella, also known as German measles, is a contagious viral infection characterised by a spotty rash. It does not require any special treatment and usually gets better in about a week. (21) ----the illness is less contagious than measles, epidemics tend to break out every three to four years. Rubella can (22) -- --anyone, but most commonly occurs in young children and is usually a mild infection. (23) ----, if a pregnant woman develops this illness, this can cause serious damage to the unborn child, as it is a completely different illness (24) ----measles. While most children have measles in their early childhood, some do not get rubella until they are quite a bit older or they (25) ---- the disease in their lifetime.

21.

- | | |
|-------------|---------------|
| A) Since | B) Just as |
| C) Although | D) As long as |
| E) Unless | |

22.

- | | |
|------------|------------|
| A) recover | B) develop |
| C) detect | D) affect |
| E) reveal | |

23.

- | | |
|-----------------|--------------|
| A) Additionally | B) Therefore |
| C) In fact | D) Otherwise |
| E) However | |

24.

- | | |
|---------|----------|
| A) from | B) of |
| C) in | D) above |
| E) for | |

25.

- A) had better not develop
B) don't have to develop
C) wouldn't develop
D) couldn't develop
E) may not develop

26 – 30. sorularda boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Asthma is a chronic disease characterized by recurrent attacks of breathlessness, which (26) ----in severity and frequency from person to person. Symptoms may occur several times in a day or week, and for some people become worse (27) ----physical activity or at night. Asthma has a relatively low fatality rate (28) ----other chronic diseases. While some causes are common to all people with asthma, others are more individual. (29) ----the fundamental causes of asthma are not completely understood, the strongest risk factors for developing asthma are inhaled asthma triggers. They include indoor and outdoor allergens, tobacco and chemical irritants. In some people, asthma can even be triggered by certain medications(30) ----aspirin.

26.

- | | |
|----------------|---------|
| A) distinguish | B) vary |
| C) replace | D) form |
| E) remove | |

27.

- | | |
|-----------|------------|
| A) for | B) since |
| C) during | D) between |
| E) in | |

28.

- A) in addition to
B) irrespective of
C) in response to
D) except for
E) in comparison with

29.

- | | |
|-------------|------------|
| A) Since | B) In case |
| C) Although | D) Just as |
| E) Unless | |

30.

- | | |
|---------------|----------------|
| A) in case of | B) due to |
| C) such as | D) in spite of |
| E) but for | |

31 – 41. sorularda verilen cümleyi tamamlayabilecek seçeneği bulunuz.

31. While the specific ingredients of healthy aging are different for everyone, ----.

- A) there are some diseases that become more common as people become older
- B) many of these fears often stem from popular misconceptions about aging
- C) the basic recipe is staying physically and socially active, and feeling connected to your loved ones
- D) the truth is that the elderly are stronger and more resilient than some people may realize
- E) significant memory loss is not an inevitable result of aging as some people believe

32. Negative effects from lack of sleep can range from a foggy brain to impaired driving abilities, ----.

- A) as there are things shift workers can do to get quality sleep during their off hours
- B) however, getting extra sleep won't completely compensate for sleep lost
- C) because getting extra sleep to overcome sleep deprivation may seem like the right thing to do
- D) although returning to a normal sleeping pattern can take days or weeks
- E) but this may not be good news for shift-workers such as doctors and law enforcement officers

33. No vitamins can prevent the development of heart disease, ----.

- A) in that people who take vitamin D supplements continue to do so
- B) but, more research be should done on this reduction to understand the condition better
- C) since some people are more likely to benefit from omega-3 supplements than others
- D) while vitamin D supplements cannot reduce cardiovascular diseases or the incidence of cancer
- E) thus, it is important to reduce other risk factors such as cholesterol, hypertension, and diabetes

34. ----, behavioural treatment programmes can reduce difficulties in communication and social behaviour in people suffering from this condition.

- A) Since people with autism spectrum disorder are often subject to discrimination
- B) Even though a cure for autism spectrum disorder is unavailable
- C) While some individuals with autism spectrum disorder are able to live independently
- D) Unless people with autism spectrum disorder have the same health problems as the general population
- E) Provided that people with autism spectrum disorder refuse to receive health services

35. Once dioxins, also known as environmental pollutants, enter the human body, ----.

- A) all people have background exposure, which is not expected to affect human health
- B) they are found throughout the world in the environment and accumulate in the food chain
- C) more than 90% of human exposure is through food, mainly meat and dairy products
- D) many national authorities have programmes in place to monitor the food supply
- E) they last a long time because of their chemical stability and their ability to be absorbed by fat tissue

36. ----;therefore, standard treatments become ineffective, infections persist and may spread from person to person.

- A) Antimicrobial resistance can prevent antibiotics or antivirals from working against it
- B) Vaccination is important for addressing antibiotic resistance
- C) Drug resistance can be detected using special laboratory tests
- D) Antibiotics are powerful medicines that help fight all kinds of bacteria
- E) Prescription antibiotics, such as penicillin, have helped people recover from otherwise fatal diseases

AKIN DİL EĞİTİM

37. The most common clinical presentation of foodborne disease takes the form of gastrointestinal symptoms,----.

- A) sinceit encompasses a wide spectrum of illnesses and are a growing public health problem
- B) as a result, even cancer may result from the ingestion of contaminated foodstuffs
- C) thus, these precautions can address a considerable burden of disability as well as mortality
- D) however, such diseases can also have neurological, immunological and other symptoms
- E) unless people are exposed to food contaminated with microorganisms or chemicals

38. Nothing about pregnancy makes you more vulnerable to a cold virus, ----.

- A) so, the common cold is perfectly harmless to the developing baby
- B) but the fatigue and congestion that go along with pregnancy can make a cold worse than it already is
- C) thus, the chance of developing this syndrome varies during the first months
- D) since most people get a cold at least once to twice a year
- E) as it is usually a harmless viral infection of your nose and throat

39. Anabolic steroids can have many health benefits, including increasing pain tolerance, as well as strengthening and building muscle, ----.

- A) since they take other medications and drugs that might have adverse effects
- B) but, the sports and physical activities that these athletes engage in makes them more vulnerable
- C) so, they have the potential to be used for treating some health complications like sports injuries
- D) yet, sports injuries are caused by accidents, insufficient warm-up, or poor technique
- E) as if the research that aims to examine the effects of anabolic steroid use is limited

40. When people think about Mediterranean food, they usually think about pizza and pasta from Italy, or lamb chops from Greece or Turkey, ----.

- A) because the real Mediterranean diet is about more than just eating fresh food
- B) however, these dishes barely fit into a true Mediterranean diet
- C) thus, they can have a profound effect on your mood and mental health
- D) otherwise, the Mediterranean diet is an inexpensive and a healthy way to eat
- E) but, switching from pepperoni and pasta to fish and avocados may take some effort

41. Some cancer risk factors, such as genetics and environment, are out of your control, ----.

- A) as eating a diet high in fat increases your risk for many types of cancer
- B) therefore, eating a nutritious diet can help strengthen your body during this challenging time
- C) but research suggests about 70% of your lifetime risk of cancer is within your power to change
- D) even though you have a history of cancer in your immediate family members
- E) because adopting a healthy diet can also play a vital role in preventing some deadly diseases

42–47. sorularda, verilen İngilizce cümleye anlamca en yakın Türkçe cümleyi bulunuz.

42. Treatment of an infection caused by flesh-eating bacteria involves rapid antibiotic administration and the removal of damaged tissue or foreign objects from the wound through surgery.

- A) Et yiyen bakteriler enfeksiyona neden oldukları için, tedavi, hızlı antibiyotik tatbiki ve hasarlı doku veya yabancı cisimlerin yaradan ameliyatla alınmasını gerektirir.
- B) Et yiyen bakterilerinden kaynaklanan bir enfeksiyonun tedavisi, hızlı antibiyotik tatbikini ve hasarlı doku veya yabancı cisimlerin yaradan ameliyatla alınmasını gerektirir.
- C) Et yiyen bakteriler şiddetli bir enfeksiyona sebep olurlar, bundan dolayı, tedavi, hızlı antibiyotik tatbiki ve ameliyatla hasarlı doku veya yabancı cisimlerin yaradan alınmasını gerektirir.
- D) Et yiyen bakterilerden kaynaklanan enfeksiyonun tedavisinin etkili olabilmesi için, hızlı antibiyotik tatbiki ve hasarlı doku veya yabancı cisimlerin yaradan ameliyatla yoluyla alınması gerekir.
- E) Et yiyen bakterilerin neden olduğu bir enfeksiyonun tedavisinin başarılı olması gereken şey, hızlı antibiyotik tatbiki ve hasarlı doku veya yabancı cisimlerin yaradan ameliyatla alınmasıdır.

43. The health impacts of animal bites are dependent on the type and health of the animal, the size and health of the bitten person, and also access to appropriate health care.

- A) Hayvan ısırıklarının sağlığa etkileri, hayvanın türüne ve sağlığına, ısırılan kişinin cüssesine ve sağlığına ve uygun sağlık hizmetlerine erişimine göre değişir.
- B) Hayvan ısırıklarının sağlığa olan etkileri, hayvanın türüne ve sağlığına, ısırılan kişinin cüssesine ve sağlığına ve de uygun sağlık erişimine bağlıdır.
- C) Hayvan ısırıklarının sağlığa olan etkileri, hayvanın türüne ve sağlığına, ısırılan insanın cüssesine ve sağlık durumuna ve sağlık hizmetlerine erişimine göre değişiklik gösterir.
- D) Hayvan ısırıklarının sağlığa olan etkileri, hayvan türüne ve sağlığına, ısırılan kişinin cüssesine ve sağlığına, bununla birlikte uygun sağlık hizmetlerine erişime bağlı olabilir.
- E) Hayvan ısırıklarının sağlığa etkileri, hayvanın türüne ve sağlığına, ısırılan kişinin cüssesine ve sağlığına ve ayrıca uygun sağlık hizmetlerine erişime bağlıdır.

44. A study on attitudes toward dementia has shown that most people believe it to be a natural risk of getting older, which could limit the help that people seek.

- A) Demansa yönelik tutumlar üzerine yapılan bir araştırma, birçok insanın demansın yaşlanma sürecinin doğal bir parçası olduğuna inandığını ve bunun da bu insanların aradığı yardımı sınırlayabileceğini göstermiştir.
- B) Demansa yönelik tutumlar üzerine yapılan bir araştırma, insanların çoğunun, demansı yaşlanmanın doğal bir sonucu olarak gördüklerini ve bunun da aradıkları yardımı kısıtlayabildiğini ortaya koymuştur.
- C) Demansa yönelik tutumlar üzerine yapılan bir araştırma, çoğu insanın, demansın yaşlanmanın doğal bir riski olduğuna inandığını göstermiştir ve bu da insanların aradığı yardımı sınırlayabilir.
- D) Yapılan bir araştırma, demanslı olan çoğu kişinin, bu sağlık sorununu yaşlanmanın doğal bir riski olduğuna inandıklarını ve bunun da aradıkları yardımı kısıtlamakta olduğunu göstermiştir.
- E) Demansa yönelik tutumlar üzerine yapılan bir araştırma, çoğu insanın demansın, yaşlanmanın sebep olduğu doğal bir risk olduğuna inandıklarından dolayı, aradıkları yardımı kısıtladıklarını ortaya koymaktadır.

45. A person with a weak immune system is likely to develop illnesses more frequently than others, and it might be harder to treat these illnesses.

- A) Bağışıklık sistemi zayıf olan bir kişinin hastalıklara başkalarından daha sık yakalanması muhtemeldir ve bu hastalıkları tedavi etmek daha zor olabilir.
- B) Zayıf bir bağışıklık sistemine sahip olan bir kişinin, diğer insanlardan daha sık hastalanması olağandır ve bu kişilerin tedavisi daha zor olabilir.
- C) Bağışıklık sistemi zayıf olan bir kişi başkalarına göre hastalıklara daha sık yakalanabilir ve bu hastalıkların tedavisi daha zordur.
- D) Hastalıklara daha sık yakalanan insanların tedavileri başkalarına göre daha zor olabilir çünkü bu insanların bağışıklık sistemi zayıftır.
- E) Zayıf bir bağışıklık sistemi olan bir kişinin, başkalarından daha sık hasta olması muhtemeldir, bu yüzden, bu hastalıkları tedavi etmek de daha zor olabilir.

46. Plant-based foods are rich in nutrients known as antioxidants that boost your immune system and help protect against cancer cells.

- A) Bitki bazlı gıdalar antioksidan olarak da bilinen gıdalar bakımından zengindir ve bundan dolayı bağışıklık sisteminizi destekler ve ayrıca kanser hücrelerine karşı sizi korumada yardımcı olur.
- B) Bitki bazlı gıdalar, bağışıklık sistemimizi güçlendirmede ve de kanser hücrelerine karşı korunmamızda yardımcı olurlar, çünkü antioksidan bakımından zengindir.
- C) Bağışıklık sistemini destekleyen ve zengin antioksidan içeriğinden dolayı bitki bazlı besinler, kanser hücrelerine karşı sizi korumakta yardımcı olur.
- D) Bitki bazlı gıdalar, bağışıklık sisteminizi destekleyen ve kanser hücrelerine karşı korunmaya yardımcı olan antioksidan olarak bilinen besinler bakımından zengindir.
- E) Antioksidan olarak bilinen ve bağışıklık sistemini destekleyen besinler bakımından zengin olan bitki bazlı bitkiler, kanser hücrelerine karşı korunmamızda bize yardımcı olurlar.

47. While children and adolescents are more vulnerable to trauma than adults, with the right support and reassurance, they are also able to recover faster.

- A) Çocuklar ve gençler travmaya erişkinlerden daha savunmasız olmalarına rağmen, doğru destek ve güvence ile iyileşmeleri daha hızlı olabilir.
- B) Çocuklar ve gençler travmaya erişkinlerden daha savunmasız olsa da, doğru destek ve güvenceyle aynı zamanda daha hızlı iyileşebilirler.
- C) Travmaya erişkinlerden daha savunmasız olan çocuklar ve gençler, buna rağmen doğru destek ve güvence ile daha hızlı iyileşebilirler.
- D) Çocuklar ve gençler, erişkinler ile karşılaştırıldıklarında travmaya karşı daha savunmasızlarken, aynı zamanda doğru destek ve güvence ile daha hızlı iyileşebilirler.
- E) Travmaya erişkinlerden daha savunmasız olan gençler, eğer doğru destek ve güvence sağlanırsa, aynı zamanda travmadan erişkinlerden daha hızlı bir şekilde iyileşirler.

48– 53. sorularda, verilen Türkçe cümleye anlamca en yakın İngilizce cümleyi bulunuz.

48. Son 20 yılda, doktorların kullanabileceği kan testlerinde gelişme olması nedeniyle çölyak hastalığı tanısında önemli bir artış oldu.

- A) Diagnosis of the coeliac disease has dramatically increased in the last 20 years due to the development in blood tests that doctors can use.
- B) There has been a significant decrease in the diagnosis of the coeliac disease in the last 20 years, as doctors can now use enhanced blood tests.
- C) Over the last 20 years, there has been a significant increase in diagnosis of coeliac disease due to the improvement of blood tests doctors can use.
- D) In the last 20 years, there has been a substantial increase in the diagnosis of coeliac disease due to the availability of the blood tests used by doctors.
- E) Diagnosis of coeliac disease has shown an increase in the last 20 years due to the development in the blood tests that doctors can use.

49. Kanser ve kalp hastalıkları orta yaşlı erişkinlerde önde gelen iki ölüm nedenidir, ancak hem D vitamini hem de balık yağı bu hastalıklardan ölümlerin azaltılmasında önemli bir rol oynayabilir.

- A) Cancer and heart diseases are the two leading causes of death in middle-aged adults, however, both vitamin D and fish oil may play an important role in reducing mortality from these diseases.
- B) Cancer and heart diseases are the two leading health conditions that cause death, however, not only Vitamin D, but also fish oil can play a role in lowering mortality from these diseases.
- C) Cancer and heart diseases are the two most important causes of death, however, both vitamin D and fish oil play an important role in reducing mortality from these diseases.
- D) Cancer and heart diseases are the two leading causes of death in middle-aged adults, but both Vitamin D and fish oil may play an important role in reducing the rate of mortality from these diseases.
- E) Cancer and heart diseases are the two leading causes of death in middle-aged adults, but intake of both Vitamin D and fish oil have been shown to play a role in reducing mortality from these diseases.

50. Normal meme hücreleri, DNA'daki mutasyonlar nedeniyle kanserli hale gelir ve bu mutasyonların bir kısmı kalıtsal olmasına rağmen, meme hücreleriyle ilgili çoğu değişiklik kişinin yaşamı esnasında gerçekleşir.

- A) Normal breast cells become cancerous as the DNA may undergo some mutations, and although some mutations are inherited, the ones that are related to breast cells may take place during one's life.
- B) Normal breast cells become cancerous due to mutations in the DNA, however, some mutations related to breast cells are inherited and they can happen during one's life.
- C) DNA mutations can cause normal breast cells to become cancerous, and although some of these mutations are inherited, most changes are related to breast cells and they happen during one's life.
- D) Normal breast cells become cancerous because of mutations in the DNA, and although some of these mutations are inherited, most changes related to breast cells take place during one's life.
- E) DNA mutations can make normal breast cells vulnerable to cancer, and although some of these are inherited, most changes related to breast cells can happen during one's life.

51. Yiyecek bağımlılığı çoğu insanın bilince olmadığı bir şey olsa da, bazı bilim insanları günümüzde insanlar için çok büyük bir problem olduğunu iddia ediyorlar.

- A) Despite the fact that food addiction is not known by most people, some scientists think it is a huge problem for people today.
- B) Even though some scientists claim that food addiction is a huge problem for people today, most people are not even aware of this concept.
- C) Although most people are not aware of what food addiction is, some scientists claim that it is a huge problem for people today.
- D) It is claimed by some scientists that food addiction is a huge problem for people today, however, most people are not aware of this today.
- E) Although food addiction is something that most people are not aware of, some scientists maintain that it is a huge problem for people today.

52. Önceden manik depresyon olarak bilinen bipolar bozukluk, insanların günlük yaşamını zorlaştırabilecek ruh hallerinde aşırı değişiklikler ve enerji seviyelerinde dalgalanmalar yaşadığı bir hastalıktır.

- A) Previously known as manic depression, bipolar disorder is a condition in which people experience extreme shifts in mood and fluctuations in energy levels that can make day-to-day living difficult.
- B) Bipolar disorder, previously known as manic depression, is a condition characterized by extreme shifts in mood and fluctuations in energy and activity levels, making day-to-day living difficult.
- C) Previously known as manic depression, bipolar disorder is a condition that features extreme shifts in mood and fluctuations in energy levels that can make day-to-day living difficult.
- D) Bipolar disorder, previously known as manic depression can make day-to-day life difficult for a person due to the extreme shifts in mood and fluctuations in energy levels.
- E) Previously known as manic depression, bipolar disorder is a condition characterized by extreme shifts in mood and fluctuations in energy levels that makes day-to-day life difficult for people.

53. Ani veya beklenmedik saç dökülmesi bazen tıbbi ilgi gerektiren ciddi bir sağlık sorununu gösterebilir.

- A) Sudden or unexpected hair loss can sometimes be an indicator of a serious health condition that needs a medical attention.
- B) Hair loss, especially when sudden or unexpected, can sometimes lead to a serious condition that requires medical attention.
- C) Sudden or unexpected hair loss can sometimes indicate a serious health condition that needs medical attention.
- D) Hair loss that is sudden or unexpected can sometimes indicate a severe health condition that needs medical attention.
- E) Medical attention may be necessary for hair loss that is sudden or unexpected as it might indicate a serious condition.

54 – 59. sorularda paragrafta verilen boşluğa anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. Numerous studies have suggested that consuming processed or unprocessed red meat is associated with a higher risk of cancer and cardiovascular problems among other negative health outcomes. Based on this evidence, many countries have issued guidelines recommending that individuals reduce their intake of red meat as much as possible. ----. The findings suggest that red meat may not have as detrimental an impact on health as researchers previously thought.

- A) They also claim that the organizations producing guidelines did not conduct systematic studies
- B) The team emphasizes that they aim to inform individuals rather than advise public health policies
- C) In the final stage, the researchers looked at people's attitudes surrounding the consumption of red meat
- D) Yet, over the past few days, a controversial research has made headlines worldwide
- E) The researchers recommend that adults aged 18 and over who eat red meat continue to do so

55. Foot melanoma is a type of skin cancer that affects the feet. It can appear anywhere on the foot and it usually starts in a type of skin cell called a melanocyte. These cells are located in the uppermost layer of the skin. They are responsible for producing melanin that helps protect the body against the harmful effects of ultraviolet light. Foot melanoma is often harmless and can be treated in the early stages. ----.

- A) By checking your feet, you can spot it early when it's highly treatable
- B) However, if left untreated, it spreads and can become life-threatening
- C) In fact, about the same number of African Americans and Caucasians develop this condition
- D) That's why it is known as the most serious and deadly form of skin cancer
- E) The cancerous cells underneath the nails can look like purple, brown, or black bruises

56. Allergic reactions to foods can range from mild gastrointestinal symptoms or skin rashes to severe reactions that can be fatal to people with food allergy. The most severe reaction, anaphylaxis, can lead to respiratory problems, a dangerous drop in blood pressure and other symptoms. Swelling of the airways can make it difficult or impossible for a person to breathe and low blood pressure reduces the amount of blood going to vital organs resulting in a life-threatening medical emergency. ----.

- A) But, some studies focus on components of the immune system involved in food allergy
- B) Pollen-food allergy syndrome affects many people who have hay fever
- C) While there is no cure, some children outgrow their food allergy as they get older
- D) Thus, it is easy to confuse a food allergy with a more common reaction known as food intolerance
- E) In order to avoid these episodes, the sufferers must be vigilant about the foods they consume

57. An autoimmune disease is a condition in which your immune system mistakenly attacks your body. The immune system guards against germs like bacteria and viruses. Normally, it can tell the difference between foreign cells and your own cells. ----. As a result, it releases some proteins called autoantibodies that attack healthy cells. Some autoimmune diseases target only one organ. For instance, Type 1 diabetes damages the pancreas. Other diseases, like systemic lupus erythematosus, however, affect the whole body.

- A) It is not clear what causes this disorder, but some people are more likely to suffer than others
- B) Because the incidence of autoimmune diseases is rising, researchers suspect environmental factors
- C) However, in an autoimmune disease, it mistakes part of your body, like your joints or skin, as foreign
- D) There are many autoimmune diseases such as Type 1 diabetes and multiple sclerosis
- E) The early symptoms of many autoimmune diseases are similar to each other

AKIN DİL EĞİTİM

- AKIN DİLEĞİM

- A) The flu vaccine is never a guarantee but it can drastically lower your chances of falling ill
- B) It is known that formulating the flu vaccine is a tricky business
- C) It is too soon to know exactly what this year's flu season will look like
- D) Even if a flu vaccine is not a perfect solution for the strains of influenza this winter, it may still prevent severe complications
- E) Getting vaccinated before flu season starts is recommended so that your body can create antibodies to protect itself

60 – 65. sorularda verilen cümleler sırasıyla okunduğunda anlam bütünlüğünü bozan cümleyi bulunuz.

60. (I) Your morning cup of tea can provide warmth and a much-needed dose of caffeine. (II) But a new study may make your most treasured beverage tough to swallow. (III) Experts say the micro-plastics probably don't pose serious danger to tea drinkers. (IV) The researchers report that a single plastic tea bag releases billions of micro- and nano-sized plastic particles into water. (V) They add that paper tea bags, however, don't contain micro-plastics.

A) I B) II C) III D) IV E) V

61. (I) Antibiotics are important medicines used to treat infections caused by bacteria. (II) It is not possible to stop antibiotic resistance completely, but by using antibiotics wisely, the spread of resistance can be slowed down. (III) But they can adapt and find ways to survive the effects of an antibiotic. (IV) In other words, they become antibiotic-resistant, and thus the antibiotic medicines no longer work. (V) The more often we use antibiotics, the more likely it is that bacteria will become resistant to it.

A) I B) II C) III D) IV E) V

62. (I) Prevention of hair loss includes good hair hygiene, regular shampooing, and good nutrition. (II) Hair loss can be the result of a number of medical and psychological conditions. (III) But whatever the reason, for most people, it is very distressing, as there are no easy solutions or cures. (IV) Help is at hand though, in the form of scalp micropigmentation. (V) Rather than trying to make the hair grow back, this treatment creates the illusion of real hair through an intricate tattoo.

A) I B) II C) III D) IV E) V

63. (I) Sunbeds are designed to induce tanning by increasing the skin's production of pigment or melanin. (II) The type of UVB light emitted from a sunbed is similar to the wavelength of light that leads to redness and sunburn. (III) But, you never know how much UV you are getting from sunbed use, as levels of UV radiation can be poorly regulated. (IV) Many countries like the UK have issued guidelines and laws to restrict sunbed use. (V) To determine this, a study carried out in England showed that nine out of 10 sunbeds emitted levels of UV radiation that exceed the maximum standard levels suggested.

A) I B) II C) III D) IV E) V

64. (I) Narcolepsy is a chronic neurological disorder affecting the part of your brain that regulates sleep. (II) As a result, you can experience excessive daytime sleepiness and a sudden loss of muscle control causing you to fall asleep during normal daytime activities. (III) These episodes are often triggered by strong emotions. (IV) A combination of lifestyle changes, counselling, and medical support can help you manage narcolepsy. (V) While they can be brief, lasting just a few seconds, they can also be frightening, embarrassing, and cause serious disruption in your life.

A) I B) II C) III D) IV E) V

65. (I) As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. (II) It is true that laughter is strong medicine as it draws people together in ways that trigger healthy physical and emotional changes in the body. (III) It strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. (IV) Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. (V) Humour lightens your burdens, inspires hope, connects you to others, and keeps you focused and alert and also helps you release anger and forgive sooner.

A) I B) II C) III D) IV E) V

66 – 68. soruları aşağıdaki parçaya göre cevaplayınız.

A recent study traces the modern obesity epidemic back to the 1970s. It suggests the dietary habits learned by children 40 years ago could explain today's adult obesity crisis in the USA. To reach their conclusions, researchers looked at data about how much sugar has been consumed in the USA and how obesity rates have climbed over the years. They found that by the mid-1970s, children under the age of 2 were consuming about 6 grams of added sugar per kilogram of body weight, which was about three times that of adults at the time. As those children grew, so did the rapid growth of sugary beverages, including mass market media advertisements featuring mega-celebrities. In the late 1970s, when "an inexpensive, domestically produced liquid sweetener" known as high fructose corn syrup hit the market, sweetened beverage consumption increased by 135 percent across all age groups. The researchers concluded their study by saying it supports the notion that the rise in adult obesity after 1990 in the USA was the effect of the extra-sweetened calories consumed by children of the 1970s and 1980s.

66. It can be understood from the passage that ----.

- A) the number of people suffering from obesity has started to decline in the last decades
- B) the amount of sugar consumed by a child in the 1970s was far more than an adult consumed
- C) other studies into obesity also found that sugar was the main reason of today's obesity crisis
- D) obesity results from a combination of causes rather than just the consumption of sugar-added foods
- E) high rates of obesity will likely continue in the following years

67. It is clear in the passage that ----.

- A) high sugar consumption was the main culprit that may have led to high obesity rates today
- B) US government failed to take the necessary precautions to curb the high rate of obesity
- C) celebrities have a major impact on people's daily lives including their diets
- D) adults in the 1970s used to have an unhealthy diet just like their kids did
- E) advertisements back in the 1970s and 1980s were mostly about foods and beverages

68. The passage is mainly about ----.

- A) what measures parents can take to prevent their kids from adopting an unhealthy diet
- B) how the wrong health policies of a government can affect people's diet
- C) how advertisements can have a strong effect on people's dietary habits
- D) why the number of people with obesity has increased across the world
- E) how eating habits could affect the next generations

69 – 71. soruları aşağıdaki parçaya göre cevaplayınız.

In January 2019, vaccine hesitancy was named one of the top 10 threats to global health by the World Health Organization (WHO). While vaccine hesitancy is nothing new, it has become stronger in recent years. The start of the modern anti-vaccine movement can be attributed to the 1982 film "Vaccine Roulette," which falsely linked the diphtheria and tetanus vaccine to neurologic disorders. This alleged link was later debunked, and the neurologic disorders were proven to be caused by a genetic defect. Still, this movement became more popular in 1998, when a study suggested the measles, mumps, and rubella (MMR) vaccine may cause autism in children. Despite the small sample size, the uncontrolled design, and the speculative conclusions, the study led to falling rates of MMR vaccination due largely to parents' concern about the risk of autism following vaccination. The study has since been debunked multiple times. However, despite the evidence, vaccine hesitancy has persisted. With technology and social media booming over the last decade, vaccine-hesitant individuals have continued to spread misinformation about vaccines through social networking sites.

69. It is clear from the passage that ----.

- A) WHO didn't consider vaccine hesitancy as an important issue until 2019
- B) vaccine hesitation didn't exist before the film made in 1982
- C) parents' reluctance to have their children vaccinated is mainly caused by social media
- D) the finding of the 1998 study has been disproven many times
- E) the number of websites spreading misleading information about vaccination has increased

70. It can be understood from the passage that ----.

- A) vaccine hesitancy was more common in the past than it is now
- B) there have been various causes of the increase in vaccine hesitancy in history
- C) lack of education is the most important factor influencing falling vaccination rates
- D) many people have lost faith in the benefits of vaccination over the last decades
- E) the film made in 1982 had a more profound effect on vaccine hesitancy than the study done in 1998

71. The passage is mainly about----.

- A) the reasons why vaccine hesitancy has increased particularly in the last decades
- B) the rise in some diseases due to the falling rates of vaccination
- C) a brief history about how individuals have become hesitant about vaccination
- D) the recent outbreaks of specific diseases caused by vaccine hesitancy
- E) the power of social media in terms of spreading information

72 – 74. soruları aşağıdaki parçaya göre cevaplayınız.

A positive outlook on life may do more than make you smile. New research suggests it could also protect against heart conditions and early death. In the review of some studies involving 230,000 people, it was found that optimists had a 35% lower risk for the most serious complications due to heart disease compared to pessimists. That was true for all age groups, ranging from teenagers to those in their 90s. Yet, researchers stressed that the review can't prove that optimism directly protects against heart disease and premature death. They pointed to many potential reasons why positivity may help –directly or indirectly – protect against illnesses. Some studies indicated that optimistic people are more adept at problem-solving, better at developing coping mechanisms, and more apt to realize goals. And those are the kind of skills that could drive someone to take a more active interest in monitoring and maintaining their health. Looking ahead, optimism might pave the way for developing new mind-body treatments likely in the realm of behavioural therapy.

72. Recent research finding reveal that optimism ----.

- A) results from being aware of the ways to maintain your health and also being well-organized
- B) can be beneficial for your heart as well as increasing your life expectancy
- C) is better for your overall health especially when you are older
- D) has been used as a method in the treatment of some mental illnesses in history
- E) is considered as an independent predictor of cardiac health

73. It can be understood from the passage that ----.

- A) it is the first research focusing on the effects of positivism on heart health and premature death
- B) the researchers have spent a great deal of time reviewing previous studies
- C) it is too early to draw a valid conclusion about the effects of positivism on health
- D) more research into the effects of adopting a positive outlook on life is needed
- E) optimism can be used to devise novel ways of treatments in behavioural therapy

74. It is clear in the passage that----.

- A) pessimistic people are much more prone to developing illnesses
- B) people with positive outlook on life tend to maintain a healthier life style
- C) positivism helps improve your immune system in the long term
- D) positivism helps people recover from surgery more quickly than others
- E) pessimistic people are not good at solving problems and achieving success

75 – 77. soruları aşağıdaki parçaya göre cevaplayınız.

People have used herbs as medicine for thousands of years. Today, some researchers are revisiting these remedies. A recent study looks at herbs that can treat hypertension. Although dietary and lifestyle changes can sometimes be sufficient, medication is necessary in some cases. Antihypertensive medications work well for some people but not for others, and the side effects can be unpleasant. Therefore, researchers are keen to find innovative ways to tackle the growing issue of hypertension. Some scientists are turning back the clock and looking to ancient herbal remedies as they are surely worth a second look. For the study, the scientists took herbal extracts from a diverse range of unrelated plants. They identified a bioactive trait that some plant species have, which might help explain why some herbs appear to have mild antihypertensive properties. Specifically, they found that these herbs activate a potassium channel called KCNQ5. Its activation results in the relaxation of some muscles. The scientists think this might help explain antihypertensive properties of some herbs. Researchers believe herbal remedies may enable development of future targeted therapies for diseases including hypertension.

75. According to the passage, ----.

- A) inefficiency of medications is one of the reasons why hypertension has become widespread
- B) scientists think herbal remedies may inspire future hypertension treatments
- C) people should switch their current hypertension treatments for herbal remedies
- D) different plant species scientists studied all have antihypertensive traits
- E) changes in eating habits and lifestyle are enough to combat medical conditions like hypertension

76. Some researchers are interested in herbal remedies nowadays since ----.

- A) there are many plants with antihypertensive properties readily available in nature
- B) the cases of hypertension have been on the rise in recent years
- C) patients suffering from hypertension are constantly complaining about current medications
- D) there are a number of medications that don't work at all in the market
- E) drugs are not effective for every individual and also their side effects may be really bad

77. The passage is mainly about ----.

- A) the reasons why researchers sometimes turn to alternative medicine
- B) the recent history of the use of herbs in treating hypertension
- C) the potential use of plants to treat hypertension in the future
- D) research into the healing properties of distinct plant species
- E) the reasons why medications fail to treat some medical conditions like hypertension

78 – 80. soruları aşağıdaki parçaya göre cevaplayınız.

Rickets is a bone disorder caused by a deficiency of vitamin D, calcium, or phosphate. It leads to softening and weakening of the bones and is seen most commonly in children 6-24 months of age. There are several subtypes of rickets, but the most common one is nutritional rickets caused by dietary deficiency of vitamin D, calcium, or phosphate. Vitamin D deficiency can mainly result from a lack of the vitamin in the diet as well as insufficient conversion in the skin by ultraviolet light. Other contributing factors include having been breast-fed exclusively for a prolonged period of time, living in temperate regions where sunlight exposure is limited in winter, and having a dark skin. Roman descriptions of people with rickets can be found as early as the 2nd century, and in the 1640s, it was well-documented as a common bone ailment across the United Kingdom. Unfortunately, the scientifically proven cause of rickets was not identified until the 1920s, and by the 1930s, public-health initiatives recommended fortifying milk with vitamin D and cod-liver oil as a nutritional supplement for young infants and children. This has led to a near eradication of rickets in many industrialized nations. Today it is most prevalent in people who are dark-skinned and also in developing and underdeveloped countries where access to vitamin D-fortified foods is lacking.

78. Which of the following is true about rickets, according to the passage?

- A) The elderly are more likely to develop this disorder.
- B) It is known that there are many different kinds of this disorder.
- C) Kids who have been breast-fed for a long time are naturally protected against this disorder.
- D) This disorder was one of the most common disorders in the 2nd century.
- E) People living in developed countries do not develop this disorder.

79. One can conclude from the passage that ----.

- A) inheritance plays an important role in developing rickets in addition to a deficiency of Vitamin D
- B) the geographical region where one lives is not a significant factor in developing rickets
- C) rickets was prevalent and thus a very well-known disorder in some countries in the 17th century
- D) rickets wasn't considered a serious disorder until the mid-17th century
- E) cod-liver oil was regarded as the best nutritional supplement used to avoid rickets in the 1930s

80. It is clear in the passage that ----.

- A) rickets is still an incurable disorder in some impoverished countries
- B) a diet rich in Vitamin D, calcium and phosphate is more effective than medications for rickets
- C) cod-liver oil and Vitamin D supplements work better for children than older people
- D) scientists weren't able to determine what really triggers rickets until the early 20th century
- E) rickets have been wiped out in developed countries