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READING BOOK

PASSAGE 01



AFRICA: A BEAUTIFUL AND DIVERSE CONTINENT

Africa is a big continent. It is located in the southern part of the world. There are many countries in Africa, and each one is different. People in Africa speak many languages. Some common languages are English, French, and Arabic. Africa is a very beautiful place. There are many animals in Africa. Lions, elephants, and zebras are some of them. The land in Africa has mountains, deserts, and forests. The Sahara Desert is very **famous**. It is the biggest desert in the world.

Africa has a rich history. Ancient Egypt is in Africa. They built the pyramids. Pyramids are huge and made of stone. People visit them to see the history. Africa also has many tribes with their own **customs**.

The people of Africa are friendly and welcoming. They love to sing and dance. Music is a big part of their culture. You can hear drums and traditional instruments in African songs. It is fun to watch them dance and sing. Food in Africa is delicious. They have different types of food in each country. Some countries have spicy food, but others have mild flavors. You can try dishes like couscous, tagine, or jollof rice.

Africa has many famous landmarks. The Victoria Falls is a big waterfall. It is very beautiful and attracts tourists from all over the world. Mount Kilimanjaro is the highest mountain in Africa. People like to climb it. The weather in Africa is usually warm. Some places are very hot, but others are cooler. The beaches in Africa are amazing. You can swim and relax in the sun.

In Africa, you can learn about different cultures. People wear colorful clothes and make beautiful jewelry. They celebrate festivals with dancing and parades. You can buy souvenirs to **remember** your visit. Africa is a unique and diverse continent. It has a rich history, beautiful landscapes, and friendly people. If you have the chance, you should visit Africa to experience its beauty and culture. You will have a wonderful time exploring this amazing continent.

Answer the following questions according to the passage.

1. According to the passage, ----.

- A) English is the most popular language in Africa
- B) Africa is located in the east part of the world
- C) Africa is the smallest continent
- D) many countries in Africa are similar
- E) Africa is home to numerous animals

2. It can be inferred from the passage that ----.

- A) pyramids are the oldest buildings in Africa
- B) no other desert is bigger than Sahara Desert
- C) African people dislike other people
- D) Dancing is not important for African people
- E) African foods are the most delicious ones in the world

3. What is the attitude of writer towards the Africa?

- A) Indifferent
- B) Sceptical
- C) Optimistic
- D) Pessimistic
- E) Sarcastic

4. The word “famous” in this passage is closest in meaning to:

- A) eminent
- B) huge
- C) insignificant
- D) gradual
- E) fast

5. The word “customs” in this passage is closest in meaning to:

- A) deficiency
- B) richness
- C) importance
- D) tradition
- E) recipe

6. The word “remember” in this passage is closest in meaning to:

- A) decline
- B) leave
- C) recall
- D) achieve
- E) run

PASSAGE 05



INTERMITTENT FASTING

Skipping meals on purpose, like breakfast, and only eating during certain times can help us stay healthy. This way is called “intermittent fasting.” It is not about eating specific foods, but it is about when we eat. One way to do it is the 16/8 method, where you fast for 16 hours and eat only during 8 hours. For example, you could **skip** breakfast and start eating from 12 PM to 8 PM. It is a simple way to take care of your health.

Intermittent fasting has some good things for our health. One of them is that it can help us lose weight. When we fast, our body uses the fat it stored to give us energy. This can make us lose extra weight over time. But remember, when we eat, it is important to have a balanced diet to get the best results. Another good thing is that it makes our body work better with insulin. That helps control our blood sugar and makes it less likely to develop type 2 diabetes. It also helps our body fix itself and lowers swelling inside, which might make us less likely to get sick a lot.

Intermittent fasting might also make our brain healthier. Some studies say it can make our thinking better and protect against brain **diseases** like Alzheimer’s. When we fast, our body might make a special protein called BDNF, which helps our brain. Plus, intermittent fasting is an easy and low-cost way to be healthier.

Unlike strict diets, you do not need special foods or extra things for intermittent fasting. It is also easy to change it to match your own schedule. But not everyone should do it. If you’re pregnant, breastfeeding, a kid, or have **certain** health problems, it’s best to avoid it or talk to a doctor before you start. And when you do it, remember to pay attention to how your body feels and not make it too hard for yourself during fasting.

To sum up, intermittent fasting is a simple and good way to make your health better. It helps you lose weight, make your body work better with insulin, and keeps your brain healthy. Although it might not work for everyone, those who can do it safely might find it helpful to be healthier.

Answer the following questions according to the passage.

1. According to the passage, intermittent fasting

----.

- A) is related to limiting the amount of foods we eat
- B) requires us to buy particular foods and supplements
- C) is much more popular than other types of diet
- D) provides us with a variety of health benefits
- E) is appropriate for all ages of people

2. According to the passage, the aim of intermittent fasting is NOT ----.

- A) to reduce the risk of cancer
- B) to produce a brain protein
- C) to enhance brain health
- D) to lose weight
- E) to regulate blood sugar level

3. What is the attitude of author towards intermittent fasting?

- A) Indifferent
- B) Sceptical
- C) Disapproving
- D) Sarcastic
- E) Objective

4. The word “skip” in this passage is closest in meaning to:

- A) alter
- B) miss
- C) confirm
- D) aid
- E) define

5. The word “disease” in this passage is closest in meaning to:

- A) familiarity
- B) strength
- C) illness
- D) validity
- E) requirement

6. The word “certain” in this passage is closest in meaning to:

- A) definite
- B) challenging
- C) solid
- D) tiny
- E) unfamiliar

PASSAGE 13



THE VIKINGS

The Vikings were a group of seafaring people. They lived in Scandinavia during the Viking Age, which **lasted** from the late 8th century to the early 11th century. They were known for their adventurous spirit and their raids on various parts of Europe.

One of the most significant **aspects** of Viking history is their exploration and expansion. The Vikings travelled far and wide and used their long ships. These ships were swift and versatile boats. They travelled as far as North America long before Christopher Columbus reached the Americas.

The Vikings' impact on history was felt not only through their exploration but also through their trading activities. They established trade routes that connected Scandinavia with the rest of Europe. This allowed for the exchange of goods and ideas. This trade network contributed to the economic development of many regions.

In addition to their trading, the Vikings left a lasting influence on the cultures which they encountered. When they settled in areas like England, Ireland, and Normandy, they assimilated with the local populations and contributed to the development of those societies. Words such as "Thursday" (named after the Norse god Thor) and place names ending in "-by" (meaning village or town in Old Norse) are examples of their linguistic influence.

Furthermore, the Vikings' impact on military technology and tactics cannot be underestimated. They introduced innovations like the use of shields and armour, which improved the effectiveness of their warriors in battle. Their military strategies, such as hit-and-run raids, also influenced later European warfare.

The Vikings' legacy is not just about warfare and exploration; they also played a role in shaping early European legal systems. The Viking legal code emphasized community-based decision-making and conflict resolution. This concept of a democratic assembly influenced later legal systems in Scandinavia and beyond.

Religion was another area where the Vikings made their mark. They practiced Norse mythology, with gods like Odin, Thor, and Loki. As they settled in different regions, they often converted to Christianity, which led to the spread of Christianity in those areas.

In conclusion, the Vikings were a **remarkable** group of people whose influence on history extended far beyond their raids and conquests. Their exploration, trade, culture, and legal systems left a lasting legacy that shaped the development of Europe and beyond. Their story is a testament to the complex and multifaceted nature of history, where even a group of raiders and warriors can leave a profound impact on the world.

Answer the following questions according to the passage.

1. Which of the following is true about Vikings?

- A) Their contributions to military technology were small in many countries.
- B) They travelled to North America once Christopher Columbus reached the continent.
- C) They were not skilled at developing economy in many regions.
- D) Despite advanced technology, their ships were obsolete and slow.
- E) They helped Christianity spread to various regions they resided.

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

- A) Vikings believed in many gods and goddesses in Europe
- B) Vikings had an enormous effect on history via trade and exploration
- C) Vikings didn't have any legal knowledge in their history
- D) Vikings were infamous for their brutal practices
- E) Vikings benefitted other cultures to invent military tools

3. What is the author's attitude towards Vikings?

- A) approving
- B) pessimistic
- C) sarcastic
- D) critical
- E) doubtful

4. The word "lasted" in this passage is closest in meaning to:

- A) hindered
- B) impressed
- C) continued
- D) developed
- E) believed

5. The word "aspects" in this passage is closest in meaning to:

- A) reductions
- B) improvements
- C) competitions
- D) features
- E) assignments

6. The word "remarkable" in this passage is closest in meaning to:

- A) scarce
- B) noteworthy
- C) abundant
- D) detrimental
- E) subtle