

46

Before the dangers of being exposed to radiation were fully understood, many believed it contained energy that could be anti-ageing or give a glowing complexion to the skin.

A) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce çoğu kişi yaşlanmaya karşıt olabilecek enerji içerdiği için radyasyona maruz kalmanın cilde ısıltılı bir görünüm verdiği inaniyordu.

B) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce çoğu kişi tarafından onun yaşlanmaya karşıt olabilecek ya da cilde ısıltılı bir görünüm verebilecek enerji içerdiğine inanılıyordu.

C) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce, çoğu kişi onun yaşlanmaya karşıt olabilecek ya da cilde ısıltılı bir görünüm verebilecek enerji içerdiğine inaniyordu.

D) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce çoğu kişi onun yaşlanmaya karşıt olabilecek enerjisine ya da cilde ısıltılı bir görünüm verebilecek enerjisine inaniyordu.

E) Radyasyonun tehlikeleri tam olarak anlaşılmadan önce çoğu kişi onun yaşlanmaya karşıt olabilecek enerji içerdiğine ya da radyasyona maruz kalmanın cilde ısıltılı bir görünüm verdiği inaniyordu.

Expose: maruz bırakmak

Be exposed to: maruz kalmak

Glowing: parlayan, parıldayan

47

Because dairy products are an important source of calcium, people who reduce or severely limit their intake of dairy products may need to consider other ways to consume an adequate amount of calcium in their diets.

A) Süt ürünleri önemli bir kalsiyum kaynağıdır ve süt ürünleri alımını azaltan veya ciddi biçimde kısıtlayan insanların, beslenmelerinde yeterli miktarda kalsiyum eklemenin diğer yollarını düşünmeleri gerekebilir.

B) Süt ürünleri alımını azaltan veya ciddi biçimde sınırlandıran insanların, beslenmelerinde yeterli miktarda kalsiyum tüketmenin başka yollarını dikkatle almaları gerekebilir çünkü süt ürünleri önemli bir kalsiyum kaynağıdır.

C) Süt ürünleri önemli bir kalsiyum kaynağı olduğu için süt ürünleri alımını azaltan veya ciddi biçimde sınırlandıran insanların, beslenmelerinde yeterli miktarda kalsiyum tüketmenin başka yollarını düşünmeleri gerekebilir.

D) Önemli bir kalsiyum kaynağı olan süt ürünleri alımını azaltan ya da ciddi biçimde kısıtlayan insanların, beslenmelerinde yeterli miktarda kalsiyum tüketmenin başka yollarını düşünmeleri gerekebilir.

E) Önemli bir kalsiyum kaynağı olan süt ürünlerini az tüketen veya süt ürünlerini ciddi anlamda kısıtlayan bireylerin, beslenmelerinde yeterli miktarda kalsiyum eklemenin başka yollarını bulmaları gerekebilir.

Dairy products: süt ürünleri

Source: kaynak

Reduce: azaltmak

Severe: ciddi

Limit: sınırlamak

Intake: alım

Consider: düşünmek

Ways to / means to

Consume: tüketmek

Adequate: yeterli

*** severely limit

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48

İklim değişikliğine sebep olan sera gazlarının salınımına hiç katkıda bulunmamış olmalarına rağmen çocuklar, sonuç olarak ortaya çıkan sağlık risklerine karşı en savunmasız olanlar arasındadır.

A) Although children are among the most vulnerable to health risks arising from climate change, they contribute to the emission of greenhouse gases.

B) Although making no contribution to the emission of greenhouse gases, health risks resulting from climate change make the children the most vulnerable.

C) Even though they have made no contribution to the emission of greenhouse gases that cause climate change, children are among the most vulnerable to the resulting health risks.

D) Vulnerable to the risks resulting from climate change, children make no contribution to the emission of greenhouse gases.

E) Children made no contribution to the emission of greenhouse gases, yet they are the most vulnerable to the health risks arising from climate change.

Contribution: katkı

Contribute to: katkı sağlamak, sebep olmak

Emission: salınım, emisyon

Cause: sebep olmak

Climate change: iklim değişikliği

Resulting: sonucunda

Vulnerable: savunmasız

*** even though – much as – while

*** greenhouse gases that...

*** among ...: arasında

*** resulting health risks...

49

Çocuklarda tükürük kortizol düzeylerine ilişkin araştırma bulguları tutarsız olsa da daha yüksek düzeyde kortizol salgılanmasının, daha şiddetli depresif belirtilerle ve daha yüksek nüksetme olasılığı ile bağlantılı olduğuna dair bazı kanıtlar vardır.

A) Although research findings regarding cortisol levels in children are inconsistent, there is some evidence that higher levels of cortisol secretion are associated with more severe depressive symptoms and with a higher risk of recurrence.

B) Although inconsistent research findings on cortisol secretion exist, some evidence shows that higher cortisol secretion correlates with more severe depressive symptoms rather than a greater risk of recurrence.

C) Although findings regarding cortisol levels in children are inconsistent, there is some evidence linking higher levels of cortisol secretion to an increased chance of recurrence together with more severe depressive symptoms.

D) Even though studies on cortisol levels in children have yielded inconsistent results, some evidence points to a correlation between higher cortisol secretion and more severe depressive symptoms, as well as a higher likelihood of recurrence.

E) Despite evidence suggesting that higher cortisol secretion in children is linked to more severe depressive symptoms and an increased likelihood of recurrence, research findings on cortisol levels in children are not consistent.

*** although

Regarding: ilişkili

Inconsistent: tutarsız

Consistent: tutarlı

Evidence: kanıt

Secretion: salgılama

Associate: ilişkilendirmek

Severe: sert, ciddi / severe damage, severe harm, severe wound, severe injury

Recurrence: tekrarlama

50

Asperger sendromu bazı açılardan otizme benzese de bu hastalıktan mustarip çocuklar dil ediniminde otizmlili çocukların yaşadığı zorlukları yaşamazlar.

A) Children with Asperger's syndrome do not have the same difficulties in acquiring a language that children with autism do, although there are some similarities between this disorder and autism.

B) Despite some commonalities between Asperger's syndrome and autism, children with Asperger's syndrome do not have the same difficulties in acquiring a language that children with autism have.

C) Children with Asperger's syndrome do not have the same difficulties in acquiring a language that children with autism have, even though there are some common similarities between this disorder and autism.

D) When acquiring a language, children with Asperger's syndrome do not have the same difficulties that children with autism have, even though this disorder is similar to autism in some respects.

E) Though Asperger's syndrome is similar to autism in certain respects, children with this disorder do not face the same difficulties in acquiring a language that children with autism do.

Similar to: benzer olarak

Certain respects: bazı açılardan

*** children (who have) WITH this disorder: bu rahatsızlığı olan çocuklar

Face: karşılaşmak, yaşamak

Difficulty: zorluk /// difficulty IN

Acquire: edinmek

51

Araştırmalar, diş eti hastalığı olan insanların kalp hastalıklarına yakalanma riskinin diş eti hastalığı bulunmayan insanlara kıyasla daha yüksek olduğunu göstermiştir çünkü diş eti hastalığına neden olan bakteriler kan damarlarından ilerleyerek iltihaba yol açabilir.

A) Studies have indicated that bacteria causing gum disease can travel through blood vessels and increase the risk of inflammation, which elevates the risk of developing heart diseases.

B) Studies have shown that people with gum disease are at higher risk of developing heart diseases since bacteria that cause gum disease can result in inflammation by travelling through blood vessels.

C) According to studies, the risk of developing heart diseases is higher among people with gum disease because bacteria that cause gum disease can result in inflammation by travelling through blood vessels.

D) Studies have indicated that people with gum disease increases the risk of developing heart diseases in people because bacteria causing the disease can spread through vessels, resulting in inflammation.

E) Studies have shown that bacteria that cause gum disease spread through blood vessels and result in inflammation which increases the likelihood of developing heart diseases in people with gum disease.

*** people (who have) with gum disease

*** develop: geliştirmek

*** since: çünkü

*** cause: sebep olmak

Result in: sebep olmak

Inflammation: yanma, iltihap

By Ving: erek, arak

Through vessels: damarlar yoluyla

*** at risk

52

Ceviz, kalp dostu beslenmede önemli bir temel gıdadır çünkü kandaki normal kolesterol seviyesinin korunmasına katkı sağlayan omega-3 yağ asidinin zengin bir kaynağıdır.

A) As a rich source of the omega-3 fatty acid, walnut contributes to the maintenance of the normal blood cholesterol level by providing this essential fatty acid in a heart-healthy diet.

B) **Walnut**, contributing to the maintenance of the normal blood cholesterol level, is an essential staple in a heart-healthy diet **because** it is a source rich in the omega-3 fatty acid.

C) **Because** **walnut** is a rich source of the omega-3 fatty acid, contributing to the maintenance of the normal blood cholesterol level, it is a key element in a heart-healthy diet.

D) Being a rich source of the omega-3 fatty acid, walnut is essential in a heart-healthy diet as it contributes to the maintenance of the normal blood cholesterol level.

E) **Walnut is a key staple in a heart-healthy diet because it is a rich source of the omega-3 fatty acid, which contributes to the maintenance of the normal blood cholesterol level.**

Staple: temel

*** because

, which: ki bu... /// ve bu / erek, arak / en, an

Contribute to: katkı sağlamak, sebep olmak

Maintenance: korunma

53

Aspirin günümüzde sentetik olarak üretilse de aspirin içeren söğüt kabuğu, kimyasal sentez teknikleri geliştirilmeden çok önce bitkisel bir ilaç olarak kullanılmıştır.

A) Even though aspirin is now produced synthetically through chemical synthesis methods, aspirin containing willow bark was utilised as an herbal remedy long before.

B) Today, aspirin is manufactured synthetically; however, willow bark was used as an herbal remedy due to its aspirin content prior to the development of chemical synthesis techniques.

C) Although aspirin is synthetically produced today, willow bark containing aspirin was used as an herbal remedy long before chemical synthesis techniques were developed.

D) While aspirin is presently produced synthetically, willow bark containing aspirin was employed as an herbal remedy well before chemical synthesis techniques were developed.

E) Prior to the development of chemical synthesis methods, willow bark, which naturally contains aspirin, served as an herbal remedy, contrasting with the contemporary production of synthetic aspirin.

Produce: üretmek

Contain: içermek

Remedy: ilaç

Develop: geliştirmek

*** although

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54

Altering the teeth for aesthetic reasons is a practice that has been found in cultures around the world, with teeth filing being one of the more common practices. **Some Australian Aboriginals file their teeth in such a way as to be aesthetically pleasing.** ---- **In Bali, for example, teeth** are filed not for decorative reasons but because teeth symbolise negative emotions like anger, jealousy, and greed, which can be controlled through filing the teeth. Upper-class Mayans also filed their teeth, and sometimes etched designs onto the surface of the teeth as well, a tradition that has also been found in Africa and Central America.

A) Other cultures file their teeth into sharp points, such as the Mentawai of Sumatra or the Dinka of Sudan, but not all are for appearance alone.

B) Some cultures also stained their teeth to make them more beautiful, such as in Vietnam where black teeth were once preferred to white.

C) Gums can also be operated in order to change the shape and appearance of the gums and teeth.

D) Today in the contemporary body modification community, teeth sharpening is a relatively rare practice.

E) Tooth filing is done at a dentist's office, although some people have filed their own teeth at considerable risk.

Alter: değiştirmek

Reason: sebep

*** altering the teeth for aesthetic reasons...

Pleasing: memnun edici

File: sivirtmek

Symbolise: sembolize etmek

*** like: gibi anlamında örnek vermek için kullanılmış

Upper-class: üst sınıf

Surface: yüzey

Tradition: gelenek

55

The risk for numerous cancers rises with obesity. The reasons for this **are difficult to separate out**. ---- Yet, these factors are generally lacking in obesity. Further, the increase in adipose tissue evident in obesity appears to be a contributing factor to hormone-driven cancers such as prostate cancer and breast cancer, the risks for which are higher in people who have obesity than in people who are of healthy weight.

A) Some studies have established a connection between the length of time food remains in the gastrointestinal tract with the risk for cancer.

B) It has been identified that there are more than a thousand chemicals and other substances that have the ability to cause cancer.

C) Regular physical activity and nutritious eating habits support the health of cells throughout the body **as well as foster efficient immune function.**

D) According to recent data, a diet high in red meat increases the risk for cancer overall and specifically hormone-driven cancers.

E) The most significant lifestyle factors related to cancer are smoking, diet, **obesity**, and exposure to environmental carcinogens.

Çok sayıda kanserin riski

Rise: artmak

*** these factors: bu faktörler...

Separate out: ayırmak

Lack: yoksunolmak

Further: dahası

Increase: artış

Evident: açık

Appear: görünmek

Contributing factor: katkı sağlayan faktör

Such as: gibi

56

Dentists recommend brushing and flossing the teeth twice a day and having routine dental check-ups twice a year. These measures help to prevent dental cavities and gum disease, and permit early detection and treatment of oral cancers. Dental problems become more common **with increasing age**, for numerous and varied reasons. ---- There are strong correlations between health in the mouth and health in general, even to the extent that the earliest signs of some diseases are first evident in the mouth.

A) Oral health may include the cumulative effect of lifestyle habits, diminishable with age, and diseases such as diabetes.

B) Numerous bacteria naturally inhabit the mouth and may travel to the bloodstream if there is any bleeding in the mouth.

C) Chewing tobacco and cigarette **smoking contribute to the various oral challenges such as tobacco stains** on the teeth.

D) Dentists strongly encourage the use of mouth guards in much activities in which there could be injury to the mouth.

E) In some cases, dentists prescribe preventive antibiotic medications prior to cleaning or major dental procedures.

Recommend: tavsiye etmek

Measure: önlem

Prevent: önlemek

Cavity: çürük

Permit: izin vermek

Detection: tespit

Treatment: tedavi

Increasing: artan

Varied: çeşitli

Correlation: bağlantı

The extent: ölçü, boyut

Evident: açık

57

Putting objects into their noses and ears is a common occurrence with young children. In such cases, the object is typically visible, though attempts to retrieve or clear the object can result in pushing it farther into the auditory canal or nasal passage; there is a risk with foreign objects of inhaling them into the airways or lungs. ---- It is especially important as particles of food and objects such as paper wads attract moisture and can swell, lodging more firmly in the nose or ear.

A) Nevertheless, it is required to learn cardiopulmonary resuscitation (CPR) and other methods to relieve airway obstruction, such as the Heimlich manoeuvre.

B) Extended sneezing and blowing the nose is advised to remove a foreign object, unless there is a nosebleed or the object is irretrievably buried.

C) Licking, using an eyedropper to gently fill the nasal passage with warm olive oil can make the foreign body easier to be remove easily.

D) Hence, a healthcare provider should assess and remove any foreign object that does not come out of the ear or nose with minimal effort.

E) Foreign bodies that are lodged deeply are best removed using suction equipment or fine instruments.

Putting objects into noses and ears

Occurrence: olay

Common: yaygın

Such cases: böyle durumlar

Visible: görünür

Attempt: girişim

Retrieve: geri almak

Result in: sebep olmak

Inhale: nefes almak

Firmly: sıkıca

58

"Twin studies are one of the most important pieces of evidence for genes being involved in autism," says Abha Gupta, a paediatrician who also researches the genetics and neurobiology of autism spectrum disorder (ASD) at Yale School of Medicine. Identical twins share nearly 100 per cent of their genes, while fraternal twins share about 50 per cent. ---- Since the 1970s, a number of twin studies have found that identical twins are more likely to have autism than both fraternal twins.

Twins /// autism

A) So, if identical twins have the same disorder, it is strong evidence for a genetic cause.

B) Hundreds of genes are linked to ASD, also making it harder to predict its risk.

C) Although ASD is heritable, children with no family history of the disorder can still develop it through de novo mutations.

D) For one twin, generally accepted risk factors for identically are related to maternal health during pregnancy.

E) The autism spectrum describes people with a wide range of developmental disorders.

59

Of the diseases spread by mosquitoes, malaria has proved particularly deadly. In 2016, 216 million people were sickened by malaria worldwide, 445,000 of whom died. Certain species of *Anopheles* mosquitoes are carriers for the malaria-causing *Plasmodium* parasite. ---- About a week later, when the mosquito feeds again, the parasite hitches a ride in the bug's spit to a new human host, ultimately infiltrating that person's liver and bloodstream and causing sickness or death.

A) When female mosquitoes bite humans, seeking the nutrients they need for their eggs, they unwittingly pick up these parasites.

B) *Plasmodium* then reproduce in the mosquito's gut before they travel to its salivary glands.

C) The disease's wide reach and alarming death toll have netted it the biggest and best-funded mosquito-control efforts.

D) To fight the disease, scientists have been developing insecticide-laced sugar baits that attract and kill female mosquitoes.

E) Mosquitoes find human prey in many ways, including by following a person's carbon dioxide output through the eaves in their house.

60

(I) Anaesthesia refers to the loss of sensation with or without loss of consciousness. (II) There are several ways of producing anaesthesia, with the choice dependent on the type of surgery and the health condition and preference of the patient. (III) Regional anaesthesia, analgesia, without loss of consciousness, results from injecting a solution of local anaesthetic drug either into the cerebrospinal fluid surrounding the spinal cord or into the epidural space surrounding the cerebrospinal fluid, usually in the lower back area. (IV) Each person responds differently to a given anaesthetic and anaesthetic techniques and drugs often have marked effects on bodily functions, especially those of the cardiovascular and respiratory systems. (V) Therefore, these systems are monitored closely during anaesthetic administration, with measurements such as heart sounds, blood pressure, temperature, and oxygenation taken using a variety of sophisticated devices.

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

61

(I) We may not have the luxuriant fur of some mammal species, but our skin is still covered with millions of hairs.

(II) **Most of those** on the body are short, fine vellus hairs that, when provoked by stinging insects, **warn us** that we might be bitten or stung. (III) Thicker, longer terminal hairs are found on the head, eyebrows, and eyelashes.

(IV) Head hair is protective and also forms an important part of our appearance. (V) The shaft is the portion of the hair that is visible above the skin's surface.

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

62

(I) People who suffer from the rare disorder narcolepsy fall asleep a few times each day for several minutes or longer at times likely to induce sleep, but also other occasions. (II) This may occur randomly, such as after a meal or during a conversation, or because of a triggering event, like when the person is carrying out a monotonous activity. (III) Along with avoiding activities that may bring on an attack, a person with narcolepsy may take certain prescribed drugs in special situations where a narcoleptic attack would be particularly inappropriate or embarrassing. (IV) Narcolepsy is present for life and the cause is unknown, although there is a tendency for the disorder to run in families. (V) However, in most cases it is necessary for those with narcolepsy to entirely avoid risky activities, such as driving or hazardous sports.

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