

Exercise 1. Match the words with their definitions.

1. **gerek-tirmek**
A) require B) maintain
2. **dahil etmek**
A) approach B) incorporate
3. **önemli**
A) healthy B) key
4. **savaşmak, mücadele etmek**
A) combat B) lead to
5. **teşvik etmek**
A) promote B) reduce
6. **sürdürmek, korumak**
A) develop B) maintain

Obesity is a real concern for public health, and it (obesity) requires (necessitate) attention and action. Engaging in regular exercise is a plausible way to combat (mek/mak için: fight) this issue (obesity). Exercise can help individuals maintain (help + to V / V0) a healthy weight and reduce (descend, mitigate, dwindle, go down, diminish, decrease) the risk of developing various health conditions associated with obesity. However, it is important to approach (to verb olmasının sebebi: sıfat + to verb) exercise safely and avoid unsafe practices that could lead to (give rise to, contribute to) injuries. Finding enjoyable activities that (noun + that: adjective clause) promote physical activity is key (vital, crucial). Whether it's walking, cycling, or dancing, incorporating exercise into our daily routines can have a positive impact on our overall health and well-being.

1. The text is mainly about ----.

- A) the dangers of obesity
- B) the benefits of regular exercise
- C) the way exercise should be performed

2. One thing that is not mentioned in the passage about regular exercise is ----.

- A) Its potential to increase muscle strength and flexibility
- B) Its role in reducing the risk of obesity-related health conditions
- C) Its ability to improve mental well-being and reduce stress

Doğru seçeneği işaretleyin

1. engaging regular exercise

- A) in
- B) for

2. the risk ---- developing various health conditions

- A) in
- B) of

3. associated obesity

- A) with
- B) of

4. incorporating exercise our daily routines

- A) over
- B) into

5. positive impact ---- our overall health

- A) for
- B) on

30 saniye

Exercise 1. Match the words with their definitions.

1. muğlak

- A) important B) ambiguous

2. eşit

- A) influential B) equal

3. ciddi anlamda

- A) significantly B) equally

4. engellemek, önlemek

- A) prevent B) reduce

5. gibi

- A) when B) such as

6. öngörü

- A) insight B) diet

7. yapmak, dahil olmak

- A) note B) engage in

8. -e bakılmaksızın

- A) if B) regardless of

When it comes to diabetes, a person's family history plays an important role. It can be both ambiguous and fruitful in determining the risk of developing the condition. If someone has close relatives with diabetes, their chances of developing it themselves may be higher. However, it's important to note that lifestyle factors are equal in rank to family history. Making healthy choices, such as eating a balanced diet and engaging in regular physical activity, can significantly reduce the risk of diabetes, regardless of one's family background. So, while family history provides some insight, individual actions are equally influential in preventing diabetes.

1. One thing that is not mentioned in the passage about diabetes is ----.

- A) The role of genetics in diabetes
B) The importance of regular medical check-ups for diabetes prevention
C) The impact of diabetes on mental health

2. The author's purpose of writing this passage is to ----.

- A) explain the symptoms and treatment options for diabetes
B) discuss the relationship between family history and diabetes risk
C) promote healthy lifestyle choices for diabetes prevention

Doğru seçeneği işaretleyin

1. ambiguous and fruitful ---- determining the risk of developing the condition

- A) in B) to

2. equal ---- rank ---- family history

- A) in / to B) to / in

3. engaging ---- regular physical activity

- A) on B) in

Animals living in colonies have been capable of flourishing in various environments. They live and work together, contributing to the overall success of the group. Although some colonies may be detrimental to the surrounding ecosystem, others can be harmless and even beneficial. These animals have developed unique ways to communicate and cooperate, allowing them to thrive in challenging conditions. From ants to penguins, the benefits of living in a colony are numerous and continue to be observed in the animal kingdom.

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