

Exercise 1. Match the words with their definitions.

1. gerektirmek

- A) require B) maintain - sağlamak

2. dahil etmek

- A) approach - yaklaşmak B) incorporate

3. önemli

- A) healthy - sağlıklı B) key

4. savaşmak, mücadele etmek

- A) combat B) lead to – sebep olmak

5. teşvik etmek

- A) promote B) reduce – azaltmak

6. sürdürmek, korumak

- A) develop – geliştirmek B) maintain

Obesity is a real concern for public health, and **it** requires attention and action.
Obezite kamu sağlığı için gerçek bir endişedir ve it (obesity) gerektirir dikkati ve aksiyonu.
Require – need - necessitate

Engaging in regular exercise is a plausible way to combat **this issue**.
Düzenli egzersiz yapmak uygun bir yoldur savaşmak için bu mesele ile...
Plausible – feasible

Engage in: meşgul olmak, yapmak

Exercise can **help individuals maintain** a healthy weight and reduce the risk of developing various health conditions (which are) associated with obesity.
Egzersiz yardımcı olabilir bireylerin sağlıklı bir kiloda kalmaları ve azaltmalarına çeşitli sağlık durumlarını geliştirme riskini obezite ile ilgili.

Help + V0 / to V0
Associate with...

Reduce: azaltmak
Maintain: kalmak, sürdürmek

However, it is important to approach exercise safely and avoid unsafe practices that could lead to injuries.

Ancak, önemlidir yaklaşmak egzersize güvenli bir şekilde, sakınmak güvensiz uygulamalardan sakatlıklara yol açabilen...

Important to approach: sıfat + to verb...
Unsafe practices that could lead to...
Lead to: bring about, result in, give rise to, trigger, induce, cause, contribute to...

Finding enjoyable activities that promote physical activity is key.
Fiziksel aktiviteyi teşvik eden zevkli aktiviteler bulmak önemlidir.
Promote – foster: teşvik etmek...

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.

*** İster yürüyüş, ister bisiklet sürme ister dans etme olsun, egzersizi günlük rutinlere dahil etmek pozitif bir etki yaratabilir bizim tam sağlık ve iyi oluş halimiz üzerinde.

Incorporate into::: dahil etmek...

Impact / influence / effect ON...

The impact of global warming on people

Whether: ister...ister /// mı...mi ///ıp...ımadığı

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**

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 into

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.

When it comes to diabetes: diyabetten bahsetmek gerekirse /// diyabete gelindiğinde

role / part **IN...**

It can be both ambiguous and fruitful in determining the risk of developing the condition.

*** Hem muğlak hem de verimli olabilir belirlemede hastalığa yakalanma riskini

Ambiguous – vague: belirsiz, muğlak

Fruitful: verimli

Determine: belirlemek

Develop: geliştirmek, yakalanmak

Condition: hastalık, durum

PARALEL DURUM BAĞLAÇLARI

Both ... and...: hem...hem de /// not only...but also...

Either ... or: ya ... ya da: (negatif cümlede: ne... ne de)

Neither ... nor: ne ... ne de (negatif cümle de: negatif kullanılamaz)

If someone **has** close relatives with diabetes, their chances of developing it themselves **may be** higher.

Eğer bir kişinin diyabetli yakın akrabaları varsa, onların kendilerinin hastalığa yakalanma şansı daha yüksek olabilir.

*** may: can – could – might

If 1. Cümle, **then**

*** close relatives **WITH** diabetes: who have... - sahiplik

0 If + S + V1, S + V1 (if you heat water, it boils) facts

1 If + S + V1, S + will-can-may V0 (If you come home late, you will be punished) – PRESENT - POSSIBILITY

2 If + S + V2, S + would-could-might V0 (If I had enough money, I would buy the car) – Present unreal

3 If + S + had V3, S + would-could-might have V3 – (If you had studied more, you would have gotten better score) past unreal

Inversion

2-3

3-2

However, it's important **to note** that lifestyle factors are **equal** in rank **to** family history.

Ancak, önemlidir kayda almak yaşam şekli etkilerinin eşit olduğunu rütbece / mevkiye aile geçmişine...

In length: uzunlukça

In rank: rütbece

In size: boyutça

In weight: kiloca

*** sıfatlardan sonra + to verb kullanılır

To Verb Nedir

To do - aktif

To be done - pasif

To have done – zamansal öncelik aktif

To have been done – zamansal öncelik pasif

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.

**** Dengeli beslenme ve düzenli fiziksel aktiviteye katılma gibi sağlıklı seçimler yapmak bir kişinin aile geçmişine bakılmaksızın diyabet riskini ciddi manada azaltabilir...

Making healthy choices: sağlıklı seçimler yapmak

Significantly: ciddi anlamda...

Regardless of – irrespective of – no matter ...: makılmaksızın...

Engage in: katılmak

So, **while** family history provides some insight, individual actions are equally influential in preventing diabetes.

Bu yüzden

In + Ving: -de, -da

By + Ving: -erek, -arak

While: 1. Whereas – ken – taban tabana zıtlık 2. Se de – konusal zıtlık 3. Ken – zaman bağlacı

Insight: öngörü

Equally: eşit derecede

Influential: etkili

Prevent: önlemek

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