

5. People are used to drinking coffee to ---- alertness, but too much caffeine can lead to negative side effects, including anxiety, irritability and insomnia.

- A) monitor
- B) increase
- C) install
- D) expose
- E) assign

12. ---- mushrooms are rich in protein like meat, their nutrient profile is quite different from that of meat.

- A) Since
- B) Although
- C) Provided that
- D) Unless
- E) Once

20. A study of genetic data from 300,000 people has found that those ---- scored the highest in intelligence tests were 30 percent more likely to have genes that suggest they need to wear glasses.

- A) where.
- B) who
- C) what
- D) whose
- E) whom

32. ---- because it has no checklist of specific and observable symptoms..

- A) Fears and expectations influence the development of an adjustment disorder
- B) Women are diagnosed with adjustment disorder twice as often as men.
- C) Adjustment disorder appears to be fairly common in the American population.
- D) The diagnosis of adjustment disorder represents a particular challenge to clinicians
- E) The stressful events that cause an adjustment disorder vary widely.

46. Antidepressants are prescribed to keep mood levels steady, but some of them may also give you an energy boost and cause a restless night if swallowed at night.

- A) Ruh hâli dengesini sağlamak için verilenlerin dışında bazı antidepresanlar gece alındığı takdirde aşırı enerjiye ve uykusuzluğa yol açabilir.
- B) Antidepresanlar ruh hâlini dengede tutmak için verilir ancak bazıları, gece alınırca, enerji patlamasına ve uykusuz bir gece geçirmenize sebep olabilir..
- C) Bazılarının enerji patlaması ve uykusuzluğa yol açmasına rağmen ruh hâlini dengede tutmak için antidepresanların gece alınması tavsiye edilir.
- D) Antidepresanlar gece alındığında ruh hâlini dengede tutar fakat bazıları aşırı enerji verme ve uyku hâlini giderme gibi etkileri için verilir.
- E) Gece alınan antidepresanlar aşırı enerji verme ve uykusuzluğa sebep olma gibi etkilerine rağmen ruh hâlini dengede tutmak için verilmektedirler.

53. Aspirin kanı inceltir, bu yüzden hafif ağrılar için kullanılmasının yanı sıra birçok insan felç ve kalp krizini engellemek için de günlük olarak aspirin alır.

- A) Aspirin thins the blood, so as well as being used for mild pain, many people take aspirin daily to prevent heart attacks and strokes.
- B) A lot of people who take aspirin daily to prevent heart attacks and strokes also use it for their mild pain and to thin their blood.
- C) Taking aspirin daily is useful in preventing heart attacks and strokes as well as thinning the blood and lessening mild pain.
- D) In addition to using aspirin for mild pain and thinning the blood, there are lots of people who use it to prevent strokes and heart attacks.
- E) There are many benefits of aspirin such as lessening the pain, thinning the blood and preventing heart attacks and strokes, so people take it every day.

53. Allergic reactions to food, also called food hypersensitivities, are an increasingly common problem today. Hippocrates wrote about adverse food reactions and their link to various health problems back in 400 BCE. However, it was not until the 20th century that food allergies became understood and well documented. Today it is estimated that over 5% of the population suffer with some type of food allergy. Food reactions are also suspected to play a role in many health problems. ---- These diets involve removing specific foods or ingredients from your diet that you and your doctor suspect may be causing your allergy symptoms.

- A) It is not uncommon to experience withdrawal symptoms within the first week of elimination diets, such as headaches, food cravings and changes in bowel function.
- B) As a result, a growing number of health care practitioners are using elimination diets to identify food allergies and food intolerances in their patients.
- C) Moreover, patients should follow the dietary guidelines for at least one month to cleanse the body of the offending food.
- D) Food allergies and food intolerances are a major source of undesirable symptoms that negatively impact the quality of life of many people.
- E) Indeed, having a specific diet for intolerances can be a difficult process to follow as it requires strict dietary changes.

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

CEVAP ANAHTARI

5- B	12- B	20- B	32- D	46- B	53- A	56- B	64- B
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