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According to the passage the body became a topic of focus academically ----.

A) in a society where issues such as advertising, credit, and consumerism were yet to be considered as valid fields of study

B) in contrast to the demand for a disciplined labour force in the societal organisation

C) when advances in the field of cosmetic surgery started to attract great public interest

D) after Daniel Bell published his book The Cultural Contradictions of Capitalism in 1976

E) following the transformations seen in society involving a transition from production to consumption

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Parçaya göre vücut, akademik bir odak noktası haline gelmiştir ----.

A) reklam, kredi ve tüketim gibi konuların henüz geçerli çalışma alanları olarak kabul edilmediği bir toplumda

B) toplumsal yapıdaki disiplinli iş gücü talebine zıt olarak

C) kozmetik cerrahi alanındaki ilerlemeler halkın büyük ilgisini çekmeye başladığında

D) Daniel Bell'in 1976'da "Kapitalizmin Kültürel Çelişkileri" kitabını yayınlamasından sonra

E) toplumda görülen ve üretimden tüketime geçişi içeren dönüşümleri takiben

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Soru No: 44

It is clearly stated in the passage that Bell's book ----.

A) criticised the development of leisure industries that include the body

B) functioned as a guide which people living in post-war society could use to take better care of their body

C) investigated the internal dilemmas observed in the post-war capitalist society

D) focused more on how society still required a disciplined labour force than how it promoted hedonism

E) emphasised the need for a person to stay youthful, active, and beautiful

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Parçada Bell'in kitabı hakkında açıkça belirtilmiştir ki ----.

A) bedeni de kapsayan eğlence endüstrilerinin gelişimini eleştirmiştir

B) savaş sonrası toplumda yaşayan insanların bedenlerine daha iyi bakmak için kullanabilecekleri bir rehber işlevi görmüştür

C) savaş sonrası kapitalist toplumda gözlemlenen içsel ikilemleri (çelişkileri) araştırmıştır

D) toplumun nasıl hedonizmi teşvik ettiğinden ziyade, hâlâ nasıl disiplinli bir iş gücüne ihtiyaç duyduğuna odaklanmıştır

E) bir kişinin genç, aktif ve güzel kalma ihtiyacını vurgulamıştır

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Soru No: 45

It can be inferred from the passage that pre-war society regarded ageing, disease, and death as ----.

A) recurring themes without which a beautiful body would hold less importance

B) facts of the human condition that should be questioned thoroughly

C) notions whose effects could be mitigated, although not entirely eliminated

D) constant forces of life that could not be changed through intervention

E) welcomed dynamics in life that gave youthfulness a new meaning

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Parçadan, savaş öncesi toplumun yaşlanmayı, hastalığı ve ölümü ---- olarak gördüğü çıkarılabilir.

A) onlar olmadan güzel bir bedenin daha az önem taşıyacağı, tekrar eden temalar

B) derinlemesine sorgulanması gereken insanlık durumu gerçekleri

C) etkileri tamamen ortadan kaldırılamasa da hafifletilebilen kavramlar

D) müdahale yoluyla değiştirilemeyen yaşamın sabit güçleri

E) gençliğe yeni bir anlam katan, yaşamın hoş karşılanan dinamikleri

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Soru No: 46

The underlined word 'immutable' is closest in meaning to ----

A) rigid

B) relevant

C) arbitrary

D) mediocre

E) intriguing

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Altı çizili 'immutable (değişmez, sabit, sarsılmaz)' kelimesine anlamca en yakın olan seçenek ----

A) rigid (katı, değişmez)

B) relevant (alakalı, ilgili)

C) arbitrary (keyfi, rastgele)

D) mediocre (vasat, orta karar)

E) intriguing (ilgi çekici, merak uyandırıcı)

Kidney transplants can be lifesaving, but some kidneys do not function well after the surgery because they are damaged from lack of oxygen during transport. Low oxygen stops kidney cells making enough of a compound called adenosine triphosphate (ATP), which normally powers a molecular pump on their surface that keeps sodium levels low and potassium levels high inside cells. The shutdown causes the cells to swell and damages many of their enzymes and other biochemicals. But the molecular pumps are sensitive to electrical fields. Ruisheng Liu at the University of South Florida in Tampa and his team have found that putting electrodes on the surface of a kidney and applying an electrical field can restart the cells' pumps. To test the approach, the team gave 10 mice a kidney transplant after storing the organs in cold saline before implantation. Seven mice were given kidneys that had received the electrical treatment, and these mice had a more than 50 percent better kidney function than the three mice that received untreated kidneys. The team also tested the approach in five pairs of human kidneys that had been donated but could not be used. One of each pair had four electrodes placed on it while they were all stored on ice for 24 hours. Afterwards, the cells of the treated kidneys had less damage than the untreated ones.

Soru No: 47

According to the passage, transplanted kidneys ----.

A) may struggle to keep up with bodily processes because of an excess of the compound ATP

B) may lead other body cells to show an inflammatory response if they are not treated with saline

C) are often tested thoroughly to see whether they can produce enough ATP

D) can work effectively provided that they regularly receive electrical treatment after the implantation

E) could fail to function effectively due to enzymes and other biochemicals impaired during transport

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Böbrek nakilleri hayat kurtarıcı olabilir, ancak bazı böbrekler taşıma sırasındaki oksijen eksikliğinden dolayı hasar gördükleri için ameliyattan sonra iyi çalışmazlar. Düşük oksijen, böbrek hücrelerinin, hücre içindeki sodyum seviyelerini düşük ve potasyum seviyelerini yüksek tutan yüzeylerindeki moleküler bir pompayı besleyen adenozin trifosfat (ATP) adlı bileşiği yeterince üretmesini durdurur. Bu durma, hücrelerin şişmesine neden olur; birçok enzime ve diğer biyokimyasallara zarar verir. Ancak moleküler pompalar elektrik alanlarına karşı duyarlıdır. Tampa'daki Güney Florida Üniversitesi'nden Ruisheng Liu ve ekibi, bir böbreğin yüzeyine elektrotlar yerleştirmenin ve bir elektrik alanı uygulamanın hücrelerin pompalarını yeniden çalıştırabildiğini keşfetti. Bu yaklaşımı test etmek için ekip, organları yerleştirmeden önce soğuk salin solüsyonunda sakladıktan sonra 10 fareye böbrek nakli yaptı. Yedi fareye elektriksel tedavi uygulanmış böbrekler verildi ve bu fareler, tedavi edilmemiş böbrek alan üç fareye göre yüzde 50'den fazla daha iyi böbrek fonksiyonu gösterdi. Ekip ayrıca bu yaklaşımı bağışlanmış ancak kullanılamayan beş çift insan böbreği üzerinde de test etti. Her bir çiftin birine, 24 saat boyunca buz üzerinde saklanırken dört elektrot yerleştirildi. Sonrasında, tedavi edilen böbreklerin hücreleri, tedavi edilmeyenlere göre daha az hasar gösterdi.

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Soru No: 47

Parçaya göre, nakledilen böbrekler ----.

A) ATP bileşiğinin fazlalığı nedeniyle bedensel süreçlere ayak uydurmakta zorlanabilir

B) salinle tedavi edilmezlerse diğer vücut hücrelerinin iltihabi (enflamatuar) bir tepki göstermesine neden olabilir

C) genellikle yeterli ATP üretip üretemeyeceklerini görmek için kapsamlı bir şekilde test edilirler

D) implantasyondan sonra düzenli olarak elektrik tedavisi almaları şartıyla etkili bir şekilde çalışabilirler

E) taşıma sırasında zarar gören enzimler ve diğer biyokimyasallar nedeniyle etkili bir şekilde çalışamayabilirler

Kidney transplants can be lifesaving, but some kidneys do not function well after the surgery because they are damaged from lack of oxygen during transport. Low oxygen stops kidney cells making enough of a compound called adenosine triphosphate (ATP), which normally powers a molecular pump on their surface that keeps sodium levels low and potassium levels high inside cells. The shutdown causes the cells to swell and damages many of their enzymes and other biochemicals. But the molecular pumps are sensitive to electrical fields. Ruisheng Liu at the University of South Florida in Tampa and his team have found that putting electrodes on the surface of a kidney and applying an electrical field can restart the cells' pumps. To test the approach, the team gave 10 mice a kidney transplant after storing the organs in cold saline before implantation. Seven mice were given kidneys that had received the electrical treatment, and these mice had a more than 50 percent better kidney function than the three mice that received untreated kidneys. The team also tested the approach in five pairs of human kidneys that had been donated but could not be used. One of each pair had four electrodes placed on it while they were all stored on ice for 24 hours. Afterwards, the cells of the treated kidneys had less damage than the untreated ones.

Soru No: 48

It is stated in the passage that an electrical field ----.

A) might interrupt the production of ATP causing a lack of oxygen

B) could help reduce the need for kidney transplants by repairing damaged kidneys

C) may enable the biological tissues of kidneys to continue functioning indefinitely

D) could power a molecular pump on the surface of kidneys and eliminate the need for oxygen

E) might repair the damage done on the kidneys by resuming the function of the cells' pumps

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Soru No: 48

It is stated in the passage that an electrical field ----.

A) might interrupt the production of ATP causing a lack of oxygen

B) could help reduce the need for kidney transplants by repairing damaged kidneys

C) may enable the biological tissues of kidneys to continue functioning indefinitely

D) could power a molecular pump on the surface of kidneys and eliminate the need for oxygen

E) might repair the damage done on the kidneys by resuming the function of the cells' pumps

Soru No: 48

Parçada bir elektrik alanının ---- olduğu belirtilmektedir.

A) ATP üretimini kesintiye uğratarak oksijen eksikliğine neden olabileceği

B) hasarlı böbrekleri onararak böbrek nakli ihtiyacını azaltmaya yardımcı olabileceği

C) böbreklerin biyolojik dokularının süresiz olarak çalışmaya devam etmesini sağlayabileceği

D) böbreklerin yüzeyindeki moleküler bir pompayı besleyebileceği ve oksijen ihtiyacını ortadan kaldırabileceği

E) hücrelerin pompalarının işlevini yeniden başlatarak böbreklerde oluşan hasarı onarabileceği

Kidney transplants can be lifesaving, but some kidneys do not function well after the surgery because they are damaged from lack of oxygen during transport. Low oxygen stops kidney cells making enough of a compound called adenosine triphosphate (ATP), which normally powers a molecular pump on their surface that keeps sodium levels low and potassium levels high inside cells. The shutdown causes the cells to swell and damages many of their enzymes and other biochemicals. But the molecular pumps are sensitive to electrical fields. Ruisheng Liu at the University of South Florida in Tampa and his team have found that putting electrodes on the surface of a kidney and applying an electrical field can restart the cells' pumps. To test the approach, the team gave 10 mice a kidney transplant after storing the organs in cold saline before implantation. Seven mice were given kidneys that had received the electrical treatment, and these mice had a more than 50 percent better kidney function than the three mice that received untreated kidneys. The team also tested the approach in five pairs of human kidneys that had been donated but could not be used. One of each pair had four electrodes placed on it while they were all stored on ice for 24 hours. Afterwards, the cells of the treated kidneys had less damage than the untreated ones.

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According to the passage, Liu's study ----.

A) showed that the kidneys implanted in humans after treatment functioned better than the ones transplanted into mice

B) still needs more trials in order to be safely implemented into widespread transplantation practice

C) proved that electrodes might interfere with normally functioning cells while repairing damaged ones

D) revealed that the treated kidneys were far more successful in functioning when compared to untreated ones

E) suggested that the donated human kidneys were already functional but the treatment optimised their molecular pumps

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Soru No: 49

Parçaya göre Liu'nun çalışması ----.

A) tedavi sonrası insanlara nakledilen böbreklerin, farelere nakledilenlerden daha iyi çalıştığını gösterdi

B) yaygın nakil uygulamasına güvenli bir şekilde uygulanabilmesi için hâlâ daha fazla denemeye ihtiyaç duymaktadır

C) elektrotların, hasarlı hücreleri onarırken normal çalışan hücrelere müdahale edebileceğini kanıtladı

D) tedavi edilen böbreklerin, edilmeyenlere kıyasla işlev görmede çok daha başarılı olduğunu ortaya koydu

E) bağışlanan insan böbreklerinin zaten işlevsel olduğunu ancak tedavinin onların moleküler pompalarını optimize ettiğini öne sürdü

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Soru No: 50

Which could be the best title for this passage?

A) The Use of ATP in Kidney Transplants

B) The Consequences of Kidney Transplantation

C) Successful Kidney Transplants

D) A New Struggle for Kidney Implantation

E) Repairing Transported Kidneys with Electrical Field

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Bu parça için en uygun başlık hangisi olabilir?

A) Böbrek Nakillerinde ATP Kullanımı

B) Böbrek Naklinin Sonuçları

C) Başarılı Böbrek Nakilleri

D) Böbrek Yerleştirmede Yeni Bir Zorluk

E) Taşınan Böbreklerin Elektrik Alanı ile Onarılması

Mathematics is pervasive in modern society, and we use mathematics in our daily lives. At the same time, many people are not fully aware of the diverse interactions and connections between mathematics and society. Mathematics takes a starring role in highly technological fields. Outside these fields, however, there are countless ideas, inventions, and advances that cannot be fully realised without the involvement of mathematics. Organisations like the National Council of Teachers of Mathematics recommend mathematics be explored in the context of contemporary society. To examine these connections, we must approach them from different angles. We can look at mathematics through the lens of larger societal structures like nations, cultures, and educational systems, or we can turn this method around to explore the societal structures within mathematics, such as the culture of mathematicians and notions of proof, certainty, and success. Mathematics shapes the world in which we live. The world, in turn, shapes the discipline of mathematics by inspiring mathematicians to formulate new questions and solve new problems. Each successive generation of mathematicians brings fresh perspectives, expectations, and ways of thinking and working into the culture of mathematics. These mathematicians are influenced by the home, school, and play environments in which they were raised.

Soru No: 51

Which of the following is true according to the passage?

A) Having an interdisciplinary background is certainly an advantage for a mathematician in the contemporary world.

B) Representations in popular culture may portray mathematics and mathematicians in highly stereotypical ways.

C) The variety of interrelation between mathematics and society is not generally realised by the majority of people.

D) Many people are not familiar with advanced mathematical formulations due to the fact that they are not interested in mathematics.

E) Society usually disregards the role that mathematics play due to its complex and sophisticated nature.

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Matematik modern toplumda yaygındır ve biz matematiği günlük hayatımızda kullanırız. Aynı zamanda, pek çok kişi matematik ve toplum arasındaki çeşitli etkileşimlerin ve bağlantıların tam olarak farkında değildir. Matematik, yüksek teknolojili alanlarda başrol oynar. Ancak bu alanların dışında, matematiğin katılımı olmadan tam olarak gerçekleştirilemeyecek sayısız fikir, icat ve ilerleme vardır. Ulusal Matematik Öğretmenleri Konseyi gibi kuruluşlar, matematiğin çağdaş toplum bağlamında keşfedilmesini önermektedir. Bu bağlantıları incelemek için onlara farklı açılardan yaklaşmalıyız. Matematiğe uluslar, kültürler ve eğitim sistemleri gibi daha geniş toplumsal yapıların merceğinden bakabiliriz ya da bu yöntemi tersine çevirerek matematikçilerin kültürü ile kanıt, kesinlik ve başarı kavramları gibi matematiğin içindeki toplumsal yapıları keşfedebiliriz. Matematik yaşadığımız dünyayı şekillendirir. Dünya da karşılığında, matematikçilere yeni sorular formüle etmeleri ve yeni problemler çözmeleri için ilham vererek matematik disiplinini şekillendirir. Birbirini izleyen her matematikçi nesli; matematik kültürüne taze bakış açıları, beklentiler ve düşünme ve çalışma biçimleri getirir. Bu matematikçiler yetiştikleri ev, okul ve oyun ortamlarından etkilenirler.

Soru No: 51

Parçaya göre aşağıdakilerden hangisi doğrudur?

A) Disiplinler arası bir geçmişe sahip olmak, çağdaş dünyada bir matematikçi için kesinlikle bir avantajdır.

B) Popüler kültürdeki temsiller, matematiği ve matematikçileri son derece basmakalıp şekillerde tasvir edebilir.

C) Matematik ve toplum arasındaki karşılıklı ilişkilerin çeşitliliği, insanların çoğunluğu tarafından genellikle fark edilmez.

D) Pek çok insan, matematiğe ilgi duymadıkları için ileri düzey matematiksel formülasyonlara aşina değildir.

E) Toplum, karmaşık ve sofistike doğası nedeniyle genellikle matematiğin oynadığı rolü göz ardı eder.

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Soru No: 52

The relationship between society and mathematics ----.

A) is yet to be discovered as there is cutting-edge research attempting to explore the connection

B) has been used as a means to educate people on the importance of mathematics

C) is often overlooked due to the facilities already presented by the sophisticated technology

D) could be assessed from a range of different point of views

E) may encourage individuals to develop interest in the field of mathematics, if further explored

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Soru No: 52

Toplum ve matematik arasındaki ilişki ----.

A) bağlantıyı keşfetmeye çalışan son teknoloji araştırmalar olduğu için henüz keşfedilmeyi beklemektedir

B) insanları matematiğin önemi konusunda eğitmek için bir araç olarak kullanılmıştır

C) sofistike teknolojinin halihazırda sunduğu imkanlar nedeniyle genellikle göz ardı edilmektedir

D) bir dizi farklı bakış açısından değerlendirilebilir

E) daha fazla araştırılırsa, bireyleri matematik alanına ilgi duymaya teşvik edebilir

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It is clearly stated in the passage that the world and mathematics ----.

A) could be explained with similar notions since the field of mathematics is the foundation of the world which we live in

B) have been in harmony since the dawn of time, but it has been noticed only recently by mathematicians

C) are so intertwined that mathematical theories cannot be applied in everyday situations until the society is ready to accept scientific facts

D) should be explored more deeply with the help of organisations such as the National Council of Teachers of Mathematics

E) have mutual influence on each other as mathematics forms the world around us while being formed by it

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Matematik modern toplumda yaygındır ve biz matematiği günlük hayatımızda kullanırız. Aynı zamanda, pek çok kişi matematik ve toplum arasındaki çeşitli etkileşimlerin ve bağlantıların tam olarak farkında değildir. Matematik, yüksek teknolojili alanlarda başrol oynar. Ancak bu alanların dışında, matematiğin katılımı olmadan tam olarak gerçekleştirilemeyecek sayısız fikir, icat ve ilerleme vardır. Ulusal Matematik Öğretmenleri Konseyi gibi kuruluşlar, matematiğin çağdaş toplum bağlamında keşfedilmesini önermektedir. Bu bağlantıları incelemek için onlara farklı açılardan yaklaşmalıyız. Matematiğe uluslar, kültürler ve eğitim sistemleri gibi daha geniş toplumsal yapıların merceğinden bakabiliriz ya da bu yöntemi tersine çevirerek matematikçilerin kültürü ile kanıt, kesinlik ve başarı kavramları gibi matematiğin içindeki toplumsal yapıları keşfedebiliriz. Matematik yaşadığımız dünyayı şekillendirir. Dünya da karşılığında, matematikçilere yeni sorular formüle etmeleri ve yeni problemler çözmeleri için ilham vererek matematik disiplinini şekillendirir. Birbirini izleyen her matematikçi nesli; matematik kültürüne taze bakış açıları, beklentiler ve düşünme ve çalışma biçimleri getirir. Bu matematikçiler yetiştikleri ev, okul ve oyun ortamlarından etkilenirler.

Soru No: 53

Parçada dünya ve matematik hakkında açıkça belirtilmiştir ki ----.

A) matematik alanı, içinde yaşadığımız dünyanın temeli olduğu için benzer kavramlarla açıklanabilir

B) zamanın başlangıcından beri uyum içindedirler, ancak bu matematikçiler tarafından ancak son zamanlarda fark edilmiştir

C) o kadar iç içedirler ki, toplum bilimsel gerçekleri kabul etmeye hazır olana kadar matematiksel teoriler günlük durumlara uygulanamaz

D) Ulusal Matematik Öğretmenleri Konseyi gibi kuruluşların yardımıyla daha derinlemesine araştırılmalıdır

E) matematik etrafımızdaki dünyayı şekillendirirken, kendisi de dünya tarafından şekillendirildiği için birbirleri üzerinde karşılıklı etkiye sahiptirler

Mathematics is pervasive in modern society, and we use mathematics in our daily lives. At the same time, many people are not fully aware of the diverse interactions and connections between mathematics and society. Mathematics takes a starring role in highly technological fields. Outside these fields, however, there are countless ideas, inventions, and advances that cannot be fully realised without the involvement of mathematics. Organisations like the National Council of Teachers of Mathematics recommend mathematics be explored in the context of contemporary society. To examine these connections, we must approach them from different angles. We can look at mathematics through the lens of larger societal structures like nations, cultures, and educational systems, or we can turn this method around to explore the societal structures within mathematics, such as the culture of mathematicians and notions of proof, certainty, and success. Mathematics shapes the world in which we live. The world, in turn, shapes the discipline of mathematics by inspiring mathematicians to formulate new questions and solve new problems. Each successive generation of mathematicians brings fresh perspectives, expectations, and ways of thinking and working into the culture of mathematics. These mathematicians are influenced by the home, school, and play environments in which they were raised.

Soru No: 54

What is the main purpose of the author?

A) To highlight the society's lack of enthusiasm for the field of mathematics

B) To focus on the environmental stimulants in the development of a mathematician

C) To criticise the current teaching strategies utilised by governmental organisations

D) To give brief information about the reciprocal relationship between mathematics and society

E) To discuss the roles played by new generations of mathematicians in the field

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Soru No: 54

Yazarın temel amacı nedir?

A) Toplumun matematik alanına karşı heves eksikliğini vurgulamak

B) Bir matematikçinin gelişimindeki çevresel uyarıcılara odaklanmak

C) Hükümet kuruluşları tarafından kullanılan mevcut öğretim stratejilerini eleştirmek

D) Matematik ve toplum arasındaki karşılıklı ilişki hakkında kısa bilgi vermek

E) Yeni nesil matematikçilerin alanda oynadığı rolleri tartışmak

Pasteurisation is a centuries-old method of preparing food, giving it a longer life in larders and today on supermarket shelves. Since the 11th century, people have been using heat treatment to preserve their food. However, it was Louis Pasteur who developed this process as a scientific method as a result of his discoveries on fermentation-causing microorganisms in the late 19th century, and thus his name was attributed to the process. Pasteurisation is used to combat the harmful pathogens that reside within raw foods, often referred to as spoilage microorganisms. To destroy and remove them from certain foods, such as milk, it is heated to high temperatures below 100 degrees Celsius. The heat denatures and breaks down the proteins and enzymes within the pathogens, killing them and allowing humans to consume it without the risk to their health. After that, it is cooled down and stored in cold conditions to create an environment where microorganisms are unable to reproduce and grow. This process does not completely sterilise the food product, but does remove enough of the spoilage microorganisms that it is safe to eat and extends its life span. While a majority of foods, such as milk, cheese, and nuts are pasteurised and safe to consume, there are alternatives made from unpasteurised products that are safe to eat. Many soft cheeses are made with unpasteurised or raw milk, but instead of undergoing pasteurisation, this type of cheese is required to be aged at a constant temperature to stunt the growth of harmful bacteria. In Canada, for example, the law requires cheese to be aged for at least 60 days at two degrees Celsius before it can be sold.

Soru No: 55

It is stated in the passage that pasteurisation ----.

A) was scientifically developed long before the process of fermentation thanks to the studies of Louis Pasteur

B) used to be implemented for any kind of food mostly to ensure a longer life in larders rather than sterilising it

C) is a food preservation method scientifically devised by Louis Pasteur, yet people had been using it for centuries

D) can be counted among the most used food preservation practices since the 11th century, along with fermentation

E) has undergone significant changes throughout centuries due to the lack of a well-established scientific method

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Pastörizasyon, gıdaları hazırlamak için kullanılan asırlık bir yöntemdir; gıdalara kilerlerde ve günümüzde süpermarket raflarında daha uzun bir raf ömrü sağlar. 11. yüzyıldan beri insanlar gıdalarını korumak için ısıtma işlemini kullanmaktadırlar. Ancak, 19. yüzyılın sonlarında fermantasyona neden olan mikroorganizmalar üzerine yaptığı keşifler sonucunda bu süreci bilimsel bir yöntem olarak geliştiren Louis Pasteur olmuştur ve bu nedenle sürece onun adı verilmiştir. Pastörizasyon, çiğ gıdaların içinde bulunan ve genellikle bozulmaya neden olan mikroorganizmalar olarak adlandırılan zararlı patojenlerle mücadele etmek için kullanılır. Bunları süt gibi belirli gıdalardan yok etmek ve uzaklaştırmak için gıda, 100 santigrat derecenin altındaki yüksek sıcaklıklara ısıtılır. Isı, patojenlerin içindeki proteinleri ve enzimleri denatüre eder ve parçalar; onları öldürerek insanların sağlık riski olmadan tüketmelerini sağlar. Daha sonra, mikroorganizmaların çoğalıp büyüyemeyeceği bir ortam yaratmak için soğutulur ve soğuk koşullarda saklanır. Bu işlem gıda ürününü tamamen sterilize etmez, ancak bozulmaya neden olan mikroorganizmaların yeterli bir kısmını temizleyerek gıdanın yenmesini güvenli hale verir ve ömrünü uzatır. Süt, peynir ve kuruyemiş gibi gıdaların çoğu pastörize edilip tüketilmesi güvenli olsa da, pastörize edilmemiş ürünlerden yapılan ve yenmesi güvenli olan alternatifler de vardır. Birçok yumuşak peynir pastörize edilmemiş veya çiğ sütten yapılır; ancak bu peynir türünün pastörizasyondan geçmek yerine, zararlı bakterilerin büyümesini engellemek için sabit bir sıcaklıkta bekletilmesi (olgunlaştırılması) gerekir. Örneğin Kanada'da yasalar, peynirin satılabilmesi için 2 santigrat derecede en az 60 gün bekletilmesini gerektirir.

Soru No: 55

Parçada pastörizasyonun ---- olduğu belirtilmektedir.

A) Louis Pasteur'ün çalışmaları sayesinde fermantasyon sürecinden çok önce bilimsel olarak geliştirildiği

B) sterilize etmekten ziyade çoğunlukla kilerlerde daha uzun bir ömür sağlamak için her türlü gıdaya uygulandığı

C) Louis Pasteur tarafından bilimsel olarak tasarlanmış bir gıda koruma yöntemidir, ancak insanlar bunu yüzyıllardır kullanmaktadır

D) 11. yüzyıldan bu yana fermantasyonla birlikte en çok kullanılan gıda koruma uygulamaları arasında sayılabileceği

E) köklü bir bilimsel yöntemin eksikliği nedeniyle yüzyıllar boyunca önemli değişiklikler geçirdiği

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Soru No: 56

According to the passage, spoilage microorganisms ----.

A) are known to lower foods' nutritional value if the pasteurisation process is halted

B) should entirely be removed from foods, though some of the methods employed fail to work as efficiently as pasteurisation

C) are harmful pathogens that scientists had not been aware of until the pasteurisation process was studied comprehensively

D) can reproduce and grow in milk whether it is stored in a cold environment or heated to high temperatures before being consumed

E) are harmful inhabitants of raw foods, such as milk, and can be sufficiently eliminated from these foods through pasteurisation

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Soru No: 56

Parçaya göre, bozulmaya neden olan mikroorganizmalar (spoilage microorganisms) ----.

A) pastörizasyon işlemi durdurulursa gıdaların besin değerini düşürdüğü bilinmektedir

B) gıdalardan tamamen temizlenmelidir, ancak uygulanan bazı yöntemler pastörizasyon kadar verimli çalışmamaktadır

C) pastörizasyon süreci kapsamlı bir şekilde incelenene kadar bilim insanlarının farkında olmadığı zararlı patojenlerdir

D) soğuk bir ortamda saklansa da veya tüketilmeden önce yüksek sıcaklıklara ısıtılsa da sütte çoğalabilir ve büyüyebilirler

E) süt gibi çiğ gıdaların zararlı sakinleridir ve pastörizasyon yoluyla bu gıdalardan yeterli ölçüde temizlenebilirler

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Soru No: 57

Which could be said about products made from unpasteurised foods?

A) Unpasteurised foods may pose a risk to human health for not being heated at high temperatures similar to pasteurised foods.

B) Certain countries like Canada prefer the process of ageing to pasteurisation for some foods as the former is better at sterilising the food.

C) Among the examples of these are soft cheeses aged through exposure to a steady temperature to ensure safe consumption.

D) They had comprised a great part of people's diet before the process of pasteurisation was invented, which led to severe illnesses.

E) These products are generally made from raw milk which is sterilised using methods proved to be more effective than heat treatment.

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Pastörizasyon, gıdaları hazırlamak için kullanılan asırlık bir yöntemdir; gıdalara kilerlerde ve günümüzde süpermarket raflarında daha uzun bir raf ömrü sağlar. 11. yüzyıldan beri insanlar gıdalarını korumak için ısıtma işlemini kullanmaktadırlar. Ancak, 19. yüzyılın sonlarında fermantasyona neden olan mikroorganizmalar üzerine yaptığı keşifler sonucunda bu süreci bilimsel bir yöntem olarak geliştiren Louis Pasteur olmuştur ve bu nedenle sürece onun adı verilmiştir. Pastörizasyon, çiğ gıdaların içinde bulunan ve genellikle bozulmaya neden olan mikroorganizmalar olarak adlandırılan zararlı patojenlerle mücadele etmek için kullanılır. Bunları süt gibi belirli gıdalardan yok etmek ve uzaklaştırmak için gıda, 100 santigrat derecenin altındaki yüksek sıcaklıklara ısıtılır. Isı, patojenlerin içindeki proteinleri ve enzimleri denatüre eder ve parçalar; onları öldürerek insanların sağlık riski olmadan tüketmelerini sağlar. Daha sonra, mikroorganizmaların çoğalıp büyüyemeyeceği bir ortam yaratmak için soğutulur ve soğuk koşullarda saklanır. Bu işlem gıda ürününü tamamen sterilize etmez, ancak bozulmaya neden olan mikroorganizmaların yeterli bir kısmını temizleyerek gıdanın yenmesini güvenli hale verir ve ömrünü uzatır. Süt, peynir ve kuruyemiş gibi gıdaların çoğu pastörize edilip tüketilmesi güvenli olsa da, pastörize edilmemiş ürünlerden yapılan ve yenmesi güvenli olan alternatifler de vardır. Birçok yumuşak peynir pastörize edilmemiş veya çiğ sütten yapılır; ancak bu peynir türünün pastörizasyondan geçmek yerine, zararlı bakterilerin büyümesini engellemek için sabit bir sıcaklıkta bekletilmesi (olgunlaştırılması) gerekir. Örneğin Kanada'da yasalar, peynirin satılabilmesi için 2 santigrat derecede en az 60 gün bekletilmesini gerektirir.

Soru No: 57

Pastörize edilmemiş gıdalardan yapılan ürünler hakkında aşağıdakilerden hangisi söylenebilir?

A) Pastörize edilmemiş gıdalar, pastörize gıdalar gibi yüksek sıcaklıklarda ısıtılmadıkları için insan sağlığı için risk oluşturabilir.

B) Kanada gibi bazı ülkeler, gıdayı sterilize etmede daha iyi olduğu için bazı gıdalarda olgunlaştırma işlemini pastörizasyona tercih eder.

C) Bu ürünlerin örnekleri arasında, güvenli tüketimi sağlamak için sabit bir sıcaklığa maruz bırakılarak olgunlaştırılan yumuşak peynirler yer almaktadır.

D) Pastörizasyon süreci icat edilmeden önce insanların beslenmesinin büyük bir kısmını oluşturuyorlardı ve bu da ciddi hastalıklara yol açıyordu.

E) Bu ürünler genellikle, ısı tedavisinden daha etkili olduğu kanıtlanmış yöntemler kullanılarak sterilize edilen çiğ sütten yapılır.

Pasteurisation is a centuries-old method of preparing food, giving it a longer life in larders and today on supermarket shelves. Since the 11th century, people have been using heat treatment to preserve their food. However, it was Louis Pasteur who developed this process as a scientific method as a result of his discoveries on fermentation-causing microorganisms in the late 19th century, and thus his name was attributed to the process. Pasteurisation is used to combat the harmful pathogens that reside within raw foods, often referred to as spoilage microorganisms. To destroy and remove them from certain foods, such as milk, it is heated to high temperatures below 100 degrees Celsius. The heat denatures and breaks down the proteins and enzymes within the pathogens, killing them and allowing humans to consume it without the risk to their health. After that, it is cooled down and stored in cold conditions to create an environment where microorganisms are unable to reproduce and grow. This process does not completely sterilise the food product, but does remove enough of the spoilage microorganisms that it is safe to eat and extends its life span. While a majority of foods, such as milk, cheese, and nuts are pasteurised and safe to consume, there are alternatives made from unpasteurised products that are safe to eat. Many soft cheeses are made with unpasteurised or raw milk, but instead of undergoing pasteurisation, this type of cheese is required to be aged at a constant temperature to stunt the growth of harmful bacteria. In Canada, for example, the law requires cheese to be aged for at least 60 days at two degrees Celsius before it can be sold.

Soru No: 58

The passage is mainly about ----.

A) the food preservation methods utilised throughout history and their sterilisation techniques

B) the emergence and process of pasteurisation as a food preservation method, with a brief information on ageing method

C) the scientific studies prior to the development of pasteurisation method

D) the primitive and advanced versions of pasteurisation and their efficiency in destroying harmful pathogens

E) the potential dangers of foods that are made from unpasteurised products through the method of ageing

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Soru No: 58

Parça esas olarak ---- hakkındadır.

A) tarih boyunca kullanılan gıda koruma yöntemleri ve bunların sterilizasyon teknikleri

B) bir gıda koruma yöntemi olarak pastörizasyonun ortaya çıkışı ve süreci ile olgunlaştırma yöntemi hakkında kısa bir bilgi

C) pastörizasyon yönteminin geliştirilmesinden önceki bilimsel çalışmalar

D) pastörizasyonun ilkel ve gelişmiş versiyonları ve bunların zararlı patojenleri yok etmedeki verimliliği

E) olgunlaştırma yöntemiyle pastörize edilmemiş ürünlerden yapılan gıdaların potansiyel tehlikeleri

Found in certain fruits and vegetables as well as egg yolks, lutein, a member of the carotenoid family, a group of chemicals related to vitamin A, plays an important role in maintaining healthy vision though it is not considered an essential nutrient, studies suggest. The carotenoid may prevent eye diseases by protecting eye tissue from free radical damage and shielding the eyes from potentially destructive sunlight. An earlier study published in 1992 shed light on the possible link between lutein and cataracts. The objective of the study was to examine the relationship between cataracts and intake of carotenoids, vitamins C and E. and riboflavin. Researchers studied the dietary habits via questionnaires of over 50.000 registered nurses aged 45 years and over for a period of eight years and found that those who reported consuming the most vitamin A and carotenoids were found to have a lower risk of developing cataracts, while the impact of other nutrients included were mild. Research also indicates that getting adequate amounts of lutein may decrease the risk of colon cancer and heart disease. Lutein may offer protection against these diseases by acting as an anti-oxidant. A study published in 2000 examined the risk of colon cancer and dietary intake of lutein and other carotenoids. The researchers examined the eating habits of over 4,000 people. The results showed that men and women who had consumed large amounts of lutein were less likely to develop the disease.

Soru No: 59

It is stated in the passage that ----.

A) lutein intake can help cure the distorted vision in adults caused by the destructive effects of sunlight

B) lutein has been proved largely ineffective in dealing with other vision loss problems compared to cataracts

C) egg yolk is the best lutein source which provides protection against eye diseases such as cataracts

D) lutein is the most available member of the carotenoid family which can be found in many fruits and vegetables

E) while it is not acknowledged among the essentials in nutrition, evidence suggests lutein's significance in promoting the well-being of eyesight

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Bazı meyve ve sebzelerin yanı sıra yumurta sarısında da bulunan ve A vitamini ile ilişkili bir kimyasal grubu olan karotenoid ailesinin bir üyesi olan lutein; çalışmaların belirttiğine göre, temel bir besin maddesi olarak kabul edilmemesine rağmen sağlıklı görmenin korunmasında önemli bir rol oynamaktadır. Bu karotenoid; göz dokusunu serbest radikal hasarından koruyarak ve gözleri potansiyel olarak yıkıcı güneş ışığından kalkan gibi savunarak göz hastalıklarını önleyebilir. 1992 yılında yayımlanan daha önceki bir çalışma, lutein ile katarakt arasındaki olası bağlantıya ışık tutmuştur. Çalışmanın amacı; katarakt ile karotenoid, C ve E vitaminleri ile riboflavin alımı arasındaki ilişkiyi incelemekti. Araştırmacılar, 8 yıllık bir süre boyunca 45 yaş ve üzeri 50.000'den fazla kayıtlı hemşirenin beslenme alışkanlıklarını anketler aracılığıyla incelemiş ve en fazla A vitamini ile karotenoid tükettiğini bildirenlerin katarakt geliştirme riskinin daha düşük olduğunu, dahil edilen diğer besinlerin etkisinin ise hafif olduğunu bulmuşlardır. Araştırmalar ayrıca yeterli miktarda lutein almanın kolon kanseri ve kalp hastalığı riskini azaltabileceğini de göstermektedir. Lutein, bir antioksidan görevi görerek bu hastalıklara karşı koruma sağlayabilir. 2000 yılında yayımlanan bir çalışma, kolon kanseri riskini ve lutein ile diğer karotenoidlerin besinsel alımını incelemiştir. Araştırmacılar 4.000'den fazla kişinin yeme alışkanlıklarını incelemiştir. Sonuçlar, yüksek miktarda lutein tüketen erkeklerin ve kadınların hastalığa yakalanma olasılığının daha düşük olduğunu göstermiştir.

Soru No: 59

Parçada ---- olduğu belirtilmektedir.

A) lutein alımı, yetişkinlerde güneş ışığının yıkıcı etkilerinden kaynaklanan görme bozukluğunun iyileşmesine yardımcı olabilir

B) luteinin, katarakta kıyasla diğer görme kaybı problemleriyle başa çıkmada büyük ölçüde etkisiz olduğu kanıtlanmıştır

C) yumurta sarısı, katarakt gibi göz hastalıklarına karşı koruma sağlayan en iyi lutein kaynağıdır

D) lutein, birçok meyve ve sebzede bulunabilen karotenoid ailesinin en ulaşılabilir üyesidir

E) beslenmedeki temel öğeler arasında kabul edilmese de, kanıtlar luteinin göz sağlığını iyileştirmedeki önemine işaret etmektedir

Found in certain fruits and vegetables as well as egg yolks, lutein, a member of the carotenoid family, a group of chemicals related to vitamin A, plays an important role in maintaining healthy vision though it is not considered an essential nutrient, studies suggest. The carotenoid may prevent eye diseases by protecting eye tissue from free radical damage and shielding the eyes from potentially destructive sunlight. An earlier study published in 1992 shed light on the possible link between lutein and cataracts. The objective of the study was to examine the relationship between cataracts and intake of carotenoids, vitamins C and E. and riboflavin. Researchers studied the dietary habits via questionnaires of over 50.000 registered nurses aged 45 years and over for a period of eight years and found that those who reported consuming the most vitamin A and carotenoids were found to have a lower risk of developing cataracts, while the impact of other nutrients included were mild. Research also indicates that getting adequate amounts of lutein may decrease the risk of colon cancer and heart disease. Lutein may offer protection against these diseases by acting as an anti-oxidant. A study published in 2000 examined the risk of colon cancer and dietary intake of lutein and other carotenoids. The researchers examined the eating habits of over 4,000 people. The results showed that men and women who had consumed large amounts of lutein were less likely to develop the disease.

Soru No: 60

Which of the following can be concluded about the study carried out in 1992?

A) Lutein proved to have the most positive effect when consumed regularly during adulthood.

B) Its findings may not be conclusive as the participants may have consumed some other nutrients they had not reported in the questionnaires.

C) It targeted a group of participants who were likely to follow a healthy diet, which is important to achieve reliable results.

D) It revealed that consuming vitamin A and carotenoids is a more successful measure against developing cataracts than vitamin C or E.

E) The researchers did not differentiate between the types of carotenoids the participants consumed, which is an important shortcoming of the study.

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Soru No: 60

1992'de yürütülen çalışma hakkında aşağıdakilerden hangisine ulaşılabilir?

A) Luteinin yetişkinlik döneminde düzenli tüketildiğinde en olumlu etkiye sahip olduğu kanıtlanmıştır.

B) Katılımcılar anketlerde bildirmedikleri başka besin maddeleri tüketmiş olabilecekleri için bulguları kesin olmayabilir.

C) Güvenilir sonuçlar elde etmek için önemli olan, sağlıklı bir diyet izlemesi muhtemel bir katılımcı grubunu hedeflemiştir.

D) A vitamini ve karotenoid tüketmenin, katarakt gelişimine karşı C veya E vitamininden daha başarılı bir önlem olduğunu ortaya koymuştur.

E) Araştırmacılar, katılımcıların tükettiği karotenoid türleri arasında ayrım yapmamıştır ki bu, çalışmanın önemli bir eksiğidir.

Found in certain fruits and vegetables as well as egg yolks, lutein, a member of the carotenoid family, a group of chemicals related to vitamin A, plays an important role in maintaining healthy vision though it is not considered an essential nutrient, studies suggest. The carotenoid may prevent eye diseases by protecting eye tissue from free radical damage and shielding the eyes from potentially destructive sunlight. An earlier study published in 1992 shed light on the possible link between lutein and cataracts. The objective of the study was to examine the relationship between cataracts and intake of carotenoids, vitamins C and E. and riboflavin. Researchers studied the dietary habits via questionnaires of over 50.000 registered nurses aged 45 years and over for a period of eight years and found that those who reported consuming the most vitamin A and carotenoids were found to have a lower risk of developing cataracts, while the impact of other nutrients included were mild. Research also indicates that getting adequate amounts of lutein may decrease the risk of colon cancer and heart disease. Lutein may offer protection against these diseases by acting as an anti-oxidant. A study published in 2000 examined the risk of colon cancer and dietary intake of lutein and other carotenoids. The researchers examined the eating habits of over 4,000 people. The results showed that men and women who had consumed large amounts of lutein were less likely to develop the disease.

Soru No: 61

What can be inferred from the passage about lutein?

A) It may prevent the onset of eye diseases provided that eyes are not exposed to destructive sunlight,

B) Among other types of carotenoids, lutein has been found the most effective measure against cataracts.

C) Its positive effects on eye health are much greater than those of on cardiovascular health.

D) It possesses rich anti-oxidant properties; however, it does not provide the same protection for men and women.

E) It acts as a preventive agent rather than a treatment option in cases of cataracts, colon cancer, and heart disease.

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Bazı meyve ve sebzelerin yanı sıra yumurta sarısında da bulunan ve A vitamini ile ilişkili bir kimyasal grubu olan karotenoid ailesinin bir üyesi olan lutein; çalışmaların belirttiğine göre, temel bir besin maddesi olarak kabul edilmemesine rağmen sağlıklı görmenin korunmasında önemli bir rol oynamaktadır. Bu karotenoid; göz dokusunu serbest radikal hasarından koruyarak ve gözleri potansiyel olarak yıkıcı güneş ışığından kalkan gibi savunarak göz hastalıklarını önleyebilir. 1992 yılında yayımlanan daha önceki bir çalışma, lutein ile katarakt arasındaki olası bağlantıya ışık tutmuştur. Çalışmanın amacı; katarakt ile karotenoid, C ve E vitaminleri ile riboflavin alımı arasındaki ilişkiyi incelemekti. Araştırmacılar, 8 yıllık bir süre boyunca 45 yaş ve üzeri 50.000'den fazla kayıtlı hemşirenin beslenme alışkanlıklarını anketler aracılığıyla incelemiş ve en fazla A vitamini ile karotenoid tükettiğini bildirenlerin katarakt geliştirme riskinin daha düşük olduğunu, dahil edilen diğer besinlerin etkisinin ise hafif olduğunu bulmuşlardır. Araştırmalar ayrıca yeterli miktarda lutein almanın kolon kanseri ve kalp hastalığı riskini azaltabileceğini de göstermektedir. Lutein, bir antioksidan görevi görerek bu hastalıklara karşı koruma sağlayabilir. 2000 yılında yayımlanan bir çalışma, kolon kanseri riskini ve lutein ile diğer karotenoidlerin besinsel alımını incelemiştir. Araştırmacılar 4.000'den fazla kişinin yeme alışkanlıklarını incelemiştir. Sonuçlar, yüksek miktarda lutein tüketen erkeklerin ve kadınların hastalığa yakalanma olasılığının daha düşük olduğunu göstermiştir

Soru No: 61

Lutein hakkında parçadan ne çıkarılabilir?

A) Gözler yıkıcı güneş ışığına maruz kalmadığı sürece göz hastalıklarının başlamasını önleyebilir.

B) Diğer karotenoid türleri arasında lutein, katarakta karşı en etkili önlem olarak bulunmuştur.

C) Göz sağlığı üzerindeki olumlu etkileri, kalp-damar sağlığı üzerindeki etkilerinden çok daha fazladır.

D) Zengin antioksidan özelliklere sahiptir; ancak erkekler ve kadınlar için aynı korumayı sağlamaz.

E) Katarakt, kolon kanseri ve kalp hastalığı vakalarında bir tedavi seçeneğinden ziyade önleyici bir madde olarak işlev görür.

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Found in certain fruits and vegetables as well as egg yolks, lutein, a member of the carotenoid family, a group of chemicals related to vitamin A, plays an important role in maintaining healthy vision though it is not considered an essential nutrient, studies suggest. The carotenoid may prevent eye diseases by protecting eye tissue from free radical damage and shielding the eyes from potentially destructive sunlight. An earlier study published in 1992 shed light on the possible link between lutein and cataracts. The objective of the study was to examine the relationship between cataracts and intake of carotenoids, vitamins C and E. and riboflavin. Researchers studied the dietary habits via questionnaires of over 50.000 registered nurses aged 45 years and over for a period of eight years and found that those who reported consuming the most vitamin A and carotenoids were found to have a lower risk of developing cataracts, while the impact of other nutrients included were mild. Research also indicates that getting adequate amounts of lutein may decrease the risk of colon cancer and heart disease. Lutein may offer protection against these diseases by acting as an anti-oxidant. A study published in 2000 examined the risk of colon cancer and dietary intake of lutein and other carotenoids. The researchers examined the eating habits of over 4,000 people. The results showed that men and women who had consumed large amounts of lutein were less likely to develop the disease.

Soru No: 62

Which could be the best title for this passage?

A) Lutein Intake as a Precautionary Measure

B) The Interaction between Lutein and Vitamin C and E

C) How Lutein is Stored in the Body

D) The Role Carotenoids Play in Cataract Treatment

E) The Side Effects of Excessive Lutein Consumption

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Soru No: 62

Bu parça için en uygun başlık hangisi olabilir?

A) Önleyici Bir Tedbir Olarak Lutein Alımı

B) Lutein ile C ve E Vitaminleri Arasındaki Etkileşim

C) Luteinin Vücutta Nasıl Depolandığı

D) Katarakt Tedavisinde Karotenoidlerin Oynadığı Rol

E) Aşırı Lutein Tüketiminin Yan Etkileri

2026 Nisan YDS

ANSWER KEY

1 C	21 B	41 B	61 E
2 A	22 D	42 B	62 A
3 B	23 B	43 E	63 E
4 D	24 E	44 C	64 C
5 C	25 B	45 D	65 C
6 A	26 A	46 A	66 B
7 C	27 B	47 E	67 C
8 B	28 B	48 E	68 B
9 C	29 A	49 D	69 B
10 C	30 C	50 E	70 D
11 B	31 B	51 C	71 B
12 D	32 A	52 D	72 E
13 E	33 A	53 E	73 C
14 D	34 D	54 D	74 D
15 B	35 B	55 C	75 C
16 B	36 D	56 E	76 B
17 B	37 C	57 C	77 D
18 E	38 A	58 B	78 C
19 A	39 B	59 E	79 C
20 D	40 D	60 D	80 D

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