

1. **Despite their popularity**, energy drinks **are often criticized** for **their ---- impact on** health due to **excessive caffeine and sugar content**.

A) beneficial faydalı

B) detrimental harmful zararlı

C) voluntary İSTEMLİ controlled gönüllü

D) promising gelecek vaad eden

E) artificial yapay

2. **Although (they are)not** always successful, **many students** **attempt to divide and spend** their time **effectively** for ---- study ---- leisure activities.

A) neither / nor ne / ne de

B) either / or ya / ya da

C) the more / the less = ne kadar çok / o kadar az

D) such / as such cities as Bayburt are smallgibi

E) so / that öyle ...ki

3. --- severely by an earthquake, the city required extensive rebuilding efforts that lasted for years.

A) Damaged deprem tarafından zarar verilen şehir / depremden Zarar gören şehir

B) Damaging Zarar veren

C) To damage

D) Having damaged Zarar vermiş olan

E) To have been damaged

4. Vitamin D **is considered ---** for the **absorption** of calcium and **maintenance** of bone health.

A) negligible önemsiz gözardı edilebilir

B) unnecessary gereksiz

C) essential necessary vital gerekli

D) harmful zararlı

E) excessive aşırı too much/too many / severe

5. **Athletes** often **deal with** physical ---- that require **both** **patience** **and** professional **treatment** to **overcome**. = Cope with / address/ deal with / handle /tackle

A) advancements ilerleme

B) injuries yaralanma

C) offers teklif / sunmak / önermek

D) decisions karar

E) measures önlem / precaution

Treatment: 1 tedavi 2 davranış 3. işlemek işlemden geçirmek

6. --- **improving physical health**++++, regular exercise **contributes significantly**++++ to **mental well-being**.

A) Despite e rağmen

B) **In addition to** – ek olarak / Besides / Together with / Coupled with / As well as / Apart from*/ Aside from*/ Other than*

C) Because of –yüzünden doğrudan sebep sonuç / etki-tepki zinciri ister

D) On behalf of adına

E) ~~Instead~~ of yerine

7. Certain lifestyle habits are closely **linked -to*/with-** an increased **risk ----** **developing** cardiovascular **diseases.**

A) by / for
B) with / of
C) on / in
D) for / at
E) over / about

8. The discovery of antibiotics **was based ----** the idea of using microorganisms ---- **combat** harmful bacteria.

A) upon / to+ verb ...yapmak için
B) on / at
C) with / against
D) in / of
E) over / by

9. Environmental activists continue to warn the public about the **severe ---- of** deforestation and climate change.

A) benefits fayda

B) consequences sonuç / bedel

C) responses tepki / cevap

D) goals hedef

E) reductions indirim azaltma

10. **By practicing** mindfulness, people **can improve mental processes** ---- decision-making and emotional regulation.

- A) in contrast to tam aksine
- B) rather than den ziyade
- C) on behalf of adına namına temsilen
- D) in place of ...yerine instead of
- E) such as

By + Ving....., you can do.....

11. The **hormonal** changes **that occur during ----** **play a crucial role in** the development of secondary sexual characteristics.

A) employment istihdam / kullanma istifade etme

B) puberty ergenlik

C) delivery teslimat / doğum= labour birth

D) discovery keşif

E) liberty özgürlük

12. ---- the **widespread availability of** information **on** healthy diets, many people **still** struggle to make better food choices.

A) In contrast to

B) Apart from den başka / den hariç

C) In spite of

D) As a result of

E) Because of

angora
inSilizceangora
enSilizce

13. Anyone who ---- anxiety **knows** **how profoundly it ---- their** daily life and interactions.

A) has experienced / can affect

B) will experience / might affect

C) is experiencing(at the moment, now, these days) / should affect

D) experienced / could affect

E) had experienced / must have affected

14. **Even decades later,** **the lessons learned from historical pandemics** **are still** taken very ---- by **global health organizations.**

A) lightly hafif

B) seriously ciddi

C) rarely nadiren

D) superficially yüzeysel

E) occasionally arasıra

15. Air pollution is **associated ----** an increased **risk of** respiratory **problems**, especially **----** urban **areas.**

A) from / for

B) with / in

C) on / at

D) over / across

E) through / by

16. Therapists often **design** programs **to ---- the specific** physical and emotional **needs** of their patients.

A) invalidate geçersiz kılmak

B) address / **meet** / **cater for** / **satisfy** + needs ihtiyaçları karşılamak gidermek

C) eliminate elemek ortadan kaldırmak

D) disregard göz ardı etmek

E) enhance geliştirmek improve

17. A **sustainable** development **plan** ---- energy conservation and **encourages** communities ----
renewable resources.

- A) **must include** / adopted
- B) **should include** / **to adopt**
- C) **has to include** / to be adopted
- D) **might include** / to have adopted
- E) **must include** / having adopted

18. **Extreme sports** like skydiving and bungee jumping ---- **adrenaline levels** to their **peak** within **seconds.**

- A) hamper engellemek
- B) diminish azaltmak
- C) elevate yükseltmek**
- D) regulate düzenlemek
- E) suppress baskılamak bastırmak

19. Researchers **are ---- exploring** the potential of genetic editing to cure hereditary diseases.

A) reluctantly gönülsüz

B) increasingly artan şekilde git gide PRESENT CONTINUOUS

C) cautiously temkinli ihtiyatlı

D) unintentionally kasıtsız kazara istemeden

E) inconsistently tutarsız

20. Approximately **15,000** people are **diagnosed ----** diabetes in the U.S. each year, **---- half** of whom require daily insulin therapy.

A) with / about= Approximately, NEARLY / some

B) for / on

C) by / over

D) of / in

E) under / around

answer key

1. B) detrimental
2. B) either / or
3. A) Damaged
4. C) essential
5. B) injuries
6. B) In addition to
7. B) with / of
8. B) on / to
9. B) consequences
10. E) such as
11. B) puberty
12. C) In spite of
13. A) has experienced / can affect
14. B) seriously
15. B) with / in
16. B) address
17. B) should include / to adopt
18. C) elevate
19. B) increasingly
20. A) with / about