

Exercise 1. Match the words with their definitions.

1. etkilemek

affect

B) consult - danışmak

2. önemli, ciddi

A) harmful - zararlı

B) significant

3. beslenme

A) health → sağlıklı

B) nutrition

4. etkileyici

A) impressive

B) sudden → ani

5. yönetmek

A) note → kayıt tutmak

B) manage

6. sürekli, istikrarlı

A) essential

B) consistent

7. danışmak

A) consult

B) characterize

8. yararlı

A) beneficial

B) particular

ADHD is a neurological condition that affects a significant portion of the population, particularly children. It is characterized by symptoms such as difficulty in focusing, impulsivity, and hyperactivity. There has been research into the role of nutrition in managing ADHD symptoms, and some studies have suggested that magnesium, iron, and zinc may be beneficial. However, it is essential to note that sudden changes in nutrient intake can be harmful and that consistent intake of these nutrients is necessary to see any impressive results. As with any health condition, it is best to consult a healthcare professional before making any significant changes to one's diet.

Condition that affects: etkileyen durum (sıfat cümlecği)

Significant: important, vital, crucial, critical

Such as: gibi: like

Impulsivity: dürtüsellik

Manage: yönetmek, ele almak, başa çıkmak: cope with, handle, tackle, address (overcome: üstesinden gelmek)

However: ancak; yet, nevertheless, nonetheless, even so

Harmful: detrimental: zararlı

Consistent: ısrarlı, istikrarlı: constant, regular

1. What could be the best title of the passage?

A) Managing ADHD symptoms through nutrition

B) The harmful effects of sudden nutrient intake changes

C) Consulting a healthcare professional before changing your diet

2. It is clear from the passage that ADHD ----.

A) is more prevalent in children than in adults

B) is a condition that primarily affects children's behavior and ability to focus

C) is only associated with difficulties in concentration