

1. TREE of LIFE

The benefits of trees to the environment are well-known facts. The leaves of trees help clean the air by taking in carbon dioxide and then releasing oxygen, during a process known as photosynthesis. The root systems of trees play an important role in conserving water, as well as deterring soil erosion and flooding. However, in addition to benefits to the environment, scientists are now discovering that trees have a direct effect on our health. Trees filter pollution which contributes to health problems such as asthma. Studies have shown that stress associated with driving is reduced when the road driven along is lined with trees. Further research suggests that stress and anxiety are lower in hospital patients who can see trees from their beds. There has been much publicity about the harmful effects of ultraviolet rays from the Sun, but a single tree can protect you as much as some sun creams and dense forest can cut out all the harmful ultraviolet rays. Trees are popular because of the beauty they bring into our lives, but the sense of tranquillity that we get from sitting under a tree may have a more direct and positive effect on our general health.

1- The main focus of the passage is

- A) alternative methods of protection from the Sun
- B) the prevention of soil erosion by trees
- C) how trees are good for our health
- D) scientific research on deforestation
- E) alternative methods of treating asthma

2- According to the author, dense forest can

- A) be the best cure for asthma
- B) protect us completely from the harmful rays of the Sun
- C) increase pollution by only a small amount
- D) lead to soil erosion as well as flooding
- E) cause stress in certain types of personalities

3- The passage tells us that the root systems of trees

- A) help to preserve water
- B) are the only means to prevent soil erosion
- C) are affected worst in times of flooding
- D) are used in certain medications to fight stress
- E) have more benefits for humans than the green parts of trees

2. A COUNTRY WALK

We started our hike at the Usk Bridge. From there, we walked around Park Farm and then a short distance along the Monmouthshire and Brecon Canal until we reached the old miners' path. We took this path and began to ascend the steep hillside. The path led to the summit and a pillar of rock, known locally as 'Lonely Shepherd'. From this point, we had a wonderful view over the Usk valley. After eating a hearty lunch, we descended back into the valley by the forest trail. Suddenly the black clouds overhead, which had been intimidating us with rain all day, rattled with thunder and the heavens opened. As the rain was torrential, we took shelter in an old shepherd's hut. Saturated with rain, we sat round chatting and waiting for the rain to ease, but the heavy rain continued to fall. Having no other option, we continued our hike, looking forward to a warm fire and a hot drink at the finish.

4- The significance of the 'Lonely Shepherd' mentioned in the passage was that

- A) he gave the hikers shelter in his hut
- B) it was the name of the mountain the hikers climbed
- C) the hikers had a marvellous view from it
- D) it was a very steep climb
- E) it was named after a local shepherd

5- We understand from the passage that the hikers ate their lunch

- A) on the banks of the Brecon Canal
- B) in a shepherd's hut where they sheltered from the rain
- C) in the valley on the way back to their camp
- D) on the summit of the hill they climbed
- E) very hastily in order not to be late

6- In the end, the hikers

- A) arrived at a hut, where they found a warm fire and a hot drink
- B) had to continue their walk despite the rain
- C) decided to wait until the torrential rain was over
- D) made a fire in the forest to dry their wet clothes
- E) were caught in a thunder storm while still on the summit

3. A LONG WAY FROM HOME

A thousand bird watchers flocked to a coastal resort in October hoping to catch a glimpse of a rare bird spotted there. A Siberian blue robin, one of a number of birds from the East which have turned up at the Minsmere nature reserve recently as a result of extraordinary weather, has been seen in Britain for the first time in 25 years. The blue and white bird, which resembles a British robin, is thought to have been blown 10,000 miles off course from its usual wintering ground in China by freak weather. The last British sighting of the bird was in the Channel Islands of Sark, in 1975. Its more usual habitat is the area covered by the former Soviet Union, together with China, and Japan. The recent sighting has caused such a response because bird watchers now use extensive information technology to transmit information on sightings of rare birds.

7. The author identifies that the blue robin normally spends the winter

- A) on the Minsmere nature reserve
- B) being observed by thousands of bird watchers
- C) in one particular coastal resort in Siberia
- D) on the British island of Sark
- E) in China, the former Soviet Union and Japan

8. The reason given for the blue robin's appearance in the UK is

- A) the newly developed nature reserve at Minsmere
- B) unusual weather conditions experienced recently
- C) the extraordinarily cold winters in Siberia this year
- D) the strong winds on the coast of the Island of Sark
- E) the destruction of its normal habitat in China

9. According to the passage, twenty-five years ago

- A) some individuals from the blue robin species permanently settled in Britain
- B) the Minsmere nature reserve was established by the British environmentalists
- C) the blue robin was seen on a British island called Sark
- D) several species of birds from the East began to migrate to Britain
- E) a rare blue robin was spotted in England for the first time

4. HOW BORING IS FAKENHAM?

Dictionaries are clear about, the meaning of 'boring' — "causing boredom, tedious". Boring means something so uninteresting and dull that sleep is the only escape. Fakenham in Norfolk, England, is a rural market town with roots in the printing industry and allegedly the most boring place in Britain. A local resident who let his controversial views loose on the Internet has whipped up a storm of protest from the majority of Fakenham's local people. At the time that the accusation appeared on an Internet page, newspapers and radio stations picked up the story. In retaliation, Fakenham had its own web site designed to explain the town's many virtues. In view of the information on this page, showing Fakenham as being steeped in history and with a remarkably clean river running through it, it seems an attractive place to visit. The riverside walks pass through wildflower meadows, where rare orchids grow in abundance and wildlife, such as the kingfisher, thrives. The town may lack a night club, which prompted the original accusation, but there is a new cinema, a bowling alley, a race course and plenty of pubs, cafes and antique shops. According to the owner of one of the cafes, The Dancing Goat, Fakenham is a wonderful little town and places are only as interesting or boring as people make them.

10. From the statements given in the passage, it appears that Fakenham's own web site

- A) hasn't been much appreciated by most of its residents
- B) puts the most emphasis on its cafes in order to attract visitors
- C) has been designed by one of its residents who really loves the town
- D) has been visited by a lot of curious Internet users
- E) has managed to arouse a liking in the author for the town

11. Most residents of Fakenham

- A) disagreed with the creator of the story on the Internet
- B) think in the same way as one resident has explained on the radio
- C) profited from the publicity of their town so extensively
- D) published newspaper articles about the town's virtues
- E) long for cafes, cinemas, pubs and night clubs being opened in their town

12. From the whole of the passage, we can assume that the author

- A) thinks that Fakenham is the most tedious place in the world
- B) has never actually been in Fakenham
- C) was the person who originally started the controversy
- D) owns a cafe in Fakenham called 'The Dancing Goat'
- E) designed a web site for Fakenham to reveal its virtues

5. THE DANGER OF HEIGHT

Emma Christoffersen was twenty-eight years old when she collapsed moments after leaving a long flight from Australia. Her death highlighted the statistics concerning health-related problems during long flights. In fact, more people die from health-related incidents during flights than from air crashes. Studies show that poor air quality, low oxygen levels and cramped seating are triggering heart attacks, deep vein thrombosis and causing contagious diseases among an increasingly large number of passengers. Long periods of sitting in cramped quarters can cause blood clots to form, especially in the legs and lower abdomen, which can cause deep vein thrombosis, from which Emma died. Passengers have also contracted tuberculosis through recycled air. Despite these problems, the airlines are not addressing these issues and continue to reduce the space between seats. The Aviation Health Institute advises that cabins are ventilated every three minutes, but at present, the average is every ten. To minimise the risk to their health, passengers are advised to exercise and drink plenty of water during a flight

13. According to the passage, air crashes account for

- A) the greatest number of deaths during flights
- B) far fewer deaths than are caused by tuberculosis
- C) fewer fatalities than from those relating to health problems during flights
- D) as many deaths as from heart attacks and deep vein thrombosis combined
- E) only a small proportion of all accidental deaths

14. The author states that airlines are currently

- A) trying to provide more space for passengers
- B) ignoring the health-related problems during flight
- C) doing all they can to make their planes as safe as possible
- D) providing passengers with such facilities as exercise or plenty of water during their flight.
- E) designing the ventilation systems to prevent any further spread of disease

15. The main factors contributing to health-related problems during flight mentioned in the passage are

- A) the confined space in which a passenger has to sit and inadequate ventilation
- B) poor safety instructions handed to the passengers by the cabin crew of the aircraft
- C) the absence of any supply of liquid refreshment served while on board an aircraft
- D) people travelling when they are suffering from health problems and contagious diseases
- E) passengers not taking enough exercise before boarding a long flight

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1. C 2. B 3. A 4. C 5. D 6. B 7. E 8. B 9. C 10. E

11. A 12. B 13. C 14. B 15. A

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