C1 Seviye İngilizce Okuma Metni: The Invisible World Within

WORKSHEET

Konu: Bilim / Sağlık · Seviye C1 · 384 kelime · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Read the text and choose

Read the text. Then choose the best answer. *(Metni okuyun ve her soru için en uygun seçeneği işaretleyin.)*

Each of us carries a hidden ecosystem. Living in and on the human body are trillions of microorganisms – bacteria, viruses, fungi and others – collectively known as the microbiota. The greatest concentration is found in the large intestine, where hundreds of different species of bacteria coexist in a complex community. For a long time, it was widely repeated that microbial cells outnumber our own human cells by ten to one. More careful recent calculations suggest the ratio is closer to one to one, but the conclusion remains striking: in terms of cell count, we are roughly as much microbe as human.

Far from being mere passengers, these organisms perform tasks our bodies cannot manage alone. Gut bacteria break down certain fibres that human enzymes cannot digest, producing compounds that nourish the cells lining the intestine. They help to synthesise some vitamins, and they play an important role in training the immune system to distinguish between harmless substances and genuine threats. A diverse microbial community also appears to make it harder for harmful bacteria to establish themselves.

Perhaps the most intriguing area of research concerns the so-called gut–brain axis. The intestine and the brain communicate constantly through nerves, hormones and immune signals, and studies in animals have shown that altering gut bacteria can change behaviour, including responses to stress. Such findings have generated enormous excitement, as well as a booming market for probiotic supplements promising everything from better digestion to improved mood.

Scientists, however, urge caution. Much of the evidence comes from experiments on mice, whose biology differs from ours in important ways, and many human studies reveal correlations rather than clear causes. A particular microbial profile might accompany a disease without causing it; the illness, or the medicines used to treat it, could equally be altering the microbes. Moreover, each person’s microbiota is remarkably individual, shaped by genetics, birth, diet, medication and environment, which makes universal recommendations difficult.

What the research does support is fairly unglamorous. A varied diet rich in plant foods – vegetables, fruit, pulses and whole grains – tends to be associated with a more diverse microbiota, and traditional fermented foods such as yoghurt and kefir may also contribute. Antibiotics, while sometimes essential, can temporarily disrupt this community, which is one more reason to use them only when they are genuinely needed.

1. What do recent calculations suggest about microbial and human cells?

   a) Microbial cells outnumber human cells ten to one.

   b) The ratio is closer to one to one.

   c) Human cells outnumber microbes a hundred to one.

   d) Microbes exist only on the skin.

   e) The number cannot be estimated.

2. Which function of gut bacteria is NOT mentioned?

a) Breaking down certain fibres
b) Helping to synthesise some vitamins
c) Training the immune system
d) Making it harder for harmful bacteria to settle
e) Producing red blood cells

3. What is the gut–brain axis?

a) A form of communication between the intestine and the brain
b) A type of probiotic supplement
c) A surgical procedure
d) A part of the large intestine
e) A disease caused by bacteria

4. Why do scientists urge caution about the research?

a) Because probiotics are always harmful
b) Because the gut has no connection with the brain
c) Because much evidence comes from mice and many studies show only correlations
d) Because microbes are identical in every person
e) Because mice do not have gut bacteria

5. What does the writer mean by calling the supported advice “unglamorous”?

a) It is dangerous.
b) It is expensive.
c) It is simple and familiar rather than exciting.
d) It has been proven wrong.
e) It applies only to athletes.

B Vocabulary

Match the words from the text with their Turkish meanings. *(Metindeki kelimeleri Türkçe anlamlarıyla eşleştirin.)*

1. collectively
2. outnumber
3. nourish
4. intriguing
5. correlation
6. disrupt

a) ilişki, bağıntı
b) topluca, toplu olarak
c) beslemek
d) bozmak, sekteye uğratmak
e) merak uyandıran
f) sayıca üstün olmak

C Complete the sentences

Complete the sentences from the text. Use the words in the box. *(Metindeki cümleleri kutudaki kelimelerle tamamlayın.)*

coexist • essential • immune • nervous • optional • supplements

1. Hundreds of different species of bacteria _____ in a complex community.
2. They play an important role in training the _____ system.
3. Such findings have generated enormous excitement, as well as a booming market for probiotic _____ .
4. Antibiotics, while sometimes _____ , can temporarily disrupt this community.

D Your turn

Write a short answer based on the text. *(Metne dayanarak kısa bir cevap yazın.)*

1. A friend tells you that a new probiotic supplement “will definitely improve your mood”. Using ideas from the text, write a reply explaining why you are cautious.