

# BRUSH UP YOUR VOCABULARY

*Vocabulary in Context*



**DENİZ PINAR**  
Yayıncılık

PREMIUM

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● Güncel Konular

● Metin İçinde Sözcük Öğrenimi

● Paragraf Soruları

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## DOLPHINS

Dolphins are highly intelligent marine mammals. They are part of the family of toothed whales that includes orcas and pilot whales. In Hawaii, dolphins have been a magnet for tourists over the past decade. Tourists swim with them and have their photos taken. However, Hawaii might ban the tourist activity of swimming with dolphins. Officials say tourism harms the dolphins because they cannot rest or socialize. The National Marine Fisheries Service (NMFS) wants to stop swimming with, or approaching within 50 metres of, dolphins. That may end many tour activities, such as sailing alongside the dolphins and snorkelling with them. However, the NMFS says the ban will not have a big impact on Hawaii's tourist trade. They think that by identifying 50 metres as the minimum distance, there still can be a viable tourist industry. But tour operators disagree. They say they cannot offer tourists the quality interaction that they expect.

### Exercise I

#### A. Find words or phrases in the passage which mean the same as.

1. something or someone that attracts many people or things: \_\_\_\_\_
2. a period of 10 years: \_\_\_\_\_
3. to stop working or doing an activity for a time and sit down or lie down to relax: \_\_\_\_\_
4. to spend time with other people in a friendly way: \_\_\_\_\_
5. to move towards or nearer to someone or something: \_\_\_\_\_
6. an idea, plan, or method that can work successfully: \_\_\_\_\_
7. to have or express a different opinion from someone else: \_\_\_\_\_
8. (of two or more people, things etc.) to act, or have some effect on each other: \_\_\_\_\_

#### B. Match the words or phrases in column A with their synonyms in column B.

A	B
1. highly	A. forbid, prohibit, outlaw
2. include	B. effect, influence
3. ban	C. damage, hurt
4. harm	D. provide, present
5. alongside	E. very, extremely
6. impact	F. together with, next to
7. offer	G. contain, involve

**C. Complete the sentences with the words or phrases given in the box.**

highly	includes	ban	socialize
alongside	impact	viable	offers

1. A young woman must learn to \_\_\_\_\_ and interact with other people.
2. Life outside the classroom has a huge \_\_\_\_\_ on a child's chance of success.
3. Kidepo National Park is one of the best national parks in the whole of Africa and it \_\_\_\_\_ the best and the most exciting wildlife safaris in Uganda.
4. The price of the room \_\_\_\_\_ the breakfast and the wireless Internet connection.
5. I think nuclear energy is the only \_\_\_\_\_ alternative to coal or gas.
6. You will work \_\_\_\_\_ the Students' Union to help improve the students' communication skills.
7. Cigarette smoking causes more than 480,000 deaths each year, so the governments must \_\_\_\_\_ it to protect their citizens.
8. Working with clinical waste is \_\_\_\_\_ dangerous because of the risk of infection.

**Exercise II**

**Choose the correct answer according to the passage.**

1. **According to the passage, dolphins ----.**
  - A) are much more intelligent than orcas and pilot whales
  - B) is the most important element of tourist trade in Hawaii
  - C) have been attracting tourists in Hawaii for the last ten years
  - D) are frequently injured because of the people snorkelling with them
  - E) are eager to socialize with people but not with other dolphins around
2. **The NMFS wants to prohibit the tourist activity of swimming with dolphins because they ----.**
  - A) want to limit the number of tourists to Hawaii
  - B) think it harms the tourist industry
  - C) fear dolphins can harm the children swimming with them
  - D) believe that it is harmful to the dolphins
  - E) want to encourage other tour activities like sailing or snorkelling
3. **The passage mainly deals with ----.**
  - A) dolphins and their feeding habits
  - B) dolphins' impact on tourism around the world
  - C) tour operators which disagree with the NMFS
  - D) different aspects of Hawaii's tourist trade
  - E) the ban on swimming with dolphins in Hawaii

## STRESS-EATING

For many people, food is one of the easiest and fastest ways to cheer up in stressful times. Enjoying our food is pleasant. This has a scientific base. When we eat, two chemicals called dopamine and serotonin are released, which creates feelings of pleasure. However, according to the nutritionists, the effect of this release wears off quickly. Also, emotionally eating a lot of food with little nutritional value can damage our health by weakening our immune systems, which has a negative effect on human psychology. Emotional eating can also worsen our moods because people might feel guilty for eating unhealthy and highly processed foods containing a lot of sugar. In addition, eating these foods can cause some disorders which can lead to fatigue, anxiety, and depression. Nutritionists also state that eating as a result of stress can be an automatic instinct, such as grabbing a biscuit without thinking about it. By contrast, physical hunger lasts longer. Hunger can also be resolved with a variety of foods, rather than just with junk food, and it is wise to ask yourself whether you are physically hungry or whether you want to eat just because you feel blue.

### Exercise I

#### A. Find words or phrases in the passage which mean the same as.

1. to let a substance flow out: \_\_\_\_\_
2. the system by which a body protects itself from diseases: \_\_\_\_\_
3. the way you feel at a particular time: \_\_\_\_\_
4. treated with substances to preserve or to change its colour: \_\_\_\_\_
5. abnormal physical or mental condition: \_\_\_\_\_
6. the person who has a special training and knowledge of the process of getting the right type of food for good health and growth: \_\_\_\_\_
7. a natural tendency to behave in a particular way: \_\_\_\_\_
8. to find satisfactory or proper way of dealing with a problem or difficulty: \_\_\_\_\_

#### B. Match the words or phrases in column A with their synonyms in column B.

A	B
1. cheer up	A. include, involve, comprise
2. wear off	B. be depressed or sad
3. contain	C. besides, furthermore, moreover, also
4. in addition	D. lessen, dwindle, weaken, decrease
5. fatigue	E. continue, go on
6. last	F. become happier
7. feel blue	G. exhaustion, tiredness, weariness

**C. Complete the sentences with the words or phrases given in the box.**

wears off	release	resolved	mood
in addition	fatigue	disorder	lasts

- Coal power stations \_\_\_\_\_ sulphur dioxide into the atmosphere.
- People who have the immunodeficiency \_\_\_\_\_ are more likely to have autoimmune diseases and even cancer.
- Many people regret having an argument after their anger \_\_\_\_\_ and they calm down.
- GSM companies provide their users with reliable Internet access. \_\_\_\_\_, the use of their Internet is cheaper these days.
- The company management wants the matter \_\_\_\_\_ as quickly as possible in case the problem has serious ramifications.
- Statistics prove that speed, alcohol, and \_\_\_\_\_ are the main causes of many accidents.
- Many life coaches and trainers suggest doing a daily exercise which \_\_\_\_\_ at least 30 minutes.
- Jane's \_\_\_\_\_ lifted momentarily when she thought she could join the party, but then she remembered she needed to prepare the presentation by next weekend.

**Exercise II**

**Choose the correct answer according to the passage.**

- According to the author, eating can elevate your mood because ----.**
  - its effect on your body is longer than that of any other activity
  - you have a physical reaction resulting in better psychology
  - it is the cheapest way to become happier
  - stress can be overcome best with eating
  - the more you eat, the better you feel
- In the passage, it is implied that ----.**
  - how much nutritional value a food has is irrelevant to our mood
  - emotional eating has more positive effect than eating when necessary
  - processed foods that have more chemicals make people happier
  - people should consume healthy food to be immune enough
  - the effect of the food with a lot of sugar is profoundly positive
- What does the author suggest in the passage?**
  - Preferring biscuits for emotional eating
  - Eating processed foods mainly
  - Checking the reason of your hunger
  - Getting dopamine and serotonin levels tested
  - Eating mainly junk food for emotional eating

## 11-05 Brush Up Your Vocabulary Key

### UNIT 1

#### Exercise I

##### A.

1. magnet
2. decade
3. rest
4. socialize
5. approach
6. viable
7. disagree
8. interaction

##### B.

1. E
2. G
3. A
4. C
5. F
6. B
7. D

##### C.

1. socialize
2. impact
3. offers
4. includes
5. viable
6. alongside
7. ban
8. highly

#### Exercise II

1. C
2. D
3. E

### UNIT 2

#### Exercise I

##### A.

1. release
2. immune system
3. mood
4. processed
5. disorder
6. nutritionist
7. instinct
8. resolve

##### B.

1. F
2. D
3. A
4. C
5. G
6. E
7. B

##### C.

1. release
2. disorder
3. wears off
4. In addition
5. resolved
6. fatigue
7. lasts
8. mood

#### Exercise II

1. B
2. D
3. C

### UNIT 3

#### Exercise I

##### A.

1. marine
2. threat
3. suffer (from)
4. reef
5. survive
6. balance
7. disaster
8. misconception

##### B.

1. G
2. E
3. B
4. F
5. C
6. D
7. A

##### C.

1. balance
2. likelihood
3. misconception
4. threat
5. diversity
6. rigid
7. vital
8. shelter

#### Exercise II

1. E
2. A
3. C

### UNIT 4

#### Exercise I

##### A.

1. originate
2. according to
3. legend
4. realize
5. shepherd
6. dry
7. boil
8. roasted

##### B.

1. E
2. C
3. D
4. B
5. A
6. G
7. F

##### C.

1. indispensable
2. ground
3. trade
4. so as to
5. globally
6. commodity
7. originated
8. dried