



ANTALYA BİLİM  
UNIVERSITY

**SCHOOL OF FOREIGN LANGUAGES**  
**ENGLISH LANGUAGE TEACHING PROGRAM**  
**B2 EXAM**

**READING PART**

**EXAM ROOM:** \_\_\_\_\_

**STUDENT NAME & SURNAME:** \_\_\_\_\_

**STUDENT ID NUMBER:** \_\_\_\_\_

I promise to adhere to ABU's exam policy and regulations and that all the answers in this exam paper belong to me. In case I violate the exam rules, I acknowledge and accept that necessary disciplinary actions will be taken by SOFL administration.

ABÜ'nün sınav kurallarına uyacağımı ve bu sınav kâğıdının üzerindeki bütün cevapların bana ait olduğunu taahhüt ederim. Sınav kurallarını ihlâl etmem durumunda, YDYO yönetimi tarafından gerekli disiplin yaptırımlarının uygulanacağını bilir ve kabul ederim.

**Signature:** \_\_\_\_\_

**Reading Grade (out of 10)**

**1st Marker:** \_\_\_\_\_ /10 **Initials:** \_\_\_\_\_

**There are 2 texts and 8 questions in this part. Questions from 1 to 7 are worth 1 point each and the last question is worth 3 points.**

### **Text 1**

(1) Today, an astonishing 20% of British people believe that they are allergic to certain foods. Indeed, it has become almost trendy in modern British society to blame everything- from tiredness and irritability to stomach pain, bloating can migraines- on food allergies. In truth, though, Britain's obsession with food allergies is largely all in the mind. According to a major study carried out by the British nutrition foundation, most self-diagnosed cases of food allergy are entirely mistaken. Food allergies are actually quite rare. In fact, only around 2% of British adults and no more than 6% of British children have a food allergy.

(2) Although food allergies can arise at any stage in life, the majority of them emerge in a person's early years. Symptoms typically occur after the person with allergy has ingested even the tiniest trace of the offending food. These may include nausea, vomiting, cramps, diarrhea, hives or the swelling of the lips, face, tongue and throat. Life threatening allergic reactions are known as *anaphylaxis* and can cause breathing difficulties, dangerously low blood pressure and loss of consciousness.

(3) Basically, a food allergy is the immune system's response to a protein in a food that is wrongly identified as dangerous. Dr. Carina Venter, an allergy specialist at the University of Portsmouth, explains: 'in an allergic reaction, when the offending food is eaten, the immune system produces a massive storm of antibodies to fight the protein it believes is harmful. These antibodies attack the body's own tissues, causing the allergic reaction.'

(4) In principle, any food can cause an allergic reaction, but in practice relatively few do. In children, the most common food allergies are to eggs, peanuts, milk, shellfish and soy. For adults there tends to be a more limited list of foods including fish, shellfish and peanuts. Fortunately, many children outgrow their allergies to milk, eggs and soy by the time they are about 10 years old if they avoid the foods when they are young. Allergies to peanuts and shellfish, however, tend to be lifelong.

(5) Food allergy should not be confused with an intolerance to a certain food which is completely different. Food intolerance is not caused by the immune system but instead the digestive system. It is usually due to a lack of a particular digestive enzyme that is needed to breakdown a food. The classic example of food intolerance is lactose intolerance, in which people experience nausea, vomiting and abdominal pain after consuming milk. People often confuse food intolerances with allergies because they share some of the same symptoms. However, food intolerance reactions usually take longer to develop than allergic reactions, though are not life threatening, and usually require a significant amount of the trigger food to be ingested. Like food allergies, though, food intolerances are relatively rare. Experts estimate that no more than four 4% of the general population suffer from them.

(6) It seems, therefore, that for most British people, their illnesses have nothing to do with allergies or intolerances to food. So why are people suffering from stomach pain, bloating and tiredness? Perhaps the answer lies with diet. Like most first world countries, British people eat far too much junk food and not enough fresh fruit and vegetables. Rather than blame allergies and intolerances, perhaps British people need to own up to the fact they are causing their own health complaints.

**Answer the questions below based on 'Text 1'. Each question is 1 point. Answer the questions in less than 25 words. Use your own words.**

**1. According to paragraph 1, what is the reality about food allergies in British society?**

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**2. Why does the writer uses '*anaphylaxis*', which is a specialized word, in paragraph 2?**

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**3. What is the main idea of Dr. Carina Venter's statement in paragraph 3?**

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**4. What are TWO differences between food allergy and food intolerance?**

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**5. What is the writer's opinion about British people's health issues?**

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## **Text 2**

(1) The etymology of the term “freelance” is the combination of two words: “free,” meaning independent, and “lance,” referring to a weapon. The original freelancer was a soldier who was available for hire by whichever person or nation was willing to pay him the most. In modern times, the term has evolved to mean a self-employed person who works for various companies on a short-term or project-by-project basis. Freelancers are writers, project managers, corporate consultants, or even doctors and nurses. Though typically only an option for highly experienced workers in the past, these days freelancing has become a popular option for people just entering the job market. Even so, it is important to examine the pros and cons of freelancing carefully before choosing this option.

(2) The benefits of freelance work are many: choosing when and where you want to work, declining jobs or projects that don't appeal to you, having the opportunity to collaborate with many different workers, supervisors, and organizations, and perhaps being able to apply your skills in different industries and areas of the world. Freelancers can usually choose the work schedule that best suits them. After all, some people work best in the morning; others work best at night. Household chores, lunch dates, and doctors' appointments can be scheduled for whenever it suits them. Freelancers often have less or no commuting needs, and, depending on the task, they might not even have to be at home to do their work. Coffee shops are often dotted with freelancers on laptops. And if a freelancer is offered work that is not appealing, they can turn it down – if doing so is an affordable option, that is. Probably the most popular benefit of freelancing, though, is variety. Freelancers often get to collaborate with more people and with more different types of companies than someone working with the same people at the same location every day. This can make the daily grind of work life more interesting and help people expand their professional network.

(3) There are, of course, disadvantages to being a freelancer as well. Freelancers have no predictable salary to rely on. Plus, there are usually administrative tasks unrelated to their main occupation that must be done, tasks that might be done for them if they were working full time for a company. Such tasks could include billing and paying invoices, photocopying, and handling paperwork, which, particularly for creative types like graphic designers, might be stressful and frustrating. In addition, freelancers are always looking for their next job, and also thinking about how much they are earning from their current work. Is it enough, or should they take on more in order to pay the bills? Finally, being a freelancer is a huge responsibility. Instead of having the support of a boss, they are the boss. The praise and credit for the work is all theirs, but so too is all the blame or criticism. **The buck stops with them.** This degree of individual responsibility can feel like isolation for some people.

(4) In short, working as a freelancer can be a wonderful, satisfying career choice, but it is not the right choice for everyone. Understanding the pros and cons is important for anyone who is considering becoming a freelancer, either as a first career move or by making the move from a full- or part-time position to becoming their own boss.

**Answer the questions below based on ‘Text 2’. Answer the questions below less than 25 words. Use your own words.**

6. What is the main idea of the whole text?

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7. What does the writer mean by saying “**The buck stops with them**” in paragraph 3?



## ANSWER KEY

### TEXT 1

(As long as students communicate the same meaning with the answers in the answer key, they will get full point for that question. Students don't have to write exactly the same sentences in the answer key. If an answer is partly correct, 0.5 point can be given for that answer.)

#### 1. According to paragraph 1, what is the reality about food allergies in British society?

The student needs to write **ONE** of the answers below. (1 pt)

- Food allergies are quite rare in British society.
- Only around 2% of British adults and no more than 6% of British children have a food allergy.
- Britain's obsession with food allergies is largely all in the mind.
- British people are mistaken that food allergies are the main reason for their health problems.

#### 2. Why does the writer uses 'anaphylaxis', which is a specialized word, in paragraph 2?

to show that food allergies can be very serious / life threatening (1 pt)

#### 3. What is the main idea of Dr. Carina Venter's statement in paragraph 3?

The student needs to write **ONE** of the answers below. (1 pt)

- How the body reacts to an allergic reaction (1 pt)
- How an allergic reaction occurs in the body (1 pt)
- What happens in the body when a food causing allergy is eaten.
- What happens in the body when there is an allergic reaction.

#### 4. What are TWO differences between food allergy and food intolerance?

The student needs to write **TWO** of the answers below. (each 0.5 pt, overall 1 pt)

- Food intolerance is caused by the digestive system / not by the immune system
- Food allergy is caused by the immune system / not by the digestive system.
- Food intolerance reactions usually take longer to develop than allergic reactions
- Food intolerance usually requires a significant amount of the trigger food to be ingested
- Symptoms of food allergy occur after the person with allergy has ingested even the tiniest trace of the offending food.
- Food intolerance is not life threatening but food allergy can be life threatening.

#### 5. What is the writer's opinion about British people's health issues?

The student needs to write **ONE** of the answers below. (1 pt)

- Their illnesses have nothing to do with allergies or intolerances to food.
- They have health problems because eat far too much junk food (and not enough fresh fruit and vegetables.)
- They have health problems because of their diet.
- They shouldn't blame food allergies or food intolerances for their health problems (because they cause their own health problems.)

## TEXT 2

### 6. What is the main idea of the whole text?

The student needs to write **ONE** of the answers below. (1 pt)

- It is important for anyone thinking about becoming a freelancer to consider the pros and cons.
- Pros and cons / Advantages and disadvantages of becoming a freelancer

### 7. What does the writer mean by saying “The buck stops with them” in paragraph 3?

The student needs to write **ONE** of the answers below. (1 pt)

- They are the boss, and the boss makes all of the final decisions.
- They have to take responsibility of everything about their work. etc.

### 8. Would you like to be a freelancer in the future? Why or why not? (3 pts)

Students's own answers

#### Reflection Task Criteria

##### **3 pts.**

- \* ideas relevant and well-developed
- \* almost no grammatical mistakes that obscure the meaning

##### **2 pts**

- \* ideas relevant but not well-developed
- \* grammatical mistakes occasionally obscure the meaning

##### **1 pt.**

- \* ideas mostly irrelevant and not developed
- \* grammar mistakes often obscure the meaning
- \* a very short answer

##### **0 pt.**

- \* ideas completely irrelevant or no response

\*Ss are expected to write their own sentences.

\*If the answer is directly copied from the text, do **NOT GIVE** any points.

\*If the answer is **partially copied**, deduct **half the point** you have given.

\*Only “Yes, I do / No I don’t”: 0 pt.