

Querida Família



Estamos passando por um momento delicado, o qual envolve a saúde de todos, sem exceção.

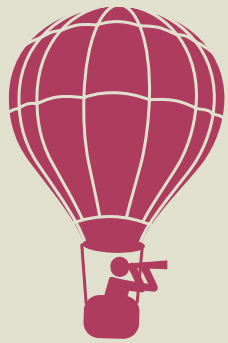
Por isso, a contribuição de cada um é muito importante para que voltemos às nossas atividades normais na escola.

Tendo em vista que os estudantes ficarão em casa por um certo tempo, elaboramos algumas sugestões para inspirá-los na nova rotina.

Entendemos que manter uma rotina criativa ajudará, e muito, no retorno das atividades em sala de aula posteriormente.

Vamos juntos embarcar nessa aventura?

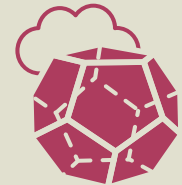




Língua Inglesa

Gabarito Comentado

Am²





Língua Inglesa

Hello!

How are you doing?

Let's correct the activities we did last week?

Now you can check your responses and compare them with ones you'll have below, so you can review the school subject, study and learn a little more about it.

Pay attention to comments in responses for each question.

Let's go!



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in Annals of Internal Medicine found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly 8,000 adults. As your total sitting time increases, so does your risk of an early death.

The positive news: People who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But this simplistic guideline doesn't quite cut it, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just 'exercise' without telling them how", Diaz wrote in an email.

Exercise guidelines are precise, he explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", he said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

QUESTÃO 1

De acordo com informações apresentadas no texto, indique a alternativa que condiz com o conteúdo apresentado.

- a) Se alguém não tem o hábito de exercitar-se, é necessário que ele faça pausa, a cada 30 minutos em que está sentado, para levantar-se e movimentar-se.
- b) Ficar muito tempo sentado aumenta o risco de morte prematura por enfarto.
- c) A pesquisa trouxe resultados precisos das descobertas realizadas a respeito dos riscos de estar sentado por muito tempo.
- d) Os oito mil adultos participantes da pesquisa apresentaram redução de risco de morte prematura pela mudança de hábitos de repouso/movimento.
- e) Diaz apresentou considerações a respeito de sua pesquisa por *e-mail*.



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in Annals of Internal Medicine found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly 8,000 adults. As your total sitting time increases, so does your risk of an early death.

The positive news: People who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But this simplistic guideline doesn't quite cut it, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just 'exercise' without telling them how", Diaz wrote in an email.

Exercise guidelines are precise, he explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", he said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

Comentários à QUESTÃO 1:

- a) Ainda no primeiro parágrafo, no segundo período, é ressaltado que todos correm risco de saúde caso permaneçam muito tempo sentados, independentemente do quanto essas pessoas se exercitem.
- b) O segundo parágrafo apresenta o fato de estar muito tempo sentado como fator de risco para morte por qualquer causa, não somente por infarto.
- c) O último parágrafo traz uma consideração do pesquisador Keith Diaz, que nos diz que outras pesquisas são necessárias para verificação das descobertas de sua pesquisa.
- d) Cerca de 8000 adultos participaram da pesquisa, mas o texto não apresenta qualquer informação de que todos esses participantes apresentaram redução do risco de morte prematura pela mudança de hábito.
- e) O quinto parágrafo apresenta uma reprodução, destacada entre aspas, do que Keith Diaz escreveu em um e-mail.



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in *Annals of Internal Medicine* found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly **8,000 adults**. As your total sitting time increases, so does your risk of an early death.

The positive news: **People** who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But **this simplistic guideline** doesn't quite cut **it**, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just **'exercise'** without telling **them** how", Diaz wrote in an email.

Exercise guidelines are precise, **he** explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", **he** said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

QUESTÃO 2*

A coesão referencial diz respeito à utilização de elementos textuais para fazer referência a um elemento sobre o qual já se falou ou será falado no texto, em um recurso conhecido como *referenciação*. Nesse sentido, considerando aspectos de referenciação, marque verdadeiro (V) ou falso (F) para as assertivas que seguem.

- a) O termo **this simplistic guideline** tem como referente o imperativo **Sit less, move more**. (V)
- b) O pronome pessoal **them** tem **exercise** como referente. (F)
- c) Para as duas vezes em que o pronome pessoal **he** é utilizado no texto, o referente é sempre o mesmo, a saber, Keith Diaz. (V)
- d) O pronome pessoal **it** tem **this simplistic guideline** como referente. (F)
- e) O substantivo **people** tem **8,000 adults** como referente. (F)

*os termos constantes nas alternativas desta questão estão destacados no texto para melhor localização



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in *Annals of Internal Medicine* found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly **8,000 adults**. As your total sitting time increases, so does your risk of an early death.

The positive news: **People** who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But **this simplistic guideline** doesn't quite cut **it**, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just **'exercise'** without telling **them** how", Diaz wrote in an email.

Exercise guidelines are precise, **he** explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", **he** said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

Comentários à QUESTÃO 2:

- Verdadeiro.** O parágrafo inicia-se com uma orientação da Associação Americana do Coração (Sente-se menos, movimente-se mais!) sobre a necessidade de levantar-se, quando sentado por muito tempo. O período imediatamente posterior é iniciado com a seguinte informação: "Mas esta simples orientação não é o suficiente". A orientação de que fala o texto é exatamente aquela apresentada pela Associação Americana do Coração, de sentar-se menos e movimentar-se mais.
- Falso.** O pronome pessoal objeto *them* é da terceira pessoa do plural e já não seria possível associá-lo ao termo *exercise*, seja na função de verbo, seja na função de substantivo singular. Além disso, a própria leitura do período nos conduz à percepção do referente desse pronome pessoal. **"This would be like telling someone to just 'exercise' without telling them how"** (Isso seria como dizer a alguém para simplesmente exercitar-se sem dizer a eles como fazer isso). A leitura do período nos leva a identificar como referente do pronome *them* (eles) as pessoas para quem a sugestão de exercício é indicada.
- Verdadeiro.** A primeira utilização do pronome pessoal *he* (ele) surge para complementar uma informação apresentada pelo líder da pesquisa Keith Diaz, acionado como referente no parágrafo imediatamente anterior. A segunda utilização do pronome surge também num parágrafo imediatamente posterior em que o pesquisador é referenciado, desta vez como Diaz.
- Falso.** O pronome *it*, nesse caso, compõe uma expressão idiomática *doesn't cut it*, que quer dizer "não funciona", "não resolve", "não é o suficiente".
- Falso.** O pronome *people* se refere às pessoas de uma maneira geral



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in *Annals of Internal Medicine* found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly 8,000 adults. As your total sitting time increases, so does your risk of an early death.

The positive news: People who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But this simplistic guideline doesn't quite cut it, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just 'exercise' without telling them how", Diaz wrote in an email.

Exercise guidelines are precise, he explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", he said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

QUESTÃO 3

Os conectivos **as** e **so**, constantes no segundo parágrafo do texto, mantêm relação que garante coesão ao parágrafo. Sobre esses conectivos, é correto afirmar que eles indicam, respectivamente,

- a) introdução e conclusão.
- b) comparação e continuação.
- c) **causa e consequência.**
- d) ênfase e explicação.
- e) contraste e adição.

Comentário à QUESTÃO 3:

O período "As your total sitting time increases, so does your risk of an early death" (Conforme seu tempo total sentado aumenta, aumenta seu risco de morte precoce) é composto por duas orações que envolvem uma causa (aumento do tempo sentado) e uma consequência (aumento do risco de morte).



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in *Annals of Internal Medicine* found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly 8,000 adults. As your total sitting time increases, so does your risk of an early death.

The positive news: People who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But this simplistic guideline doesn't quite cut it, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just 'exercise' without telling them how", Diaz wrote in an email.

Exercise guidelines are precise, he explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, *plus* muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", he said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

QUESTÃO 4

O conectivo **plus**, constante no sexto parágrafo, pode ser substituído, sem que, contudo, haja qualquer alteração no sentido do parágrafo, pelo conectivo

- a) *but*.
- b) *or*.
- c) *after*.
- d) *and*.
- e) *before*.



Yes, sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in Annals of Internal Medicine found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly 8,000 adults. As your total sitting time increases, so does your risk of an early death.

The positive news: People who sat for less

than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But this simplistic guideline doesn't quite cut it, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just 'exercise' without telling them how", Diaz wrote in an email.

Exercise guidelines are precise, he explained. For example, the US Centers for Disease

Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting", said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting'", he said, adding the study "puts us a step closer to such guidelines", but more research is needed to verify the findings.

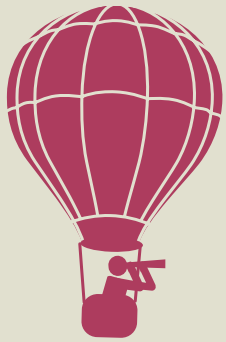
Disponível em: <<http://edition.cnn.com/2017/09/11/health/sitting-increases-risk-of-death-study/index.html>>. Acesso em: 18 set. 2017.

Comentário à QUESTÃO 4:

O conectivo **plus** indica acréscimo, adição, podendo ser substituído pelo **and** sem que haja prejuízo no sentido do texto.

"...the US Centers for Disease Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week." (O Centro de Controle e Prevenção de Doenças dos Estados Unidos recomenda que adultos façam duas horas e meia de exercícios aeróbicos de intensidade moderada por semana, mais atividades de fortalecimento muscular em dois ou mais dias por semana)

"...the US Centers for Disease Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, and muscle strengthening activities on two or more days a week." (O Centro de Controle e Prevenção de Doenças dos Estados Unidos recomenda que adultos façam duas horas e meia de exercícios aeróbicos de intensidade moderada por semana, e atividades de fortalecimento muscular em dois ou mais dias por semana)



So, did you answer all questions correctly?
Have you been excited about English?
We'll have more activities on the next 17th April.
See you next week!

