



#CONQUISTANOESTUDO ▪ #DIA4SEMANA9

ENSINO MÉDIO ▪ 3º ANO

LÍNGUA INGLESA

Se liga! Vamos voltar ao estudo de Inglês?

Temos estudado conteúdos da Língua Inglesa de maneira pontual, inclusive com algumas atividades específicas sobre esses conteúdos, como os tempos verbais Simple Past e Present Perfect. Hoje nos concentraremos em leitura e interpretação textual, destacando também aspectos de coesão textual, promovidos pelo processo de referenciação.

Por essa razão, nossa atividade de hoje se concentrará em dois textos, sendo um deles uma matéria publicada no jornal canadense Ottawa Sun, e o outro, uma tirinha do Calvin. Você terá a oportunidade de responder às questões associadas a esses textos, fazendo uso dos conteúdos que já vimos até aqui.

Vamos lá, então?

O texto que segue é base para todas as questões 1 a 4.

Healthy lifestyle can add 12 to 14 years of life

What results in good health and longevity? I've said for years that it's good genes, good lifestyle and good luck. But since we can't choose our parents, or know what fate holds in store for us, we must treat lifestyle with tender, loving care. Now, a report in the publication, *Circulation*, proves that a sound lifestyle adds 12 to 14 more years to life.

Two epidemiological studies of health professionals involved 120,000 men and women. This group was followed for 34 years. The study concluded that for people over 50 who had never smoked, exercised daily, had good dietary habits, a moderate use of alcohol, and maintained a healthy weight, ended up the winners.

The rewards are significant. For instance, a woman, aged 50, who follows these lifestyle rules can expect to live to 93 years. This compares to a woman who indulges in an unhealthy lifestyle and dies at 79. In men, the increase in longevity from a healthy lifestyle is from 76 to 88 years.

Who lives the longest also depends on where they're born. A study in the *American Journal of Clinical Nutrition* found that foreign born blacks, particularly those from the Caribbean and Africa, tend to eat a more healthy diet than those born in the U.S. They consumed more fruits, vegetables, omega-3 fatty acids and fiber.

In the general population, the U.S. spends more money on health care than any other country. So why are so many people in North America suffering from ill health? It is quite apparent from this report that the epidemic of obesity, type 2 diabetes and heart attack will continue to be the big killers. At the moment there is little evidence this battle is being won.

But a study that followed both staff and students at the University of Liverpool, England, shows it's not an impossible dream.

In its first experiment, female diners were randomly divided to receive either a small or large quiche for lunch. The next day, the same group were all allowed to serve themselves any portion **they** desired. Researchers discovered the ones who had been served the smaller portion, tended to choose the smaller portion. A second experiment tested male diners and it produced the same result.

In the third experiment both sexes were included, but it was done one week later. This time diners were asked to look at various photos of portion size and asked which looked normal. Those who were previously given the smaller portions considered the smaller ones normal.

These studies showed that it is possible to shift people from what they think is a normal portion to what is actually the proper amount to eat. And that the perception of what is normal lasts at least to one week later.

For the last 40 years I've had the good fortune to be able to write many of my columns in the Finger Lakes area of upper New York State. I've enjoyed many of the local restaurants. But it's very apparent that food portions there are much larger than in Canada. This is not likely to change. But families in both countries can be persuaded to change their perception of normal portions.

It's not only how much is on the plate, but also what's on the plate. For instance, starting with breakfast there's generally too much sugar and not enough fiber. I've written facetiously that it would be safer for children to eat the cereal box than the contents that are half sugar.

So, consider adding a high fiber apple to your daily menu. After all, how many of those who enjoy an apple, ask for a second one? That's because fiber has a filling effect and decreases the hunger reflex.

Remember, a voyage of a thousand miles begins with the first step. The same philosophy applies to longevity. So, gradually incorporate one thing at a time into your lifestyle. Don't forget the importance of smaller portions, add more fruits and vegetables, buy a pedometer to check the number of steps taken each day, and to measure your progress, step on the scale every day.

Disponível em: <<https://ottawasun.com/health/diet-fitness/healthy-lifestyle-can-add-12-to-14-years-of-life-gifford-jones/wcm/36d72fb6-a367-4e08-bc40-deec7cbe3580>>.
Acesso em: 19 maio 2020.

QUESTÃO 1

O autor do texto constrói o primeiro parágrafo a partir de uma pergunta e três assertivas. Uma dessas assertivas apresenta, a partir de recentes estudos, a causa da longevidade. De acordo com esse parágrafo, é correto afirmar que essa causa consiste em

- a) boa genética, bom estilo de vida e boa sorte.
- b) vivência de um estilo de vida saudável.
- c) vivência de uma vida familiar, com cuidado mútuo, e um estilo de vida saudável.
- d) garantir o consumo regular de alimentos saudáveis.
- e) garantir o consumo regular de alimentos saudáveis, combinado com a prática regular de exercícios físicos.

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QUESTÃO 2

De acordo com informações apresentadas no texto, é correto afirmar que

- a) um grupo de homens e mulheres foi acompanhado em estudos por um período de 34 anos.
- b) na sua maioria, a população mundial tem gasto mais dinheiro com tratamento de doenças que com sua prevenção.
- c) até então, não há evidências de que a obesidade, o diabetes e o ataque cardíaco passem a ser a principal causa de morte de pessoas.
- d) desde os seus 40 anos, o médico-autor dessa matéria tem vivido e produzido seus textos na região dos Lagos Finger, nos Estados Unidos.
- e) segundo o autor da matéria, a busca de um estilo de vida saudável deveria ser uma filosofia de vida intencionada por todos.

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QUESTÃO 3

Considerando aspectos de referenciação, é correto afirmar que o pronome pessoal “*they*”, destacado no sétimo parágrafo do texto,

- a) tem como referente “...*female diners...*”.
- b) tem como referente “...*staff and students at the University of Liverpool*”.
- c) tem como referente pessoas que morreram por obesidade, diabetes ou ataque cardíaco, citadas no quinto parágrafo.
- d) tem como referente a população dos Estados Unidos que gasta dinheiro com cuidado da saúde, citada no quinto parágrafo.
- e) tem como referente “*Researchers...*”.

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QUESTÃO 4

Considerando aspectos de referenciação, bem como a interpretação que se é possível fazer do texto, é correto afirmar que o termo “*These studies*”, no fragmento “*These studies showed that it is possible to shift ...*”, destacado no nono parágrafo do texto, tem como referente

- a) todos os estudos/pesquisas citados no texto.
- b) apenas os experimentos realizados pela Universidade Liverpool.
- c) apenas os estudos publicados pela Revista Americana de Nutrição Clínica.
- d) ambos estudos realizados pela Universidade Liverpool e publicado pela Revista Americana de Nutrição Clínica.
- e) apenas os resultados apresentados no relatório da publicação *Circulation*.

QUESTÃO 5



Disponível em: <<https://www.pinterest.co.uk/pin/377598749981552100/>>. Acesso em: 19 maio 2020.

A partir da leitura da tirinha, é possível inferir que

- a) se é possível tomá-la como objeto para discussão a respeito do preconceito de gênero.
- b) Calvin precisa de ajuda, mas Susie recusa-se a ajudá-lo.
- c) Susie se dispõe a brincar com Calvin, mas lhe pede um tempo para isso.
- d) há desequilíbrio entre homens e mulheres quanto à serenidade na resolução de problemas.
- e) os homens resolvem melhor seus problemas quando apoiados por uma mulher.

Por hoje é só!

Na semana que vem, teremos o gabarito comentado dessas questões. Como você já conhece como se apresenta esse gabarito, sugerimos que você construa seu próprio gabarito, analisando não somente as alternativas corretas, mas também as demais, destacando o que há de inconsistência em cada uma delas. Assim você poderá conferir suas respostas com as que serão apresentadas na semana que vem.

Até lá, então.