





**01. (CECIERJ)** In the comic strip, all the characters are answering a question. It may be inferred, from their answers, that this question is:

- How did you learn about COVID-19?
- How were you infected by the New Corona Virus?
- What happened after you heard about the New Corona virus?
- Who told you how to protect yourself against COVID-19?

### Why do we buy into the 'cult' of overwork?



By Bryan Lufkin, 9th May 2021

Although many of us associate overly ambitious workaholicism with the 1980s and the finance industry, the tendency to devote ourselves to work and glamorize long-hours culture remains as pervasive as ever. In fact, it is expanding into more sectors and professions, in slightly different packaging. Overwork isn't a phenomenon exclusive to Silicon Valley or Wall Street. People work long hours all over the world, for many different reasons.

In Japan, a culture of overwork can be traced back to the 1950s, when the government pushed hard for the country to be rebuilt quickly after World War Two. In Arab League countries, burnout is high among medical professionals, possibly because its 22 members are developing nations with overburdened healthcare systems, studies suggest. Reasons for overwork also depend on industry. Some of the earliest researchers on burnout in the 1970s asserted that many people in jobs geared toward helping others, like employees in clinics or crisis-intervention centers, tended

to work long hours that led to emotional and physical exhaustion – a trend which is shown up in the pandemic, too. But millions of us overwork because somehow, we think it's exciting – a status symbol that puts us on the path to success, whether we define that by wealth or an Instagram post that makes it seem like we're living a dream life with a dream job. Romanticization of work seems to be an especially common practice among "knowledge workers" in the middle and upper classes. In 2014, the *New Yorker* called this devotion to overwork "a cult". According to Anat Lechner, clinical associate professor of management at New York University. "We glorify the lifestyle, and the lifestyle is: you breathe something, you sleep with something, you wake up and work on it all day long, then you go to sleep. Again, and again and again."

*Adapted from: Home - BBC Worklife.*

**02. (PUC Minas)** Which of the following sentences is CORRECT, according to the text?

- Some Instagram posts are extremely important if we want to expand opportunities in our careers.
- Studies suggest that the culture of burnout has become a status symbol in Japan and in the Arab League.
- The glamorization of overworking is more frequently observed in the middle and upper classes.
- This tendency to work long hours started in the 1970s in clinics and crisis-intervention centers.

**03. (PUC Minas)** What does the text imply about this tendency we have to devote ourselves to work and romanticize long-hours culture?

- That is common particularly in Silicon Valley or Wall Street.
- That it is being questioned all over the world.
- That it is decreasing gradually in many countries.
- That it is still widespread in several parts of the world.

### Avoiding meat and dairy is single biggest way to reduce your impact on Earth



Avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet, according to the scientists behind the most comprehensive analysis to date of the damage farming does to the planet. The new research, published in the journal *Science*,

shows that without meat and dairy consumption, global farmland use could be reduced by more than 75% – an area equivalent to the US, China, European Union and Australia combined – and still feed the world. Loss of wild areas to cattle farming is the leading cause of the current mass extinction of wildlife.

The new analysis shows that while meat and dairy products provide just 18% of calories and 37% of protein, they use the vast majority – 83% – of farmland and produce 60% of farming greenhouse gas emissions. Other recent research shows 86% of all land mammals are now livestock or humans. The scientists also found that even the lowest impact by meat and dairy products may cause much more environmental harm than the least sustainable vegetable and cereal growing.

*(Damian Carrington. www.theguardian.com, 31.05.2018. Adaptado.)*

**04. (UEA)** De acordo com o segundo parágrafo, a extinção em massa da vida selvagem

- a) já aconteceu nos Estados Unidos, China, União Europeia e Austrália.
- b) é causada, sobretudo, pela ocupação de áreas selvagens pela pecuária.
- c) está aumentando e pode chegar a 75% das espécies.
- d) foi pesquisada por cientistas que trabalham na revista Science.
- e) ocorre, principalmente, devido à caça de animais para a alimentação.

**05. (UEA)** O texto afirma que, para diminuir o impacto ambiental no nosso planeta, é preciso

- a) evitar o consumo de carne e de laticínios.
- b) equilibrar a agricultura e a pecuária.
- c) controlar a proliferação de mamíferos.
- d) recuperar a biodiversidade vegetal das florestas.
- e) substituir as proteínas vegetais em nossa alimentação.

nos dedicar ao trabalho e romantizar a cultura das longas horas? Que ainda é difundido em várias partes do mundo.

**04. B**

“... A nova pesquisa, publicada na revista Science, mostra que sem o consumo de carne e laticínios, o uso global de terras agrícolas poderia ser reduzido em mais de 75% – uma área equivalente aos EUA, China, União Europeia e Austrália juntos – e ainda alimentar o mundo. A perda de áreas selvagens para a criação de gado é a principal causa da atual extinção em massa da vida selvagem.”

**05. A**

“...A nova análise mostra que, embora a carne e os laticínios forneçam apenas 18% das calorias e 37% das proteínas, eles usam a grande maioria – 83% – das terras agrícolas e produzem 60% das emissões de gases de efeito estufa da agricultura. Outra pesquisa recente mostra que 86% de todos os mamíferos terrestres são agora gado ou humanos. Os cientistas também descobriram que mesmo o menor impacto da carne e dos laticínios pode causar muito mais danos ambientais do que o cultivo menos sustentável de vegetais e cereais”.

## GABARITO

**01. A**

Na história em quadrinhos, todos os personagens estão respondendo a uma pergunta. Pode-se inferir, a partir de suas respostas, que esta questão é: O que aconteceu depois que você ouviu falar do novo vírus Corona?

**02. C**

Qual das seguintes frases está CORRETA, de acordo com o texto? A glamorização do excesso de trabalho é observada com mais frequência nas classes média e alta.

**03. D**

O que o texto insinua sobre essa tendência que temos de