



ENEM E VESTIBULARES 03

EXERCÍCIOS



VEGAN VS VEGETARIAN - WHAT'S THE DIFFERENCE?

By Alina Petre



Vegetarian diets have reportedly been around since as early as 700 B.C. Several type sexist and individuals may practice them for a variety of reasons, including health, ethics, environmentalism and religion. Vegan diets are a little more recent, but are getting a good amount of press.

What is a vegetarian diet?

According to the Vegetarian Society, a vegetarian is someone who does not eat any meat, poultry, game, fish, shellfish or by-products of animal slaughter. Vegetarian diets contain various levels of fruits, vegetables, grains, pulses, nuts and seeds. The inclusion of dairy and eggs depends on the type of diet you follow.

The most common types of vegetarians include:

- Lacto-ovo vegetarians: Vegetarians who avoid all animal flesh, but do consume dairy and egg products.
- Lacto vegetarians: Vegetarians who avoid animal flesh and eggs, but do consume dairy products.
- Ovo vegetarians: Vegetarians who avoid all animal products except eggs.
- Vegans: Vegetarians who avoid all animal and animalderived products.

Those who do not eat meat or poultry but do consume fish are considered pescatarians, whereas part-time vegetarians are often referred to as flexitarians.

Although sometimes considered vegetarians, pescatarians and flexitarians do eat animal flesh. Therefore, they do not technically fall under the definition of vegetarianism.

From: https://goo.gl/n9yEy1. Accessed on 03/22/2017

01. (CEV URCA) According to the text, it is right to say that:

- a) Vegan diet is as old as vegetarian diet;
- b) No one knows how long vegetarian diet exists;
- c) There are many types of vegan diet;
- d) Vegetarian diet followers have different types of justification;
- e) Health is the only reason people choose a vegan diet.

- **02. (CEV URCA)** Why can't pescatarians and flexitarians be considered vegetarians?
- a) Because they eat dairy products and eggs;
- b) Because they don't eat vegetables, leaves and grains;
- c) Because although they don't eat poultry or meat, they eat fish;
- d) Because sometimes they consume products of animal slaughter;
- e) Because they include fish in their everyday diet.
- **03. (CEV URCA)** The main difference between a vegan and a vegetarian is that:
- a) A vegan doesn't eat or drink any kind of product derived from animals:
- b) Occasionally, vegans may eat some kinds of animal meat, but not vegetarians;
- c) There's no difference between vegans and vegetarians, since both don't eat meat;
- d) Vegans eat dairy products, but vegetarians don't;
- e) Vegans eat fish and dairy products, while vegetarians eat just dairy products.

Juliet had a book open on her lap, but she was not reading. She did not take her eyes from what was going by. She was alone in a double seat and there was an empty double seat across from her. This was the space in which her bed was made up at night. The porter was busy at the moment, dismantling the car's nighttime arrangements. In some places, the dark-green zippered shrouds still hung down to the floor. There was the smell of that cloth, like tent cloth, and a slight smell of nightclothes and toilets. A blast of fresh winter air was felt whenever anyone opened the doors at either end of the car. The last people were going to breakfast, other people coming back. There were tracks in the snow, small animal racks. Strings of beads, looping, vanishing.

Juliet was twenty-one years old and already the possessor of a B.A. and an M.A. in classics. She was working on her Ph.D. thesis in Toronto, but had decided to take some time out to teach Latin at a private girls' school in Vancouver. She had no training as a teacher, but an unexpected vacancy at half-term had made the school willing to hire her. Probably no one else had answered the ad. The salary was less than any qualified teacher would be likely to accept. But Juliet was happy to be earning any money at all, after her years on stingy scholarships.

She was a tall girl, *fair-skinned* and fine-boned, with *light-brown* hair that would not retain a bouffant style, even when sprayed. She had the look of an alert schoolgirl: head held high, a neat rounded chin, wide thin-lipped mouth snub nose, *bright* eyes, and a forehead that was often flushed with effort or appreciation.

Her professors were delighted with her – they were grateful these days for anybody who took up ancient languages, and particularly for someone so gifted - but they were worried as well. The problem was that she was



a girl. If she got married - which might happen, as she was not bad-looking for a scholarship girl, not bad-looking at all - she would waste all her hard work and theirs. And if she did not get married, her life would probably become bleak and isolated - she would lose out on promotions to men (who needed them more, since they had families to support). Either way, she would not be able to defend the oddity of her choice, to defy what people would see as the irrelevance, or dreariness, of classics, to slough off that prejudice the way a man could. Odd choices were simply easier for men, most of whom would still find women glad to marry them. Not so the other way around.

> Adaptado de: MUNRO, Alice. Chance. In: Runaway. London: Vintage, 2013. p. 52-53

- **04. (UFRGS)** Assinale a alternativa correta a respeito do texto.
- a) Juliet, apesar de sua juventude, sente-se estimulada pelo reconhecimento profissional, proporcionado pelo novo emprego.
- b) Tanto casar quanto ficar solteira são cenários que a voz narrativa associa a aspectos da vida profissional de Juliet.
- c) A escolha por cursar Letras Clássicas levou Juliet a sair de sua casa em Toronto.
- d) O impacto de uma escolha acadêmica potencialmente estranha, por parte de uma mulher atraente, pode ser socialmente atenuado por meio do casamento.
- e) Juliet combate o preconceito de algumas pessoas contra os livros clássicos, reagindo com assertividade.
- **05.** (UFRGS) Considere as seguintes afirmações acerca da descrição física de Juliet no texto.
- I O cabelo de Juliet não consegue manter um determinado penteado, mesmo com o auxílio de produto específico.
- II Os adjetivos fair-skinned, light-brown e bright, destacados no texto, denotam cores claras.
- III A timidez e a retração de Juliet são sugeridas pela cabeça baixa e pela facilidade com que seu rosto fica corado.

Quais estão corretas?

- a) Apenas I.
- b) Apenas II.
- c) Apenas III.
- d) Apenas II e III.
- e) I, II e III.

Gabarito:

01. D

De acordo com o texto, é correto dizer que os seguidores da dieta vegetariana têm vários tipos de justificativa.

02. D

Por que pescadores e flexitarianos não podem ser considerados vegetarianos? Porque por vezes consomem produtos de abate de animais;

03. A

A principal diferença entre um vegano e um vegetariano é que o vegano não come nem bebe qualquer tipo de produto derivado de animais.

04. B

"... Se ela se casasse - o que poderia acontecer, já que ela não era feia para uma bolsista, nem um pouco feia - ela desperdicaria todo o seu trabalho duro e o deles. E se ela não se casasse, sua vida provavelmente se tornaria sombria e isolada - ela perderia promoções para homens (que precisavam mais deles, já que tinham famílias para sustentar). De qualquer maneira, ela não seria capaz de defender a estranheza de sua escolha, de desafiar o que as pessoas veriam como irrelevância ou melancolia dos clássicos, de se livrar desse preconceito da maneira que um homem faria. Escolhas estranhas eram simplesmente mais fáceis para os homens, a maioria dos quais ainda acharia as mulheres felizes em se casar com eles. Não é o contrário."

05. A

- "...with light-brown hair that would not retain a bouffant style, even when sprayed."
- "...com cabelos castanhos claros que não mantinham um estilo bufante, mesmo quando borrifados."

Fair-skinned – pele clara

Light-brown - marrom claro

Bright - brilhante

"...head held high" - cabeça erguida

Anotações