

 Exercises

OBESITY



Is it a disease or a lifestyle problem?

Obesity is a serious health problem in the United States and increasingly around the world. Costs and associated diseases continue to increase. Recent studies into the causes of obesity indicate that the problem is more complex, and may have less to do with “willpower” and other such issues, than previously thought. Many obesity experts hope this research will help physicians and others rethink the way they understand and treat the problem. Skeptics, however, continue to blame inactivity and overeating for obesity. While the World Health Organization (WHO) and others call for a reduction in sugar consumption to combat obesity, the food industry says it is being unfairly targeted. The planet’s population is getting fatter. Once a problem largely confined to high-income regions, overweight and obesity are on the rise in low- and middle-income countries. According to the World Health Organization (WHO), obesity has more than doubled worldwide since 1980. In 2014 more than 1.9 billion adults (39 percent of Earth’s adult population) were overweight. That includes 600 million who were obese. Among children, overweight and obesity are increasing more than 30 percent faster in lower-and middle-income countries than in developed countries. In 2013, 42 million children under the age of 5 worldwide were overweight or obese.

Disponível em: http://library.cqpress.com/cqresearcher/document.php?id=cqr_ht_o_besity_2015. Acessado em 15 de outubro de 2015.

1. (FPS) For the food industry, the blame attributed to it is

- a) unbiased
- b) unprejudiced
- c) legitimate
- d) reasonable
- e) unjust

2. (FPS) Obesity

- a) is confined to the wealthy who eat too much.
- b) affects exclusively people who overeat sugar.
- c) is an American problem but not limited to it.
- d) can affect adults and children at age 5 or older.
- e) struck more than half the world’s population in 2014.



Disponível em: <https://www.gocomics.com/calvinandhobbes/1986/09/16>. Acesso em 20 de jul. 2018.

3. (UNICENTRO) Hobbes can't succeed in writing the paragraph because

- a) Calvin did lots of activities during his vacation.
- b) He doesn't know how to write.
- c) All Calvin did was watching TV this summer.
- d) He has to go to work.
- e) He doesn't have enough time.



*https://www.haagendazs.us/freeconeday_buzz/
<https://www.usatoday.com/story/money/nation-now/2017/05/09/haagen-dazs-free-cone-day/313979001/> - Acessado em 9/5/2017. Adaptado para fins educacionais.*

FREE CONE DAY 2017, CREATE SOME BUZZ

This year, Häagen-Dazz® is dedicating Free Cone Day to some of our hardest workers – the honey bees. So, this May 9th, we won't just be giving away free ice cream, we'll be giving our flying friends some much needed recognition – and we're inviting our fans to join us.

In exchange for the free treat, Häagen-Dazz® hopes “guests will pay it forward by planting wildflowers native to their region to help keep bees buzzing,” the company said in a news release.

4. (PUC SP) Relacionando-se figura e texto escrito, perceba-se que o objetivo da promoção da Häagen-Dazz® este ano é

- a) mais uma vez homenagear funcionários que se destacaram durante o ano.
- b) incrementar o plantio de flores silvestres que atraíam abelhas.
- c) atrair consumidores que sugeriram novos sabores de sorvete.
- d) trocar cones de sorvete por mudas de plantas.

SODA'S NEW THREAT

Sure, soda can rot your teeth and make you fat, but that's not all. Sugary drinks may increase your risk of heart disease, especially if you're a heavy guy, say scientists from the University of California at Davis. In the study, overweight people who drank a fructose-sweetened beverage with a meal saw their triglyceride levels spike three times as high over 24 hours than people who drank a glucose-sweetened beverage. Triglycerides are fats in your blood, and high levels are thought to boost heart-disease risk. Your liver converts fructose to triglycerides, causing the spike, says study author Karen Teff, Ph.D. Most fruit juices also contain fructose, so dilute apple juice with equal parts water.

Men's Health, October 2006, page 36.

5. (FAG) According to text, it is right to state that:

- a) soda is good for one's health.
- b) soda is good for the teeth.
- c) soft drinks may be harmful for health.
- d) soft drinks have a lot of fat in them.
- e) soft drinks are sugar-free beverages.

Anotações