

INGLÊS

COM
**MARCO
ANTÔNIO**

Inglês (English) é uma língua indo-europeia germânica ocidental nos reinos anglo-saxônicos da Inglaterra e se espalhou para o norte e o sudeste da Escócia, sob a influência do reino anglo-saxônico da Nortúmbria. Após séculos de intensa influência da Grã-Bretanha, o Reino Unido e do século XVIII, a língua inglesa tornou-se a língua oficial em todo o planeta, tornando-se a terceira língua mais falada e uma língua franca em muitas regiões. O idioma é amplamente usado em uma ampla variedade de contextos, incluindo negócios, educação e comunicação internacional.

Uma das razões para o sucesso do inglês é a influência das Nações Unidas, da Organização das Nações Unidas e da Organização Mundial da Saúde, que promovem o uso do inglês em suas reuniões e documentos. Além disso, o inglês é a língua oficial de muitos países e é a língua de comunicação mais usada em todo o mundo. O inglês também é a língua mais usada na internet e em muitos outros meios de comunicação.

Embora o inglês seja uma língua germânica, ele também recebeu muitas palavras do latim, visto que a Igreja Católica teve uma grande influência na cultura e na língua da Grã-Bretanha por povos como os romanos. Além disso, a língua inglesa também recebeu muitas palavras de outras línguas, como o francês, devido à influência da língua francesa na Grã-Bretanha por povos como os normandos. A influência da língua francesa na língua inglesa também é evidente no vocabulário e na ortografia, que muitas vezes refletem a estreita relação do inglês com o francês.


Devido à assimilação das palavras de outras línguas, o inglês moderno não só assimilou palavras de outras línguas, mas também de todo o mundo, incluindo palavras de línguas africanas. O Oxford English Dictionary, a maior obra de referência de idiomas, não incluindo muitas palavras de línguas africanas.



ENEM E VESTIBULARES 13



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 Exercises

A daily half hour's exercise could prevent 1 in 12 early deaths, study shows

People who exercise five days a week for 30 minutes significantly reduce their risk of dying early and of developing heart disease, even if a sports club or gym is not an option, according to a new international study.

Tracking 130,000 people in 17 countries, both rich and poor, the study found that whether it's going to the gym, walking to work, or tackling household chores like laundry or gardening, being physically active extends life and reduces illness. The researchers, led by Scott Lear, a heart specialist at St Paul's Hospital in Canada, also found a so-called **dose response**: The more people exercise, the greater the reductions are in their risks of getting heart disease or dying early. The study found "no ceiling effect", the researchers said, and "no risks associated with extremely high levels of physical activity," defined as more than 2,500 minutes, or more than 41 hours, per week.

Cardiovascular disease is the world's leading cause of death and a major economic burden in treatment and care for those who develop it. It killed 9.48 million people globally in 2016.

"Walking for as little as 30 minutes most days of the week has a substantial benefit, and higher physical activity is associated with even lower risks," Lear said in a comment about the findings, published on Friday in The Lancet medical journal. He also noted that some measures to prevent or treat heart disease, such as taking medicines or eating more fruit and vegetables, can be unaffordable for the world's poorest people. Yet walking is free and brings substantial health gains. The World Health Organization recommends that adults aged 18 to 64 do at least 150 minutes of moderate-intensity aerobic physical activity throughout each week, as well as muscle strengthening exercises at least two days a week. But experts estimate almost a quarter of the world's people do not reach these guideline levels.

Lear's team said their study findings suggest that if the entire population were to meet the guidelines, one in 12 of the world's premature deaths would be averted and 4.6 percent of heart disease cases prevented.

KELLAND, Kate. Disponível em: <<http://www.reuters.com/article/us-puretech-health-gelesis-study/puretechs-gelesis-says-obesity-drug-achieved-weight-loss-in-study-idUSKCN1C00PD>>. Acesso em 25/09/2017. Texto Adaptado.

1. (FPS) Conforming the TEXT, it is correct to affirm that:

- a) Doctors pointed out that one should be careful with higher doses of exercise since it has been proven that this poses a clear risk.
- b) Heart diseases are responsible for most deaths in the world and they also represent a significant financial load.
- c) The research team leader commented that some preventive actions, such as a daily walking, would remain

beyond the reach of those with a lower income.

d) The research states that if the world population followed the guidelines, 25% of heart diseases could be prevented.

e) Another research conducted with 130.000 people in 17 countries refuted the relation between exercising and avoiding early death.

2. (FPS) As stated by the researchers, a "dose response" (paragraph 2) stands for:

- a) the safe amount of exercise you have weekly.
- b) the chance of a premature death due to the lack of exercise.
- c) the relationship between a combination of exercise and a higher intake of medicine.
- d) a healthy combination of aerobic physical activity and muscle strengthening exercises.
- e) the direct connection between the quantity of physical activity and the reduction of cardiovascular diseases.



"In return for an increase in my allowance, I can offer you free unlimited in-home computer tech support."

BACALL, A. Disponível em: <www.cartoonstock.com/directory/f/free.asp>. Acesso em: 12 out. 2011.

03. (UNICENTRO) The boy in this cartoon

- a) is offering to help his father in the office.
- b) is asking his father to give him a better computer.
- c) wants his father to help him with his homework.
- d) is not able to use the computer as well as his father.
- e) thinks that he has better computer skills than his father.



<http://www.dailymail.co.uk/ushome/index.html> - Acessado em 24/03/2017.

Sarah's Corner Café in Stroudsburg, Pennsylvania has started offering families 10 percent off their check if they can put their phones in a basket and refrain from looking at them.

4. (PUC SP) The headline that better suits the text and the photo above is:

- a) 10% discount for families not checking phones through dinner.
- b) mobile phone use while driving now banned.

- c) 10% discount on mobile phones and free meal.
- d) don't miss the deal: 10% discount on mobile phones.

High Marks for Clean Water

Retrieve a discarded water bottle. Tear off the label and fill it with any water that's not too murky from a creek, standpipe or a puddle. Place the bottle on a piece of metal in full sun. In six hours the UVA radiation will kill viruses, bacteria and parasites in the water, making it safe to drink. SODIS, the acronym for this Swiss - pioneered water - disinfection program, is now being used all over the world to provide drinking water for some four million people. "It's simple, it's free, and it's effective," says Ibelatha Mhelela, principal of the Ndolela Primary School in Tanzania. In 2006 her school started using SODIS to disinfect its contaminated tap water, placing bottles on the building's corrugated metal roof. The result? Absenteeism due to

diarrhea has dropped considerably, and examination scores soared. "Before we started SODIS, only ten to fifteen percent of the children passed the national sixth grade exams," says Mhelela, "Now ninety to ninety - five percent of the students pass."

(National Geographic, April 2010)

5. (UEPB) The method of disinfecting water discussed in the text is

- a) by filtering the water
- b) by boiling the water
- c) by straining the water
- d) by freezing the water
- e) by using the heat of the sun

Anotações

