



**ENEM E VESTIBULARES 11** 

**EXERCÍCIOS** 





# **Some Schooling on Backpacks** *Dr. Ian K. Smith*



Doctors are concerned that looking cool could be hurting kids.

#### Here are some ideas to avoid injury.

Like many kids now heading back to school, I used one of those fashionable single-strap, over-the-shoulder bags to carry my books around when I was studying in New York City. But at Dartmouth Medical School, my city bag turned out to be totally inadequate for lugging heavy medical texts. I'd lose valuable minutes at the start of a lecture rubbing an aching arm and shoulder before I could start writing down what the prof said.

Taking a cue from classmates, I finally got a large, wide strapped bag with a third strap that wrapped around the hips. It wasn't chic but it did wonders for my sore muscles — and note taking.

That was a first-hand lesson in how the wrong backpack, or carrying one improperly, can lead to serious problems. According to the U.S. Consumer Product Safety Commission, 5,900 kids were treated at hospital emergency rooms, clinics and doctors' offices last year for sprains and strains directly caused by backpacks. Indeed, such injuries are so widespread that more than 70% of physicians surveyed by the American Academy of Orthopedic Surgeons listed backpacks as a potential clinical problem for children, and 58% said they had treated patients for pain caused by heavy backpacks.

How to avoid such problems? Like my classmates, you can choose bags that have wide, padded straps and a belt. That will help transfer some of the weight from the back and shoulders to the hips. You should also tighten both straps firmly, so the pack rests about 5 cm above your waist. Also, remember to pack your bag with the heaviest items closest to your back and to bend both knees when you pick it up.

#### **1.(UNICENTRO)** One of the hints given by Dr. Ian is

- a) to exchange books between classes.
- b) to leave the heaviest books at home.
- c) to use backpacks with wheels.
- d) to make frequent visits to orthopedic doctors.
- e) to get a bag with large straps and a belt.

#### 2. (UNICENTRO) Dr. Ian talks about

- a) the amount of backpacks produced in the USA.
- b) clinical problems that affect newborn children.
- c) the most common childhood fears.
- d) the consequences of carrying heavy school shoulder bags.
- e) problems children have concerning their grades.

#### **3. (UNICENTRO)** The correct information in the text is

- a) the number of children treated with orthopedic problems caused by schoolbags last year.
- b) the percentage of students injured at New York Schools.
- c) the time spent at hospital emergency rooms.
- d) the quantity of backpacks sold in the USA last year.
- e) the name of the hospital that treats 70% of pain cases.



"You said you'd be home at half a candle."

- **4. (UNIFESP)** Examine o cartum de Caitlin Cass, publicado no Instagram da revista The New Yorker em 10.03.2019. Depreende-se que a moça
- a) saiu escondida, deixando uma vela acesa no quarto para fingir que estava estudando.
- b) chegou tarde em casa, descumprindo o horário que havia combinado com a mãe
- c) voltou para casa, pois havia esquecido a vela do seu quarto acesa.
- d) pretendia sair de casa sem levar uma vela, desrespeitando a recomendação da mãe.
- e) disse à mãe que ia sair só para comprar lâmpadas, mas acabou voltando para casa sem elas.









- **5. (UDESC)** Mark the correct alternative about the comic.
- a) Popeye was threatening Olivia because she had a bad dream.
- b) Olivia hid behind the table to be away from major problems.
- c) Popeye was worried that Olivia was getting crazy.
- d) Olivia was scared to death just because of a bad dream.
- e) Olivia heard the doorbell and supposed it was someone from her dream coming to get her.

#### **GABARITO**

#### 1. [E]

Uma das dicas dadas pelo Dr. Ian é

- a) trocar livros entre as aulas.
- b) deixar os livros mais pesados em casa.
- c) usar mochilas com rodas.
- d) fazer visitas frequentes a médicos ortopedistas.
- e) pegar uma bolsa com alças largas e um cinto.

#### 2. [D]

Dr. Ian fala sobre

- a) a quantidade de mochilas produzidas nos EUA.
- b) problemas clínicos que afetam os recém-nascidos.
- c) os medos mais comuns da infância.
- d) as consequências de carregar mochilas escolares pesadas.
- e) problemas que as crianças têm em relação às notas.

A informação correta no texto é

- a) o número de crianças atendidas com problemas ortopédicos causados por mochilas escolares no ano passado.
- b) a porcentagem de alunos feridos nas escolas de Nova York.
- c) o tempo de internação nas emergências hospitalares.
- d) a quantidade de mochilas vendidas nos EUA no ano passado.
- e) nome do hospital que atende 70% dos casos de dor.

#### 4. [B]

"You said you'd be home at half a candle."

"Você disse que estaria em casa com meia vela."

### 5. [D]

Olivia was scared to death just because of a bad dream.

Olivia estava morrendo de medo só por causa de um pesadelo.

## **Anotações**