



# INGLÊS

com Marco Antônio

Enem e Vestibulares 04


**Exercícios**
**EATING YOUR FEELINGS? THE LINK BETWEEN JOB STRESS,  
JUNK FOOD AND SLEEP**


A good night's sleep can serve as a protecting factor between job stress and unhealthy eating in the evening, indicates a new study co-authored by a Michigan State University scholar. The study, published online in the *Journal of Applied Psychology*, is one of the first to investigate how psychological experiences at work shape eating behaviors. "We found that employees who have a stressful workday tend to bring their negative feelings from the workplace to the dinner table, as manifested in eating more than usual and opting for more junk food instead of healthy food", said Chu-Hsiang "Daisy" Chang, MSU associate professor of psychology and study co-author." However, another key finding showed how sleep helped people deal with their stressful eating after work", she added. "When workers slept better the night before, they tended to eat better when they experienced stress the next day". The research involved two studies of 235 total workers in China. One study dealt with information-technology employees who regularly experienced high workload and felt there was never enough time in the workday. The second study involved call-center workers who often got stressed from having to deal with rude and demanding customers. In both cases, workday stress was linked to employees' negative mood while on the job, which in turn was linked to unhealthy eating in the evening, said Yihao Liu, co-author and assistant professor at University of Illinois.

[www.sciencedaily.com/releases/2017/06/170622103827.htm](http://www.sciencedaily.com/releases/2017/06/170622103827.htm)

**1. (PUC PR)** A alternativa que apresenta os achados da pesquisa é:

- Pessoas que não sabem lidar com seus sentimentos têm insônia e tendência a desenvolver obesidade.
- O stress diário do trabalho contribui para o emagrecimento.
- Apenas a privação do sono afeta, de fato, a alimentação das pessoas que participaram da pesquisa.
- Privação do sono e situações estressantes no trabalho podem fazer com que pessoas optem por comer mais ou ingerir alimentos menos saudáveis.
- Apenas trabalhadores chineses apresentam desordem alimentar devido ao excesso de horas na jornada de trabalho diária.



For most, The Gateway International Bridge functions as it should, allowing people to get between the U.S. and Mexico. But on a hot Sunday afternoon, a dozen migrants at the mouth of the bridge weren't getting anywhere at all. They had been told, once again, to wait. At a press conference the next day, President Trump once again touted the border wall he has promised supporters.

"The wall is getting longer and taller and stronger each and every day", he said, even though construction has not begun. The President's characterization of the physical wall was false, but his Administration has effectively erected an invisible one. It is built, in part, from situations like the one at the bridge, which illustrates the problem with this kind of barrier. The practices that Trump praises for keeping out criminals also punish those who are trying to follow the rules.

Those migrants who spoke to TIME at the bridge had varied stories but shared a determination to cross. Some understood a bit of what could happen to them next. How long could it take to get processed? And if they did ultimately apply for asylum, it remained to be seen whether their stories would qualify. The regulations governing such matters are complicated, and the vast majority who apply are rejected. But in theory, their fates would be decided at immigration courts, not at the border.

*TIME, August 23, 2018. Adaptado*

**2. (FUVEST)** Com base no texto e nos fatos que envolvem a política migratória dos EUA em junho de 2018, é correto afirmar:

- O presidente Donald Trump, por pressão do Conselho de Direitos Humanos da Organização das Nações Unidas (ONU), flexibilizou a punição aos imigrantes ilegais, passando a tratar os casos em cortes de imigração e não mais por meio de indiciamento criminal.
- O presidente Donald Trump finalizou a construção do muro na fronteira México-EUA, desde a costa leste até a oeste, com o objetivo de conter a nova onda migratória de venezuelanos e hondurenhos.

- c) Imigrantes mexicanos que seguiram as regras oficiais para nos EUA obtiveram concessão de asilo político em curto prazo, especialmente nas cortes da Califórnia, tradicional reduto conservador e base eleitoral do presidente Donald Trump.
- d) A construção de uma barreira física entre México e EUA visa, segundo o presidente Donald Trump, consolidar um estado fronteiriço, no qual os imigrantes deverão permanecer algum tempo antes de ingressarem em outras partes do país.
- e) As barreiras construídas entre México e EUA são, além de físicas, também psicológicas, como pôde ser visto no caso em que milhares de crianças imigrantes foram separadas de suas famílias.



Conventional medicine in the western world is, in many cases, not keeping up with people's needs. A quick examination by a doctor is usually followed by a prescription for a drug which will treat the specific symptom complained of; there is no time to look at what might have caused it or any other symptoms that might be linked to it.

But over the last decade a growing number of people have started to develop an interest in taking responsibility for their own healthcare and depending less on the medical profession. They are turning to holistic medicine, which offers new approaches to diagnosis and treatment and — most importantly — preventive measures. Alternative health practitioners believe that we are the sum of our parts. In other words, it is our emotions, lifestyles and overall constitutions that are the root causes of ill health as much as a specific disease itself. Alternative practitioners take the time to explore these “other” factors instead of just treating the isolated symptoms.

Alternative therapies should not be seen as a replacement for modern medicine, but as complementary remedies (many practitioners prefer the term “complementary medicine” for this reason). Care should also be taken in choosing a good therapist. Ask for recommendation and contact the organization or association of the therapy you are interested in for more information.

RATCLIFFE, Justin. *Alternative therapies*. *Speak Up*, São Paulo: Globo, ano 10, n. 128, p. 8-11. Adaptado.

### 3. (UNIFTC) People have turned to alternative medicine because they

- I. have become dissatisfied with conventional medicine.
- II. do not want to depend on professionals all the time.
- III. are quite convinced that conventional doctors cannot be trusted anymore.
- IV. have felt the need to save money.
- V. have become more and more aware of its benefits.

According to the text, the statements containing true information are

- a) only II and IV.
- b) only III and V.
- c) only I, II and V.
- d) only I, III and IV.
- e) I, II, III, IV and V.

### 4 (UNIFTC) For the alternative health practitioner,

- a) a specific disease is usually a consequence of a disturbed mind only.
- b) all the human being's parts must be considered as a single entity.
- c) the isolated symptoms of a disease should be the first ones to be treated.
- d) our emotions, lifestyles and constitutions have independent existence.
- e) a specific disease has to be seen as something that exists apart from other things.

### 5. (UNIFTC) “Conventional medicine in the western world is, in many cases, not keeping up with people's needs”. The expression “keeping up with” should be translated as

- a) mudando.
- b) guardando.
- c) conservando.
- d) diferenciando.
- e) acompanhando.

## GABARITO

1. [D]
2. [D]
3. [C]
4. [B]
5. [E]

**+** Write down



*Estamos juntos nessa!*



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