



# INGLÊS

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Enem e vestibulares



## Exercises



(Disponível em <https://ontario.cmha.ca/documents>. Acessado em 22/08/2019.)

**1. (UNICAMP ADAPTADO)** A Associação Canadense de Saúde Mental é uma organização sem fins lucrativos que combate o estigma sobre a saúde mental, promovendo ações em favor de pessoas que sofrem com doenças dessa natureza. O cartaz acima, direcionado à população em geral, foi publicado no site dessa associação e tem o intuito de

- a) motivar a população a parar de reconhecer os estereótipos negativos associados à saúde mental.
- b) encorajar empresários a oferecer melhores condições de emprego a pessoas com doenças mentais.
- c) estimular o combate aos estereótipos que atingem pessoas com doenças mentais.
- d) incentivar um tratamento diferenciado a pessoas com doenças mentais.
- e) informar a respeito de uma associação que oferece serviços psiquiátricos para doentes mentais.



Most people today have a mobile phone. In fact, many people can't imagine how they ever got along without a portable phone. However, many people also complain about cell phone users. People complain about other people loudly discussing personal matters in public places. They complain when cell phones ring in movie theaters and concert halls. They complain about people driving too slowly, and not paying attention to where they are going because they are talking on a cell phone. And they complain about people walking around talking to people who aren't there.

Whenever a new communication technology becomes popular, it changes the way society is organized. Society has to invent rules for the polite way to use the new devices. Our social etiquette, our rules of politeness for cell phones, is still evolving.

Disponível em: [www.indianchild.com](http://www.indianchild.com). (adaptado).

**2. (ENEM)** O uso de celulares em lugares públicos tem sido prática corrente. O texto aponta que essa prática tem gerado

- a) anseios por recursos para ampliar os benefícios dos dispositivos.
- b) reclamações sobre a falta de normas no comportamento dos usuários.
- c) questionamentos a respeito da dependência constante dessa tecnologia.
- d) discussões acerca da legislação para a comercialização de telefones.
- e) dúvidas dos usuários em relação ao manuseio de novos aparelhos.

### WOMEN IN THEATRE: WHY DO SO FEW MAKE IT TO THE TOP?

An all-female Julius Caesar (A Shakespeare play) has just hit the stage, but it's a rarity in theatre. In a special report, Charlotte Higgins asks leading figures why women are still underrepresented at every level of the business — and what needs to change.

HIGGINS, C. Disponível em: [www.guardian.co.uk](http://www.guardian.co.uk).

**3. (ENEM)** O vocábulo "rarity" tem um papel central na abordagem do assunto desse texto, que destaca a

- a) falta de público feminino na plateia dos teatros.
- b) ausência de roteiros de autoria feminina.
- c) resistência dos diretores a personagens femininas.
- d) escassez de representação feminina no meio teatral.
- e) desvalorização da performance feminina no palco.

### Hot showers or Cold showers



Showering is an essential part of a healthy routine, but depending on the temperature, your time spent under the water can offer different benefits. Whether you like it hot or prefer it cold, learn how your showering routine can affect your health. After reading, you might rethink which way you turn the dial.

#### Some Like It Hot

Hot showers can relieve tension and soothe stiff muscles. If you have a powerful showerhead, even better! Let the hot water work like a minimassage on your shoulders, neck, and back.

Studies have shown that taking a hot shower can amp up your oxytocin levels and ease anxiety. Anyone working with stress can use more of the love hormone in their life! A hot shower also acts as a natural decongestant to relieve cold symptoms, since the hot steam moisturizes nasal passages.

**Some Like It Cold**

Cold showers — as unbearable as they are — are actually really good for our bodies! Turning your shower cold for the last five minutes can help “shock” your body awake. This instant change in temperature relieves your body of fatigue and increases your mental alertness. A “cooler” shower (around 68 degrees) for two to three minutes once or twice daily is recommended by researchers as a treatment for depression. Just make sure you check in with your doctor before testing this out!

On the more vain side of the spectrum, cold showers are better for our hair and skin. Where a hot shower can dry things out, cold showers hydrate and help with split ends and dry skin.

*<https://www.popsugar.com/fitness/Cold-Showersvs-Hot-Showers-HealthBenefits-Both>*

**4. (CESMAC)** As concerns showering temperatures

- a) either way you will benefit from this routine.
- b) you can only truly profit from cold showers.
- c) you can only truly profit from hot showers.
- d) one can be sure there’s no gain related to them.
- e) they bear no relation to one’s health condition.

**5. (CESMAC)** The main idea of the text is

- a) to inform people about the hormones that are increased during showers.
- b) to report new findings about powerful head showers.
- c) to describe kinds of showers and their health benefits.
- d) to discuss which showers is best: cold or hot.
- e) to contrast the symptoms felt by a person after taking either showers.

**GABARITO**

- 1: [C]      2: [B]      3: [D]      4: [A]      5: [C]

**+ Write down**





*Estamos juntos nessa!*



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