

FRENTE: INGLÊS

PROFESSOR(A): ANQUISIS SILVA

ASSUNTO: SKIMMING

EAD – ITA/IME

AULA 04



Resumo Teórico

- Leitura linear e ininterrupta.
- Objetivo principal: destacar as ideias de cada parágrafo do texto;
- Analisar o *layout*, título, subtítulo, bem como as duas primeiras linhas de cada parágrafo;
- Não interromper a leitura por conta de vocabulário desconhecido;
- Juntar as ideias de cada parágrafo em uma só, o que forma a ideia central;
- Ao final da leitura, pergunte para você mesmo qual a intenção do autor ao escrever o texto.



Exercícios

Text I

EFFECTS OF SMOKING BANS – EFFECTS UPON HEALTH

Several studies have documented health and economic benefits related to smoking bans. A 2009 report by the Institute of Medicine concluded that smoking bans reduced the risk of coronary heart disease and heart attacks, but the report's authors were unable to identify the magnitude of this reduction. Also in 2009, a systematic review and meta-analysis found that bans on smoking in public places were associated with a significant reduction of incidence of heart attacks. The lead author of this meta-analysis, David Meyers, said that this review suggested that a nationwide ban on smoking in public places could prevent between 100,000 and 225,000 heart attacks in the United States each year.

Legislating on smoking of tobacco in public places has reduced the cause of heart disease among adults. Such legislations include banning smoking in restaurants, buses, hotels and workplaces. Institute of Medicine (IOM) convened by the Center for Disease Control (CDC) found out that there are cardiovascular effects from exposure to secondhand smoke. An epidemiology report says that the risk of coronary heart disease is increased to around 25-30% when one is exposed to secondhand smoke. The data shows that even at low levels of the smoke, there is the risk and the risks increase with more exposures.

A 2012 meta-analysis found that smoke-free legislation was associated with a lower rate of hospitalizations for cardiac, cerebrovascular, and respiratory diseases, and that "More comprehensive laws were associated with larger changes in risk". The senior author of this meta-analysis, Stanton Glantz, told USA Today that, with respect

to exemptions for certain facilities from smoking bans, "The politicians who put those exemptions in are condemning people to be put into the emergency room". A 2013 review found that smoking bans were associated with "significant reduction in acute MI [myocardial infarction] risk".

A 2014 systematic review and meta-analysis found that smoke-free legislation was associated with approximately 10% reductions in preterm births and hospital attendance for asthma, but not with a decrease in low birth weight. A 2016 Cochrane review found that since the previous version of that review was published in 2010, the evidence that smoking bans improved health outcomes had become more robust, especially with respect to acute coronary syndrome admissions.

Available at: <https://en.wikipedia.org/wiki/Smoking_ban>. Access in: 05 Jun. 2016.

01. Após o *skimming* do texto, diga qual a ideia de cada parágrafo.

02. Com base nessas ideias, qual é a ideia central do texto?

Text II



WHY ALMOST EVERYTHING YOU'VE BEEN TOLD ABOUT UNHEALTHY FOODS IS WRONG

Could eating too much margarine be bad for your critical faculties? The "experts" who so confidently advised us to replace saturated fats, such as butter, with polyunsaturated spreads, people who presumably practise what they preach, have suddenly come over all uncertain and seem to be struggling through a mental fog to reformulate their script.

Last week it fell to a floundering professor, Jeremy Pearson, from the British Heart Foundation to explain why it still adheres to the nutrition establishment's anti-saturated fat doctrine when evidence is stacking up to refute it. After examining 72 academic studies involving more than 600,000 participants, the study, funded by the foundation, found that saturated fat consumption was not associated with coronary disease risk. This assessment echoed a review in 2010 that concluded, "there is no convincing evidence that saturated fat causes heart disease".

Available at: <<http://www.theguardian.com>>. Access in: 31 May. 2018.

03. A recente descoberta relatada na passagem acima indica que algumas pessoas terão
- que deixar de usar alimentos ricos em gorduras saturadas.
 - de substituir os alimentos ricos em gordura poliinsaturadas por outros que contenham gordura animal, como a manteiga.
 - que radicalmente modificar sua dieta, especialmente se esta for baseada em gorduras poliinsaturadas.
 - de rever seus conceitos sobre o efeito dos alimentos gordurosos na saúde do coração.
 - de reformular todas as teorias que relacionam as doenças cardíacas com o tipo de alimentação consumida pela maioria da população.

Text III

UK EATS ALMOST FOUR TIMES MORE PACKAGED FOOD THAN FRESH

The UK eats almost four times as much packaged food as it does fresh produce, according to new data, with most of western Europe and north America following a similar pattern. The packaged food revolution – which includes ready meals and calorific cakes and biscuits – is held at least partly to blame for the rise in obesity in the US and Europe. Fresh food has played a smaller and smaller part in some families' lives as the pace of life has speeded up over recent decades, working hours have increased and more women have entered the workplace. Set against this is the rise of ever tastier instant meals.

Euromonitor has analyzed data from 54 countries and shown that the balance has shifted from fresh to packaged food in the most developed. In some of the other populous but less developed nations – China, India and Vietnam – the nutrition transition, as obesity experts term it, has not yet reached tipping point and they are still getting most of their calories from fresh food.

In 2015, the data shows, 85% of the countries Euromonitor looked at consume more calories from packaged food than from fresh. The data relates to sales, but there is an assumption that most food that is bought is also eaten.

Brazil's population consumed the highest number of calories per person per day as fresh food, out of the nine major countries in the survey, at 1,065 calories. The UK was second to bottom, at 405, above Japan which consumed just 247 calories from fresh food.

Available at: <<http://www.theguardian.com>>. Access in: 31 May. 2018.

04. De acordo com o texto, os alimentos frescos têm tido participação cada vez menor na vida das famílias dos países ocidentais, sendo esse fato atribuído
- ao aumento da obesidade nos Estados Unidos e Europa.
 - ao ritmo de vida frenético dos tempos modernos.
 - ao número ainda muito pequeno de mulheres no mercado de trabalho.
 - ao recrudescimento das relações familiares atribuído ao ritmo veloz da vida das famílias.
 - à quantidade cada vez maior de ofertas de alimentos prontos, incluindo bolos e biscoitos.
05. Segundo o texto, o problema do grande consumo de alimentos empacotados parece não ter atingido seu ponto mais alto em alguns outros países muito populosos, como China e Índia. Esse fato pode estar relacionado
- à falta de interesse por esse tipo de alimento industrializado nesses países.
 - ao excesso de opções de alimentos frescos que sempre estão na mesa das famílias.
 - à dieta adotada nesses países, sempre baseada em frutas e verduras.

- à situação econômica desses países, que não permite um consumo tão alto desse tipo de alimento.
- ao alto índice de pessoas que não têm acesso à comida industrializada, por conta das tradições religiosas desses países.

Text IV

RESEARCHERS REVEAL LOSING YOUR SENSE OF SMELL MAY SUGGEST EARLY DEATH

A recent study published in the Journal of American Geriatrics Society has stated that people, who are losing their sense of smell, might be facing the risk of dying early. This finding is said to be different from other health variables such as age, gender and chronic mental disorders like dementia.

The Swedish study was carried out by researchers from the University of Stockholm with Dr. Jonas Olofsson as the lead researcher. After analysing 1,774 people belonging to the age group 40 to 90, over a decade, they found out that in middle age and beyond, people with a poor sense of smell had about a 20% increased risk of dying within 10 years.

"After controlling for demographic, health-related, and cognitive confounders, each additional correctly identified odor lowered the risk of mortality by 8 percent. Individuals who performed at chance level on tests (indicating complete olfactory loss) were at a 19 percent higher risk of death than individuals with normal smell function", said the statement.

Around 23 percent of those who took part in the study, i.e. 411 out of 1774 died during the experiment. Those people who could identify odour correctly were said to be at an 8 percent lower mortality risk.

The researchers concluded that the results of this experiment point towards the fact that assessing the olfactory system may shed light on the ageing brain. "The sense of smell seems to be a good indicator of ageing brain health", Dr. Olofsson added.

Although dementia previously had been linked with diminished sense of smell, but, the researchers found that dementia could not explain the link between smell loss and mortality risk. "Our results were not explained by dementia, which was previously linked to smell loss. Instead, mortality risk was uniquely predicted by smell loss", said Dr. Olofsson. "In our future research, we will try to pinpoint the biological processes that can explain this phenomenon", he added.

Available at: <news.cdn.newsrep.net>. Access in: 31 May. 2018.

06. A pesquisa relatada no texto afirma que
- as pessoas com perda de olfato têm, aproximadamente, 20% de chance de morrer num período de uma década.
 - o envelhecimento, gênero e demência não são variáveis de saúde confiáveis para detectar o risco de morte prematura dos indivíduos.
 - a diminuição da capacidade olfativa das pessoas pode revelar um risco de falecimento prematuro desses indivíduos.
 - as pessoas entre 40 e 90 anos são mais susceptíveis a enfrentarem perda de condição olfativa e, conseqüentemente, de morte prematura.
 - os suecos se caracterizam por retardarem a perda da capacidade olfativa, o que explica a alta expectativa de vida dessa população escandinava.
07. Os pesquisadores envolvidos na pesquisa descrita no texto concluíram que os resultados do experimento
- apontam para a direção de que a compreensão do sistema olfatório pode lançar uma luz sobre o envelhecimento do cérebro.

- B) podem indicar que o envelhecimento do cérebro pode ser retardado com um melhor controle do sistema olfativo das pessoas idosas.
- C) comprovam que a demência pode explicar a relação entre perda de olfato e risco de morte.
- D) destacaram os processos biológicos que podem explicar o fenômeno da relação entre a perda do olfato e a morte prematura.
- E) ajudarão no combate ao envelhecimento precoce e no combate a doenças como demência e mal de Alzheimer.

08. O vocábulo “*pinpoint*”, presente no texto, tem o mesmo sentido de todos os abaixo, exceto

- A) determine. B) finger.
C) spot. D) lose.
E) diagnose.

Text V

FROM SEA TO PLATE: HOW PLASTIC GOT INTO OUR FISH

Eight million tons of waste plastic ends up in the sea each year. Fish eat it - and then we do. How bad is it for us?

It's enough to make you cry over your moules frites. Scientists at Ghent University in Belgium recently calculated that shellfish lovers are eating up to 11,000 plastic fragments in their seafood each year. We absorb fewer than 1%, but they will still accumulate in the body over time. The findings affect all Europeans, but, as the most voracious consumers of mussels, the Belgians were deemed to be most exposed. Britons should sympathize – last August, the results of a study by Plymouth University caused a stir when it was reported that plastic was found in a third of UK-caught fish, including cod, haddock, mackerel and shellfish. Now, UK supermarkets are being lobbied to create plastic-free aisles by the campaign group Plastic Oceans Foundation, whose feature-length documentary, *A Plastic Ocean*, was released in Britain this week.

We are finally paying attention to the pollution that has plagued our seas for years – the government is considering a refundable deposit on plastic bottles, and pharmaceutical company Johnson & Johnson recently switched from plastic to paper stems on its cotton buds. Evidently, there's nothing like serving plastic up on a dinner plate to focus the mind.

Available at: <www.theguardian.com>. Access in: 21 Mar. 2017.

09. Com base na leitura do texto acima, podemos afirmar que
- A) ao consumirmos produtos de origem marinha, estamos correndo um grande risco por conta do lixo plástico depositado nos oceanos e consumido pela fauna marinha, que acaba por, inevitavelmente, aparecer em nossas refeições.
- B) os belgas, no continente europeu, estão na linha de frente dos perigos por conta do consumo involuntário de plástico oriundo dos frutos do mar em razão da grande paixão nacional por moluscos, como, por exemplo, o mexilhão.
- C) um estudo da Universidade de Plymouth, no Reino Unido, descobriu que mais de 1/3 de todo o peixe consumido na Grã-Bretanha pode estar contaminado com lixo plástico consumido por esses animais marinhos antes de serem capturados.
- D) os supermercados ingleses foram obrigados a criar corredores específicos com alimentos de origem marinha que estejam totalmente livres de lixo plástico.
- E) um documentário, recentemente lançado no Reino Unido, serviu de motivação para as pesquisas feitas pela Universidade de Plymouth e pelos cientistas da Universidade de Ghent, na Bélgica.

10. A leitura da parte final do texto nos dá a ideia de que
- A) o problema da poluição dos oceanos, e a consequente contaminação dos frutos do mar, está prestes a ser solucionado.
- B) o governo do Reino Unido teve que depositar uma grande soma de dinheiro como forma de indenização para pessoas contaminadas com lixo plástico em produtos de origem marinha.
- C) a gigante farmacêutica, Johnson & Johnson, foi acusada de camuflar suas hastes com ponta de algodão (Cotonetes) com papel, quando, na realidade, continuava a usar plástico na fabricação do produto.
- D) o problema do lixo plástico nos oceanos e da contaminação da fauna marinha estão finalmente sendo observados com mais atenção por autoridades e iniciativa privada.
- E) o dinheiro que o governo inglês pretende depositar para indenizar vítimas de contaminação por lixo plástico oriundo de frutos do mar pode também servir para incrementar pesquisas sobre o tema.

11. Na frase “[...] *Britons should sympathize [...]*”, presente no primeiro parágrafo do texto, é sugerido que os britânicos devem

- A) ser solidários com o restante do continente.
B) considerar a ideia de boicotar frutos do mar.
C) ficar atentos ao problema da contaminação de frutos do mar com plástico.
D) pensar em alternativas ao consumo de frutos do mar.
E) evitar o consumo de diversos tipos de peixe importados da Bélgica.

Text VI



SPIDER VENOM MAY OFFER STROKE THERAPY

A protein in spider venom may help protect the brain from injury after a stroke, according to research. Scientists found a single dose of the protein *Hi1a* worked on lab rats. They said it showed “great promise as a future stroke treatment” but had not yet been tested in human trials. The Stroke Association said the research was at its early stages but it would “welcome any treatment that has the potential to reduce the damage caused by stroke”.

The researchers, from the University of Queensland and Monash University, travelled to Fraser Island in Australia to hunt for and capture three potentially deadly Australian funnel web spiders. They then took the spiders back to their laboratory “for milking”. This involved coaxing the spider to release its venom, which can then be sucked up using pipettes. The scientists honed in on a protein in the venom and recreated a version of it in their lab. They then injected this *Hi1a* into the lab rats.

Available at: <www.bbc.co.uk>. Access in: 31 May. 2018.

12. A proteína *Hi1a*, citada no texto,
- A) é encontrada apenas em aranhas que vivem na Austrália.
B) pode ajudar a evitar sequelas cerebrais oriundas de acidente vascular cerebral.
C) funciona bem tanto em ratos como em seres humanos.
D) tem sido recusada, como forma de tratamento, por associações de vítimas de AVC.
E) evita danos cerebrais em pacientes que sofreram acidente vascular cerebral.

13. As aranhas utilizadas na pesquisa descrita no texto
- tiveram de ser sacrificadas para que o veneno pudesse ser extraído.
 - foram caçadas e tiveram seu veneno retirado, ainda no local, para que a proteína pudesse ser melhor analisada.
 - liberaram o veneno voluntariamente, apenas com a ajuda de uma pipeta de laboratório, para a coleta do material.
 - dificultaram a coleta do veneno, o que levou os cientistas a criarem uma versão do material em laboratório, atrasando o processo de pesquisa.
 - precisaram ter o veneno ordenhado após serem induzidas a liberar o material para posterior estudo em laboratório.

Text VII



**MOBILE PHONE'S 40TH ANNIVERSARY:
FROM "BRICKS" TO CLICKS**

Mobile phone technology has come a long way since the first mobile phone call was made 40 years ago – but there is a lot more innovation ahead, according to one expert.

It was on 3 April 1973 that Motorola employee Martin Cooper made a call in New York on a Motorola DynaTAC – dubbed a "brick" due to its size and weight – which was widely regarded globally as the first public mobile phone call.

The device was 9 inches tall, comprised 30 circuit boards, had a talk-time of 35 minutes, and took 10 hours to recharge.

Four decades on, a worldwide **telecoms** industry with annual revenues of £800bn has grown rapidly based on wide choice, falling prices and an array of technologies, resulting in the average mobile being used to take photos, play music and games, send emails, download maps, watch video clips, all as well as talking and texting.

Available at: <<http://www.guardian.co.uk/technology/2013/apr/03/mobile-phone-40th-anniversary>>.

14. Há 40 anos o mundo era apresentado a uma invenção que revolucionaria o modo de comunicação da maioria dos habitantes do Planeta Terra: o telefone celular. De lá para cá, a tecnologia fez com que os aparelhos se tornassem cada vez mais modernos e imprescindíveis para a vida agitada do século XXI. No texto acima, depreende-se que o telefone celular.
- chegou ao limite de inovação e praticidade, não restando muito o que apresentar de novidades futuras.
 - evoluiu nesses quarenta anos em vários aspectos, não só o tecnológico.
 - nasceu para substituir os telefones residenciais, considerados muito grandes e pesados.
 - contribuiu, essencialmente, para o desenvolvimento da Internet, na medida em que seus usuários o utilizam para enviar emails e assistir vídeos.
 - cresceu descontroladamente, levando as empresas de telefonia a perderem o controle sobre os lucros oriundos das vendas dos telefones.

Text VIII



Available at: <<http://www.google.com/search?um=1&hl=pt>>.

15. A palavra "bribe", utilizada na charge acima, serve para exemplificar, através da mensagem implícita na charge, um dos maiores problemas do mundo moderno. Esse problema seria a(o)
- corrupção.
 - desemprego.
 - pedofilia.
 - crise financeira internacional.
 - fome.

Gabarito

01	02	03	04	05
-	-	D	B	D
06	07	08	09	10
C	A	D	B	D
11	12	13	14	15
C	C	E	B	A