

# Atividade extra

## Questão 01



Fast food, we are finally starting to realize, is linked to many health problems in children and adults nationwide. Obesity is a national epidemic in the United States and much of the concern over obesity is related to our fast-food culture and sedentary lifestyles. In the past 20 years, the fast-food industry has continually increased serving sizes and focused much of its advertising on our youth and teenagers, contributing to life-long unhealthy nutritional habits. As an example of the changing world of fast food chains, when McDonald's first opened, a soda was 7 ounces. Today, the child size is 12 ounces, a small is 16 ounces, and the large size soda is a whopping 32 ounces! Talk about super-sizing!

Adapted from: <http://www.helium.com/items/827764-the-link-between-fast-food-and-health-problems>

1. O texto relata um dos maiores problemas de saúde nos estados Unidos. Marque a alternativa, cujo alimento colabora com o crescimento do problema relatado.

- a. Fruits.
- b. Grains.
- c. Vegetables.
- d. French fries.

## Questão 02



The dietary habits of children and teenagers have shifted away from healthy foods (such as fruits, vegetables, and whole grains) to a much greater reliance on fast food, processed snack foods, and sugary drinks.

Disponível em: [http://www.emedicinehealth.com/obesity\\_in\\_children/page2\\_em.htm#childhood\\_obesity\\_causes](http://www.emedicinehealth.com/obesity_in_children/page2_em.htm#childhood_obesity_causes)

1. O texto apresenta:
- a. uma das causas da obesidade infantil;
  - b. um diagnóstico de obesidade infantil;

- c. uma indicação de prevenção da obesidade infantil;
- d. uma indicação de tratamento para a obesidade infantil.

### Questão 03



Fonte: [www.sxc.hu](http://www.sxc.hu) Image ID: 329541

Fatty foods \_\_\_\_ **balance** your gut flora. There's a connection between metabolism and flora in the gut. Different bodies react differently to a high fat diet. 1. Marque a alternativa, cujo prefixo completa o espaço em branco do vocábulo em negrito com sentido de "oposição, negação" correspondente à correta grafia da palavra.

- a. il-
- b. im-
- c. dis
- d. non-

## Questão 04

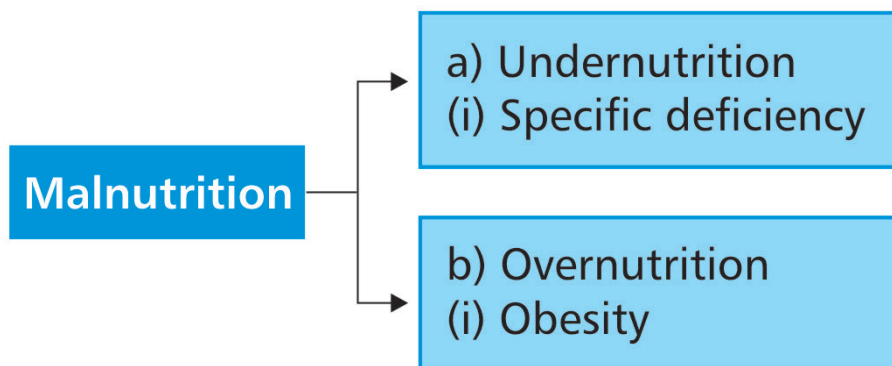


Fonte: [www.sxc.hu](http://www.sxc.hu) Image ID: 7451

The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2010. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to 18% over the same period.<sup>1, 2</sup>

1. A estatística apresenta dados que envolvem o tema:
  - a. environment;
  - b. overweight;
  - c. lifestyles;
  - d. growth.

## Questão 05



The term undernutrition defined as the outcome of insufficient food intake (hunger) and repeated infectious diseases. Undernutrition includes being underweight for one's age, too short for one's age (stunted), dangerously thin (wasted), and deficient in vitamins and minerals (micronutrient malnutrition). The term malnutrition refers to both undernutrition and overnutrition.

Disponível em: [http://www.unicef.org/progressforchildren/2006n4/index\\_undernutrition.html](http://www.unicef.org/progressforchildren/2006n4/index_undernutrition.html)

1. Ao analisar os termos, "**undernutrition, malnutrition and overnutrition**", presentes no fragmento, pode-se observar que eles iniciam com prefixos diferentes, respectivamente *under-*, *mal-*, *over-*. Qual o significado que cada um dos prefixos expressa?

a. under: \_\_\_\_\_

b. mal: \_\_\_\_\_

c. over: \_\_\_\_\_

# Gabarito

## Questão 1

- A**   **B**   **C**   **D**

## Questão 2

- A**   **B**   **C**   **D**

## Questão 3

- A**   **B**   **C**   **D**

## Questão 4

- A**   **B**   **C**   **D**

## Questão 5

- a. under- / sub-, insuficiência
- b. mal- / mal, de forma errada
- c. over- / demais, em excesso