

Atividade extra

Questão 01



<http://pt.wikipedia.org/wiki/Gin%C3%A1stica>

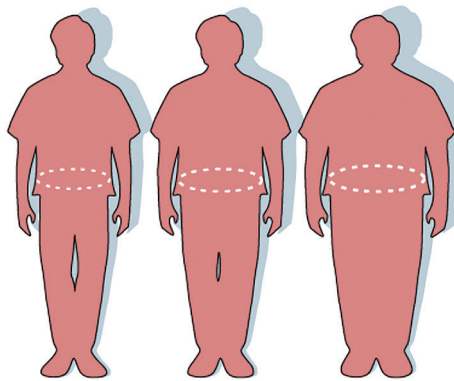
Get more physical activity. Within two months of starting, frequent aerobic exercise can increase HDL cholesterol by about 5 percent in otherwise healthy sedentary adults. Your best bet for increasing HDL cholesterol is to exercise briskly for 30 minutes five times a week. Examples of brisk, aerobic exercise include walking, running, cycling, swimming, playing basketball and raking leaves — anything that increases your heart rate. You can also break up your daily activity into three 10-minute segments if you're having difficulty finding time to exercise.

Adapted from: <http://www.mayoclinic.com/health/hdl-cholesterol/CL00030/NSECTIONGROUP=2>

1. No fragmento do texto *"frequent aerobic exercise can increase HDL cholesterol"*, o modal CAN expressa:

- a. wish;
- b. ability;
- c. possibility;
- d. permission.

Questão 02



<http://pt.wikipedia.org/wiki/Obesidade>

Control Your Weight

Looking to get to or stay at a healthy weight? Both diet and physical activity play a critical role in controlling your weight. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. When it comes to weight management, people vary greatly in how much physical activity they need. You **may** need to be more active than others to achieve or maintain a healthy weight. Disponível em: <http://www.cdc.gov/physicalactivity/everyone/health/index.html>

1. O modal "MAY" no último período do texto expressa:

- a. desejo;
- b. permissão;
- c. habilidade;
- d. possibilidade.

Questão 03



<http://www.prodam.sp.gov.br/idososp/direito.htm>

Even if they've never exercised, the middle-aged and older can still benefit by beginning now. Experts say sedentary people will actually fare better in percentage gains relative to active people, since they're starting from zero. "It doesn't matter how old you are," says Colin Milner, founder and CEO of the International Council on Active Aging in Vancouver, British Columbia. "It's never too late to start exercising."

Disponível em: <http://health.usnews.com/health-news/articles/2012/05/23/exercise-is-healthy-but-does-it-make-you-live-longer>

1. A grafia da palavra "*Atcually*" não tem o significado que parece, pelo fato de ser um:

- a. noun;
- b. cognate;
- c. adjective;
- d. false cognate;

Questão 04



Image ID: 864297 www.sxc.hu

Many people gain weight as they get older, but you don't have to be one of them. The solution is remarkably simple, **however**, and does not require plastic surgery like liposuction or even starving yourself on a diet of celery sticks. All you need to do to stay lean and fit well into your older years is eat healthy (see my nutrition plan for a comprehensive guide) and get moving.

Disponível em: <http://fitness.mercola.com/sites/fitness/archive/2010/11/08/get-busy-if-you-want-to-beat-the-middleage-spread.aspx>

1. Observando o contexto, cuja palavra **however** está em destaque, assinale a alternativa em que o termo em português corresponde ao significado da palavra destacada em inglês .

- a. entretanto;
- b. tais como;
- c. embora;
- d. porque.

Questão 05



<http://www.sxc.hu/photo/372280>

Cycling is good for your immune system: Cycling can strengthen your immune system, and could protect against certain kinds of cancers.

<http://news.discovery.com/adventure/the-top-7-health-benefits-of-cycling.htm>

1. De acordo com o fragmento de texto, responda em português:

- a. Que atividade é indicada como benefício para o sistema imunológico?
- b. Quais são os benefícios atingidos com a prática da referida atividade?

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. Ciclismo.
- b. Reforça o sistema imunológico e protege contra certos tipos de câncer.