

INGLÊS

Text I

AMERICANS AND FITNESS

Although Americans live in a health-conscious society that often seems obsessed with diet and fitness, many are unhappy with their appearance, and only a fraction consider themselves in "excellent" physical shape, according to poll results released some time ago.

Most want to lose weight, flatten their stomachs and reduce waist sizes, the survey shows. And women of all ages say they feel more overweight than men of the same age.

Those most satisfied with their looks, tend to be young, white college graduates who exercise at least five hours a week and live in households with annual incomes of \$50,000 or more.

These are among the findings of a survey on health, physical fitness and body image conducted by the Times Mirror Center.

The poll, which was conducted by a telephone survey of 1.220 adults last summer, found that only 30 percent of adults are happy with their looks, and 42 percent say they consider themselves overweight.

Only 53 percent of the respondents thought their weight was about right. Slightly more than half of American adults, 53 percent, described their general health as "good". Five percent said their health was "poor". Only 11 percent described themselves as being in "excellent" physical shape.

While 73 percent of the nation's adults said they believe that exercise can improve their health and extend their lives, only 59 percent exercise regularly.

For those who do exercise, the poll found walking to be the most popular activity, with 47 percent of nation's adults saying they walked for fitness. The poll found the popularity of walking highest among people older than 50.

Among those who do not exercise regularly, the most frequent excuse – especially among men – was that their normal daily activities provide enough exercise. Women, particularly those with children, said they don't have enough time to work out.

(The New York Times)

31 Segundo o texto, os homens que não "malham" alegam:

- (A) falta de tempo.
- (B) que caminhar é o melhor esporte.
- (C) falta de paciência para se dedicar às atividades físicas.
- (D) que já fazem exercícios suficientes em suas atividades diárias.
- (E) que os exercícios físicos dão poucos resultados.

32 Assinale a opção errada. As pessoas mais satisfeitas com sua aparência e condição física são as:

- (A) brancas.
- (B) universitárias.
- (C) mulheres.
- (D) que possuem renda anual de 50 mil dólares ou mais.
- (E) jovens.

33 Complete a frase de acordo com as informações do texto:

"A pesquisa foi realizada _____ no último _____ e constatou que _____ dos entrevistados estavam satisfeitos com seu peso."

- (A) por telefone – verão – 53%
- (B) pelo correio – outono – 30%
- (C) pessoalmente – inverno – 42%
- (D) por telefone – verão – 73%
- (E) pelo correio – verão – 59%

34 Which alternative completes meaningfully the sentence below?

_____ other factors, bad eating habits contribute to your

overweight.

- (A) Between
- (B) Beside
- (C) Near
- (D) Among
- (E) Although

35 In the first paragraph, the pronoun **their** refers to:

- (A) diet and fitness.
- (B) Americans.
- (C) poll results.
- (D) physical shape.
- (E) people who are thin.

36 Choose the word which presents a suffix:

- (A) health;
- (B) image;
- (C) overweight;
- (D) fitness;
- (E) excuse.

37 "Women, particularly those with children, said they don't have enough time to work out." The underlined verb means:

- (A) trabalhar.
- (B) "malhar".
- (C) melhorar.
- (D) perder peso.
- (E) aperfeiçoar.

Text II

BEWARE! PLAYING WITH TOYS CAN BE HAZARDOUS TO YOUR KID'S HEALTH

Nearly 127,000 children had to get hospital treatment for injuries caused by toys last year – and about 40 percent of them were under age 5.

Those frightening **figures** don't include youngsters treated at home or in doctors' offices for injuries they suffered while playing with toys, according to government statistics published in Consumer Reports magazine.

(The National Enquirer)

38 In the title of the text, **hazardous** means:

- (A) good.
- (B) useful.
- (C) dangerous.
- (D) meaningful.
- (E) useless.

39 In the text, **figures** means:

- (A) numbers.
- (B) paintings.
- (C) drawings.
- (D) injuries.
- (E) phonetics.

40 _____ – and about 40 percent of them were under age 5." (first paragraph)

The underlined pronoun refers to:

- (A) injuries.
- (B) children.
- (C) toys.
- (D) kid.
- (E) figures.

41 The text tells us about problems which may be caused by:

- (A) injuries.
- (B) children.
- (C) toys.
- (D) treatments.
- (E) doctors.

42 Choose the right alternative to complete the blanks:

He _____ with his toys when Tom _____ him.

- (A) played, calls
- (B) was playing, is calling
- (C) is playing, is calling
- (D) is going to play, called
- (E) was playing, called

43 In the sentence: "Nearly 127,000 children had to get hospital treatment for injuries caused by toys last year." The underlined word could be replaced by:

- (A) also.
- (B) as well.
- (C) almost.
- (D) too.
- (E) although.

44 Choose the correct alternative to complete the blanks:

While I _____ to the radio yesterday night I _____ a big noise coming from the room next to mine.

- (A) listened, hear
- (B) was hearing, was listening
- (C) heard, was listening
- (D) was listening, heard
- (E) am listening, hear

45 Select the correct alternative:

The children were having fun _____ their parents were working.

- (A) when
- (B) while
- (C) although
- (D) nearly
- (E) near