

### Eat Chocolate!

If you're a fan of the sweet stuff, you probably jumped for joy at the good news this week. Research published Monday suggested that regular chocolate eaters may more frequently have lower BMIs (Body Mass Index).

But before you start eating your favorite chocolate, remember this: while chocolate can do the body good, the study certainly doesn't go as far as proving a causal link between eating more chocolate and losing weight. Keep in mind that all chocolate was not created equal: dark chocolate is healthier overall, but even the bitter sweet varieties can be high in calories, fat and sugar.

However, treating yourself to a small amount of chocolate regularly is definitely a health message we can follow. Take a look at those surprising health benefits below.

Regular chocolate eaters welcome multiple benefits for their hearts, including lower blood pressure, lower "bad" LDL cholesterol and a lower risk of heart disease. One of the reasons dark chocolate is especially heart-healthy is its inflammation-fighting properties, which reduce cardiovascular risk.

Chocolate also protects your skin. Forget what you've heard \_\_\_\_\_ chocolate causing skin problems: dark chocolate is \_\_\_\_\_ good for your skin. The type of antioxidants called flavonoids found in dark chocolate \_\_\_\_\_ some protection from UV \_\_\_\_\_ from the sun.

But no, that does not \_\_\_\_\_ you can neglect the sunscreen!

Disponível em: <[http://www.huffingtonpost.com/2012/03/26/chocolate-eating-lower-bmi-body-mass-index\\_n\\_1379368.html](http://www.huffingtonpost.com/2012/03/26/chocolate-eating-lower-bmi-body-mass-index_n_1379368.html)> Acesso em: out. 2013. Adaptado

#### 01. Acafe-SC

According to the text, which of the following statements is true?

- a. Dark chocolate can be eaten to reduce calories and fat.
- b. All kinds of chocolate are the same in relation to their health benefits.
- c. People can benefit by eating a small quantity of chocolate frequently.
- d. Eating more chocolate makes you lose weight and can help you keep satisfied.

#### 02. Acafe-SC

Which question can correctly be answered according to the text?

- a. Where was the research published?
- b. Why does dark chocolate improve heart health?
- c. How many grams of chocolate should we eat daily?
- d. What chocolate do people prefer?

#### 03. Acafe-SC

Select the correct alternative to complete the gaps in the last paragraph of the text.

- a. about – actually – offer – damage – mean.
- b. with – presently – suggest – break – allow.
- c. among – truly – recommend – danger – let.
- d. over – really – propose – safety – permit.

Leia o texto e responda às questões de 06 a 09.

### Football albums Stickernomics

*Got, got, got, got, got, need*

The World Cup was still two weeks away, but for children worldwide (plus disturbing numbers of adults) the race to complete the Brazil 2014 sticker book started long ago. Panini, an Italian firm, has produced sticker albums for World Cups since Mexico 1970; Brazil 2014 version had 640 stickers to collect. Collecting them is no idle pursuit, however. Getting every slot filled delivers an early lesson in probability, the value of statistical tests and the importance of liquidity.

When you start an album, your first sticker (in Britain, they come in packs of five) has a 640/640 probability of being needed. As the spaces get filled, the odds of opening a pack and finding a sticker you want fall. According to Sylvain Sardy and Yvan Velenik, two mathematicians at the University of Geneva, the number of sticker packs that you would have to buy on average to fill the album by mechanically buying pack after pack would be 899. That assumes there is no supply shock to the market (the theft of hundreds of thousands of stickers in Brazil left many fearful that Panini would run short of cards).

It also assumes that the market is not being rigged. Panini says that each sticker is printed in the same volumes and randomly distributed. In a 2010 paper Messrs Sardy and Velenik gamely played the role of "regulator" by checking the distribution of stickers for a 660-sticker album sold in Switzerland for that year's World Cup. Out of their sample of 6,000 stickers, they expected to see each sticker 9.09 times on average (6,000/660), which was broadly borne out in practice.

Even in a fair market, it is inefficient to buy endless packs as an individual (not to mention bloody expensive for the parents). The answer is to create a market for collectors to swap their unwanted stickers. The playground is one version of this market, where a child who has a card prized by many suddenly understands the power of limited supply. Sticker fairs are another. As with any market, liquidity counts. The more people who can be attracted into the market with their duplicate cards, the better the chances of finding the sticker you want.

Messrs Sardy and Velenik reckon that a group of ten astute sticker-swappers would need a mere 1,435 packs between them

to complete all ten albums, if they take advantage of Panini's practice of selling the final 50 missing stickers to order. Internet forums, where potentially unlimited numbers of people can swap stickers, make this number fall even further. The idea of a totally efficient market should dismay Panini, which will sell fewer packs as a result. But as in all markets, behaviour is not strictly rational. Despite entreaties, your correspondent's son is prepared to tear out most of his stickers to get hold of Lionel Messi.

Disponível em: <<http://www.economist.com/news/finance-and-economics/21603019-got-got-got-got-got-need-stickernomics>>. Acesso em: ago. 2014. Adaptado.

#### ◆ 06. ITA-SP

Considere as afirmações e assinale a alternativa correta. O autor do texto:

- I. atribui ao roubo de milhares de figurinhas no Brasil a dificuldade para compra e troca entre colecionadores.
  - II. deprecia as estratégias do Grupo Panini para comercializar álbuns de figurinhas da Copa do Mundo.
  - III. descreve o mercado de figurinhas da Copa do Mundo e apresenta aos colecionadores possibilidades de obtenção de figurinhas.
- a. Somente I está correta.
  - b. Somente II está correta.
  - c. Somente III está correta.
  - d. Somente I e II estão corretas.
  - e. Somente I e III estão corretas.

#### ◆ 07. ITA-SP

De acordo com o texto, Sardy e Velenik:

- a. insistem na formação de grupos de 10 colecionadores para facilitar o preenchimento total de álbuns de figurinhas.
- b. fiscalizam a compatibilidade entre a produção de figurinhas e sua comercialização desde 2010.
- c. verificaram na Suíça a repetição de aproximadamente 9 vezes cada figurinha em um lote de 6 mil figurinhas.
- d. são matemáticos pesquisadores da empresa Panini, responsáveis pela distribuição das figurinhas.
- e. consideram que as práticas de obtenção de figurinhas da Copa do Mundo são injustas e manipuláveis.

#### ◆ 08. ITA-SP

De acordo com o texto:

- a. a empresa Panini comercializa álbuns de figurinhas da Copa do Mundo há 30 anos.
- b. é impossível completar o álbum sem que os colecionadores recorram a feiras e redes sociais.
- c. são necessárias 1.500 figurinhas para completar um álbum.
- d. a empresa Panini disponibiliza a venda das 50 figurinhas faltantes aos colecionadores.
- e. o processo de confecção e distribuição das figurinhas é feito aleatoriamente pela Panini.

## 09. ITA-SP

Assinale a alternativa em que o uso do *ing* denota ação contínua.

- ... disturbing number of adults ... (primeiro parágrafo)
- Collecting them is no idle pursuit... (primeiro parágrafo)
- ... your first sticker [...] has a 640/640 probability of being needed. (segundo parágrafo)
- According to Sylvain Sardy and Yvan Velenk... (segundo parágrafo)
- ... the market is not being rigged. (terceiro parágrafo)

Leia o texto e responda às questões de 10 a 12.

I am happy to join \_\_\_\_\_ you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

In the process \_\_\_\_\_ gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom \_\_\_\_\_ drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. The marvelous new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal". I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

This is our hope. This is the faith that I go back to the South with. When we allow freedom to ring, when we let it ring from every state and every city, we will speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will join hands and sing the old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!"

LUTHER KING, JR., Martin. I have a dream.

Disponível em: <<http://www.archives.gov/press/exhibits/dream-speech.pdf>>. Acesso em: set. 2013. Adaptado.

## 10. UFRGS-RS

O texto apresenta trechos de um famoso discurso do pastor Martin Luther King Jr., proferido em Washington, D.C., em 1963, por ocasião de uma das maiores manifestações pelos direitos civis já registradas no mundo.

Valendo-se de referências políticas e religiosas, pode-se dizer que o texto:

- incita à desobediência civil não violenta e pede, por tratar-se de uma manifestação da militância negra, o afastamento dos irmãos brancos.
- celebra a conquista da liberdade negra, mas afirma que ainda há sentimentos de amargura e de ódio a serem aplacados.
- conclama negros e brancos, judeus e gentios, protestantes e católicos a sonhar por uma nação livre.
- revela a revolta do pastor contra o racismo, a amargura e o ódio que imperam em uma nação que não põe em prática a máxima de que "todos os homens são iguais".
- exorta os negros a não se entregarem à violência nos protestos e a não desconfiarem de todos os brancos, pois muitos estão imbuídos na luta pelos direitos civis.

## 11. UFRGS-RS

Considere as afirmações e assinale a alternativa correta.

- O protesto, segundo o pastor, é um ato criativo, e apenas degenerados se entregam à violência física.
  - O pastor sonhou que seus quatro filhos viviam em um país onde não havia racismo.
  - A liberdade que diferentes crenças pregam só será plena, segundo Martin Luther King Jr., quando também os negros puderem sentir-se livres.
- Somente I está correta.
  - Somente II está correta.
  - Somente III está correta.
  - Somente I e III estão corretas.
  - Somente II e III estão corretas.

## 12. UFRGS-RS

Assinale a alternativa que preenche, correta e respectivamente, as lacunas do texto.

- with - of - by
- with - to - with
- of - of - with
- on - to - by
- on - of - in

Leia um trecho da biografia de Martin Luther King Jr.

Martin Luther King, Jr. was an American clergyman, activist and prominent leader in the African-American Civil Rights Movement whose methods were similar to Mahatma Gandhi's. He used nonviolent methods to fight \_\_\_\_\_ the advancement \_\_\_\_\_ civil rights in the USA.

Martin Luther King, Jr. was born \_\_\_\_\_ January 15, 1929, \_\_\_\_\_ Atlanta, Georgia. He was an excellent student and entered Morehouse College in Atlanta, Georgia, when he was only 15 years old. He has become a national icon \_\_\_\_\_ the history of modern American liberalism.

Disponível em: <[http://www.myenglishpages.com/shc.php\\_files/reading-martin-luther-king-junior.php](http://www.myenglishpages.com/shc.php_files/reading-martin-luther-king-junior.php)>. Acesso em: mar. 2015.

## 13. UFRGS-RS

Assinale a alternativa que completa, correta e respectivamente, as lacunas do texto.

- for - about - on - inside - in
- for - of - on - in - in
- to - for - on - in - of
- to - for - in - at - of
- for - to - in - at - of