

## DATA: / / 2018

## PROFESSOR (A): CARNEIRO

**LISTA DE EXERCÍCIO DE INGLÊS**

# SÉRIE: 3º ANO

**ALUNO (A): Nº:**

**NOTA:**

# 2º BIMESTRE

Read the text below and answer the questions that follow it in Portuguese. (Responda em português com base no texto)

YOUR FIRST JOB

Making a Good Impression

Shortly after graduation, when the strains of Pomp and Circumstance have begun to fade into the past, it is time for you to start the next phase of your life. You will begin your first "real job". Generally speaking, most of what you learned in school will not prepare you for this. Perhaps you did an internship or participated in some other type of cooperative education experience. In that case, good for you. You will be a step ahead of your peers. However, there is a big difference between being a student at work, and being an employee. Certainly, more will be expected of you.

Listen and Observe

The best career-related advice I ever received came from my former boss on my first day of work. She told me to listen and observe before suggesting any changes. I took that advice and have used it in other situations, both in and out of the workplace. While innovation is a good thing, it is important to be mindful of dynamics of the workplace. If you are entering an environment where routines are already in place, a newcomer walking in and talking about "better ways" to do things, will often be met with negative reactions. Why? First, you know nothing about why they do things the way they do. Second, you haven’t gained the trust of your co-workers. Finally, people, by nature, are threatened by change.

By listening and observing, you will gain a lot. You will learn about the environment of which you are now a part. You will find out about the people you are working with. You may save yourself from making a major, public mistake – your are the new kid on the block while your co-workers have been around longer. Learn from their collective experience.

(Dawn Rosenberg McKay – Texto disponível em www.about.com, acesso em 14/04/05)

VOCABULARY:

strain- tensão Pomp- esplendor step ahead- passo a frente peer- companheiro employee- empregado

advice- conselho environment- ambiente trust- confiança threatened- ameaçado

01. Segundo o texto, que fator colocaria o candidato em vantagem em relação aos outros candidatos da mesma idade?

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02. É correto afirmar que a vida acadêmica é o que realmente conta ao se iniciar uma carreira profissional? Justifique sua resposta com uma citação do texto. (Obs.: a citação deve permanecer em inglês.)

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03. A autora vem fazendo uso de um conselho recebido no seu primeiro dia de trabalho. Qual é o conselho e quem o deu?

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04. Por quais razões as sugestões feitas por um novato no emprego podem desencadear reações negativas?

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05. Cite uma vantagem obtida ouvindo e observando o seu ambiente de trabalho.

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### REFLEXOLOGY



Also known as reflex zone therapy, reflexology is a popular alternative therapy in Britain which involves stimulating and massaging points on the hands and feet which correspond to various systems and organs in the body. As with other therapies, it is based on the belief that a vital energy or *chi* flows through meridians, or channels, in the body.

The success of reflexology may be due in part to the fact that there are over 7,000 nerve endings in the feet, and by stimulating any of these neural pathways blockages can be cleared and stress, pain or discomfort relieved.

Reflexologists claim that they can help alleviate almost any kind of ailment, and since there are no known side effects there is no harm in trying. Women often find it useful for dealing with some of the common pregnancy problems.

06. O que significa reflexologia?

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07. Os reflexologistas acham que suas práticas podem prejudicar mulheres grávidas? Por que?

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**Objectification of women in the media hinders gender equality – NCPE**

June 8, 2016



The National Commission for the Promotion of Equality (NCPE) today expressed its concern with regards to the objectification of women’s bodies in the media, including online media. Over the past months, the Commission has received a number of objections from the public with regards to videos and statements that depict women in an over-sexualised manner and reinforce negative gender stereotypes in society.

NCPE condemned these representations and stresses that those involved in the media should refrain from issuing material which objectifies and sexualises women and girls. The pervasive sexualisation of women and girls in media representations reinforces the stereotype that a woman’s value is determined by her physical appearance and that woman’s primary role is that of pleasing men. This correlates with unequal relations in society and has a direct adverse impact on women’s equal participation in all spheres of life as well as sexual harassment.

NCPE said it works towards gender equality and respect and dignity for all persons.

[www.independent.com](http://www.independent.com)

vocabular:

concern- preocupação depict- descreve

08**.** (Unesp 2017) O que preocupa a NCPE? O que motivou o seu pronunciamento?

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More than 100 years after it was first created, this image is once again sparking a huge reaction after being shared on social media. Some see a rabbit and some see a duck, but some people can see both alternatively. The drawing first appeared in a German magazine in 1892 and was first used by American psychologist Joseph Jastrow soon after.

UK’s Independent reports that Jastrow used the image to make the point that perception is not only what one sees but also a mental activity. Jastrow’s research was based on how quickly one can see the second animal and how fast participants could change their perception of the drawing to switch between the two animals. His research suggests the quicker you can do this, the more creative you are.

This optical illusion is just one of many that have gone viral on social media over the past year.

(www.news.com.au. Adaptado.)

09. O que o psicólogo Joseph Jastrow pretendia comprovar com sua pesquisa e no que ela se baseou?

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 O texto a seguir foi extraído da página da Internet [www.thebreastcancersite.com](http://www.thebreastcancersite.com). Nessa página, é possível fazer doações para diversas causa sociais. Leia o texto e responda às questões em português.

 **About the breast cancer site**

 Your click on the “Fund Free Mammograms” button helps fund free mammograms, paid for by site sponsors whose ads appear after you click and provided to women in need through the efforts of the National Breast Cancer Foundation to low income, inner city and minority women, whose awareness of breast cancer and opportunity for help is often limited.

 **Early detection: do you know the facts?**

 Each year, 182,000 women are diagnosed with breast cancer and 43,300 die. One woman in eight either has or will develop breast cancer in her lifetime. In addition, 1,600 women will be diagnosed with breast cancer and 400 will die this year.

 If detected early, the five-year survival rate exceeds 95%. Mammograms are among the best early detection methods, yet 13 million U.S. women 40 years of age or older have never had a mammogram.

 The National Cancer Institute and U.S. Department of Health and Human Services recommended that women in their forties and older have mammograms every one to two years. A complete early detection plan also includes regular clinical breast examinations by a trained medical professional. Monthly breast self-exams are suggested in addition.

 Click here for more information about breast cancer and the issues surrounding it.

 http://www.thebreastcancersite.com/cgi-in/WebObjects/

 CTDSites.woa/267/wo/cP30009h400M3/0.0.49.13.0.1.

 0.3.0.CustomContentLinkDisplayComponente.0.0

10.Qual a causa social a qual o texto se refere?

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11. O que deve ser feito para ajudar esta causa social?

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12. O que recomendam o Instituto Nacional de Câncer e o Departamento de Saúde e Serviços Humanos?

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 Healthy eating can stabilize children’s energy levels, sharpen their minds and regulate their moods. While peer pressure and TV commercials for junk food can make getting kids to eat well seem impossible, there are steps parents can take to instill healthy eating habits without turning mealtimes into a battle zone. By encouraging healthy eating habits now, you can make a huge impact on your children’s lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults.

 The childhood impulse to imitate is strong, so it’s important you act as a role model for your kids. It’s no good asking your child to eat fruit and vegetables while you gorge on potato chips and soda.

 **Top tips to promote healthy childhood eating**

. Have regular family meals.  Breakfast is another great time for a family meal.

Cook more meals at home. Eating home-cooked meals is healthier for the whole family.  It sets a great example for . kids about the importance of food.

. Get kids involved. Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner..

.  Keep plenty of fruit, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.

13. Por que os pais podem ensinar a ajudar seus filhos a terem bons hábitos e como eles podem fazer isso?

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14. Cite duas dicas de como promover um hábito alimentar saudável na infância:

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Langston Hughes, among the most versatile and prolific of modern American authors, achieved distinction in poetry, fiction, and drama. Race is at the center of his work--the beauty, dignity, and heritage of blacks in America. But Hughes was never racist--he always sought to speak to all Americans, especially on the larger issues of social, economic, and political justice.

15. Which literary genre made Langston famous?

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16. What is the main theme in his work?

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17. When speaking to all Americans, which issues did he write about?

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18. Supply the simple present to complete the sentences below.

a) We usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ home on weekends. ( stay – stays – stayed)

b) Mary always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ home on foot. ( go – goes – went)

c) Those guys frequently \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ video-games after school. (play – plays – played)

d) He rarely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at home. (study – studies – studied)

19. Use the present perfect or the simple past to complete the sentences below.

a) She \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the cinema last night. (goes – went – has gone)

b) They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ school. ( leaves – left – have left)

c) We \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hard yesterday. (study – studied – have studied

d) Johnny \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the tests. (study – studied – has studied)

20. Use the present perfect continuous to indicate the continuity of the action.

a) I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Imperatriz for a long time. (to live)

b) Mary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in that bank for five years. (to work)

***An Interview***

By Donna Smith

Wouldn't you love to get inside a bully's head and see what makes him tick? What is he thinking when he picks on your child? Where does his anger come from? If you met Troy today, you might not suspect that he was once a bully, but he'll tell you here how bullying changed his life.

***Q. What kind of kids did you single out to bully?***
***Troy:*** I guess I bullied the usual people. I bullied the smelly people, the “weird” people, and the people who were different. […]

***Q. Why do you think you were a bully?***
***Troy:*** I was a bully because it was the cool thing to do. A good portion of it wasn't physical bullying — though much of that did occur. More often than not, I bullied people psychologically and emotionally.[…]

***. Did any of these kids ever stand up to you?***
***Troy:*** I had many people stand up to me. Eventually, I ended up beating them down. Then something changed. When someone stood up as I got older, I respected that. And some of these people became my closest friends.[…]

***. This made you happy?***
***Troy:*** Bullying is a lonely business, and I was happy the day I swallowed pride and stepped back from a fight.[…]

***Q. What consequences did you suffer from being a bully?***
***Troy:*** This question brings tears to my eyes to this day.[…] My biggest regret is the way lives have been changed because of my actions.[…] [One Kid] never recovered emotionally and dropped out of school. […]

***Q. I'm sure you're a great guy now!***
***Troy:*** I don't know. I'd like to think I am, but I am still a martial artist. I never fight now, and walk away from fights. I am a college graduate and a scientist working at a prominent biotechnology firm, but it seems I have this “look” that says, “bring it on!”

***Q. How was you home life growing up?***
***Troy:*** I had a very tough dad. […]I was the youngest in my family and had two older brothers who terrorized me.[…] I lacked respect in myself and projected this onto people I felt were like me.

***Q. Anything you would like to add?***
***Troy:*** You know what? Part of the reason I'm not a bully any more. […]

is the fact that I did realize eventually that my father and brothers really weren't the manly men I thought they were. I realized upon leaving home that the way they treated their woman and themselves was very disrespectful and not manly at all. Things such as honor and integrity is what makes a man a man. I believed I changed when I realized that. Also, I realized that people started liking me more and I liked myself more when I use my mind and not my fists.

21. How did troy get on with his brothers when he was growing up?

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22. How did Troy’s bullying affect other children?

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23. O que o Troy faz atualmente quando há uma chance dele brigar?

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24. O que Troy sentiu quando as pessoas se levantaram contra ele? Stand up to him

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