**ALUNO (A):**


## DATA: / / 2019

**LISTA DE EXERCÍCIO-INGLÊS**

# SÉRIE: 3º ANO

# 2º BIMESTRE

## PROFESSOR (A): CARNEIRO

**Nota:**

Read the texts below and answer the questions according to them in Portuguese. (**Respondaemportuguês com base nostextos)**

There are nowhere near enough donor organs for all the people who need transplants. Nearly 111,000 are on waiting lists in the United States, but last year, only 28,663 transplants were

performed, according to the United Network for Organ Sharing, which oversees the transplant

system nationwide. This year, 6,000 to 7,000 peopleare expected to die waiting.

01. How many people are on waiting lists for transplants in the United States?

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02. How many transplants were performed last year?

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03. How many people are expected to die waiting for transplants this year?

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Diabetes affects millions of people in North America, almost half of whom do not realize they have

the disease. At risk are people who have a family history of diabetes, are obese, have a history of

large birth weight and are over age forty. People with diabetes do not convert food into energy the same way most people do. If a person without diabetes eats a peace of candy, for example, the pancreas will produce insulin which then converts those carbohydrates into glucose or sugar. That glucose is then used by the cells for energy. However, glucose is not automatically accepted into the cells. It requires a specific key – insulin – to be converted into energy. Without insulin, glucose is locked out of the cells, causing the body to build up extra supplies of it. In people with diabetes, who do not produce insulin, this can eventually lead to hyperglycemia or diabetic coma, also known as high blood sugar.

04. Que substância o corpo requer para transformar os alimentos em energia?

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05 Qual é o grupo de risco mencionado no texto com relação ao diabetes?

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**Below is the beginning of an encyclopedia antry about a famous Portuguese writer. Read it to answer the five questions in Portuguese.**

Fernando AntónioNogueira Pessoa (b, June 13, 1888- d, November 30, 1935 both in Lisbon, Portugal) was a poet as well as a writer. He is acclaimed as one of the most prominent Portuguese authors in history and the most representative poet of the twentieth century, together with Pablo Neruda. Few of Pessoa’s poems were signed by himself as his writing is characterized by the prevalence of heteronyms, the most notable ones being Alberto Caeiro, Ricardo Reis and Álvaro de Campos. These heteronyms possesdistincts temperaments, philosophies, appearances and writing styles.

**Biography**

When he was eight years old, his mother and his stepfather moved to South Africa, where they stayed untill he was seventeen. During these years he became fluent in English and developed an early love for English-language authors such as William Shakespeare and John Milton. He wrote his first poems and most of his prose in English. He returned to Lisbon in 1905 and lived there until he died of cirrhosis in 1935 with only one book published: “Mensagem.” Pessoa died largely unknown to the public.

**Adapted from:en.wikipedia.org/wiki/Fernando\_Pessoa**

06. What is the Author’s full name?

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07. When was he born and when did he die?

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08. What were his three most famous heteronyms?

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09. What other language could he speak fluently?

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10. What was the only book he published during his life?

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TEXT II (UF-RJ)

**Heroes or Victims**

Regarding “DIVIDING HEROES” [Washington Whispers, July 22] World

Trade Center victims can be divided into two groups: first those who

had the tragic misfortune to be there at the time of the atrocity, and

second, those who voluntarily rushed to the scene to

aid others and became victims themselves. The second group clearly

are heroes and warrant the “firefighter stamp” with full recognition and

honor. The first group, however great their misfortune, are not heroes,

justvictims.

11. Explicite quem são os herois e quem são as vítimas, segundo a concepção do autor do texto.

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12. Como se encontram divididos os grupos das vítimas do World Trade Center? Diferencie esses grupos.

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Back to Nature

Felipe Morales, 16, his sister Marta, 14, and their baby brother, André, lived a comfortable but unexciting life in the suburbs of New York with their hard-working parents. That is, until the day their father made a decision that changed their lives.

Luis Morales, a kind and dependable man of 45, was fed up after working in retail for 20 years. “All I did was work,” explains Luis. “I was working 15 hours a day and every weekend. I never saw my family. Eventually, I stated to think about other types of work.”

That summer, the Morales family went on vacation to Canyon Lakes, Texas. “We loved it,” Luis says. “The scenery was beautiful and life seemed less stressful there.”

Back in New York, Luis decided to quit his job. “I must have been mad. I had no idea what I was going to do,” he admits. “One Sunday, I saw an advertisement in the newspaper: ‘For sale: wooden chalet with working farmlands, near Guadalupe River, Texas.’ I flew there the next day, looked at the farm and bought it that day.”

In order to learn about farming, Luis and his wife, Sandra, did an intensive course at an agricultural college in New York. They sold their New York apartment. “I was horrified” Felipe remembers. “I didn’t want to leave my friends. I told my parents we should all stay in New York, but somehow they persuaded me to go.” Marta was less difficult to convince: “I could see the advantages – space, fresh air, a more flexible approach to life!’

Six months after buying the farm, the family moved. Now part of the farm is a guest house, with paying guests staying there all year round. “I could have been a disaster, but fortunately everything has turned out OK. I couldn’t go back to my old life,” says Luis. Felipe is now studying at the Texas school of business and Martha is studying for her second leaving exams. “I used to think that earning a large salary was important,” confesses Luis. “Now I just love having an enjoyable job.” Marta agrees. “My ambitions have changed. If it all works out, I might run the family business one day!”

Answer the questions below in Portuguese according to the text.

13.Whre do the Morales family used to live?

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14. When did they go on vacation?

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15. Why Felipe wasn’t happy?

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16. Where does Luis and Sandra study?

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17. What is Marta’s idea about the future?

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**Blink of an eye**

Newscasters have an unsettling effect on their audience and it is not because of bad news. They blink – a lot. A new study by Japanese ophthalmologist Kazuo Tsubota found that newscasters blink four times more often than the average person: once every second. Frequent blinking conveys a feeling of nervousness. Says Tsubota, “When newscasters blink often on the screen the audience perceives bad news as more serious and much worse.

VOCABULARY:

blink- piscar newscasters- apresentadores de telejornal audience- público news- notícias

found- descobriu

18. O que foi descoberto pelo oftalmologista japonês sobre o comportamento dos apresentadores de telejornal?

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19. Qual é o efeito desse comportamento nos telespectadores?

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What is *trans* fat?

Trans fat is a specific type of fat formed when liquid oils are transformed in solid fats, like margarine. A small quantity of trans fat is naturally present in food and is not harmful. The problem is that people are eating much more than they should.

 This type of fat raises low-density lipoprotein (LDL or “bad” cholesterol) that increases your risk of heart disease. Margarines, crackers, candies, cookies, snack foods, fried foods, and mainly processed foods contain *trans*fat. To make *trans* fat, hydrogen is added to vegetable oil – in a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods.

VOCABULARY:

flavor- sabor harmful- perigosa disease- doença increase- aumenta raise- eleva

shelf life- prazo de validade snack- lanche called- chamado low- baixo(a)

20. What is *Trans*fat?

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