

AS QUESTÕES DE 31 A 40 REFEREM-SE A LÍNGUA ESTRANGEIRA

VOCÊ DEVERÁ OPTAR POR UM DOS IDIOMAS
(INGLÊS – PÁG. 16 OU FRANCÊS – PÁG. 21)

LÍNGUA INGLESA – QUESTÕES DE 31 A 40

Who lives longer?

1 *How to live longer is a topic that has fascinated mankind for*
2 *centuries. Today scientists are beginning to separate the facts from the*
3 *fallacies surrounding the aging process. Why is it that some people reach*
4 *a ripe old age and others do not? Several factors influencing longevity are*
5 *set at birth, but surprisingly, many others are elements that can be*
6 *changed. Here is what you should know.*

7 *Some researchers divide the elements determining who will live*
8 *longer into two categories: fixed factors and changeable factors. Gender,*
9 *race and heredity are fixed factors – they can't be reversed, although*
10 *certain long term social changes can influence them. For example,*
11 *women live longer than men – at birth, their life expectancy is seven to*
12 *eight years more. However, cigarette smoking, drinking and reckless*
13 *driving could shorten this advantage.*

14 *There is increasing evidence that length of life is also influenced*
15 *by a number of elements that are within our ability to control. The most*
16 *obvious are physical life-style factors.*

17 *Cutting calories may be the single most significant life-style*
18 *change you can make. Experiments have shown that in laboratory*
19 *animals, a 40 percent calorie reduction leads to a 50 percent extension in*
20 *longevity. According to experts, eating less has a more profound and*
21 *diversified effect on the aging process than does any other life-style*
22 *change. It is the only factor we know of in laboratory animals that is an*
23 *anti-aging factor.*

24 *A long life, however, is not just the result of being good to your*
25 *body and avoiding disease. All the various factors that constitute and*
26 *influence daily life can be critical too. In searching for the ingredients to a*
27 *long, healthy existence, scientists are studying links between longevity*
28 *and the psychological and social aspects of human existence. Several*
29 *aspects can play significant roles in determining your longevity.*

30 *Researchers have found that people who are socially integrated –*
31 *members of a family network, married, or participants of structured group*
32 *activities – live longer.*

33 *Early studies indicated that the more friends and relatives you*
34 *had, the longer you lived. Newer studies focus on the types of*
35 *relationships that are most beneficial. According to these studies, larger*
36 *networks don't always seem to be advantageous to women, since certain*
37 *kinds of ties add more demands rather than generate more help.*

38 *A feeling of autonomy or control can come from having a say in*
39 *important decisions (where you live, how you spend your money) or from*
40 *being surrounded by people who inspire confidence in your ability to*
41 *master certain tasks. Studies show these feelings bring a sense of well-*
42 *being and satisfaction with life.*

43 *Where you live can make a difference in how long you live. A*
44 *study by the California Department of Health Services in Berkeley found a*
45 *40 percent higher mortality rate among people living in a poverty area*
46 *compared to those in a nonpoverty area. According to the study, the*
47 *difference was not due to age, sex, health care or life-style. The resulting*
48 *hypothesis was that a locale can have socioeconomic characteristics,*
49 *such as high crime rate and level of stress, that make it unhealthy.*

50 *People with higher incomes, more education and high-status*
51 *occupations tend to live longer. Researchers used to think this was due to*
52 *better living and job conditions, nutrition and access to health care, but*
53 *these theories have not held up.*

54 *The message from experts is clear. There are many ways to add*
55 *years to your life. Instituting sound health practices and expanding your*
56 *circle of acquaintances and activities will have a beneficial effect. The*
57 *good news about aging is many of the factors related to longevity are also*
58 *related to life satisfaction.*

(Source: SKALKKA, P. Who lives longer? In: SMITH, L. C.; MARE, N. N. (Org.).
Topics for today: an advanced reading skills text. 2 ed. Boston, MA: Heinle &
Heinle, 1997, p. 70-73. Adapted.)

31. According to the text, it is CORRECT to say that:

- a) evidence suggests that we cannot control the elements that make us live longer.
- b) long term social changes do not influence gender, race and heredity.
- c) although women live longer, some bad habits may increase this advantage.
- d) longevity can be influenced by fixed and changeable factors.
- e) longevity is not influenced by elements we're born with.

32. It is CORRECT to say that this sentence – “[...] *the more friends and relatives you had, the longer you lived.*” (lines 33-34) – is closest in meaning to:

- a) People who had fewer friends and relatives added more years to life.
- b) People who did not have any friends lived longer.
- c) People who had many relatives but fewer friends lived longer.
- d) People who had many friends and relatives added more years to life.
- e) People who had many friends didn't add years to life.

33. According to the text, it is CORRECT to say that:

- a) cigarette smoking, drinking and reckless driving could never shorten men's expectancy of living.
- b) women live longer than men, in spite of cigarette smoking, drinking and reckless driving.
- c) cigarette smoking, drinking and reckless driving could shorten women's expectancy of living.
- d) women live longer than men, no matter the life-style they have.
- e) women and men have the same length of life expectancy, regardless of the life-style they have.

34. According to the text, it is CORRECT to say that:

- a) cutting calories contributes to longevity.
- b) cutting calories contributes to the aging process.
- c) cutting calories is the only efficient anti-aging factor.
- d) cutting calories does not contribute to longevity.
- e) cutting calories is the least significant anti-aging factor.

35. According to the text, the following factors are not beneficial and can be harmful to living longer, EXCEPT:

- a) living in a poverty area.
- b) polluted air or water.
- c) high crime rate.
- d) high level of stress.
- e) healthy environment.

36. The word which functions as a verb in the text is:

- a) *aging* (line 3).
- b) *increasing* (line 14).
- c) *driving* (line 13).
- d) *avoiding* (line 25).
- e) *feeling* (line 38).

37. All of the following words function as nouns in the text, EXCEPT:

- a) *leads* (line 19).
- b) *practices* (line 55).
- c) *ties* (line 37).
- d) *studies* (line 33).
- e) *changes* (line 10).

38. The sentence which IS NOT an example of the present perfect simple is:

- a) "[...] a topic that has fascinated mankind for centuries." (lines 1-2).
- b) "[...] eating less has a more profound and diversified effect [...]." (lines 20-21).
- c) "Experiments have shown that in laboratory animals [...]." (lines 18-19).
- d) "Researchers have found that people who are socially [...]." (line 30).
- e) "[...] these theories have not held up." (line 53).

39. The word "shorten" (line 13) is closest in meaning to:

- a) increase.
- b) expand.
- c) enlarge.
- d) lengthen.
- e) diminish.

40. Match the words in column 1 to their referents in column 2:

- | | |
|---------------------------|----------------------------|
| 1. <i>others</i> (line 5) | () women |
| 2. <i>who</i> (line 30) | () locale |
| 3. <i>their</i> (line 11) | () factors |
| 4. <i>it</i> (line 49) | () types of relationships |
| 5. <i>that</i> (line 35) | () people |

The CORRECT sequence is:

- a) 3, 1, 4, 2, 5.
- b) 4, 3, 1, 2, 5.
- c) 4, 1, 5, 2, 3.
- d) 3, 4, 5, 1, 2.
- e) 3, 4, 1, 5, 2.

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