

TRABALHO DE RECUPERAÇÃO 3º TRIMESTRE 2024

ALUNO (A): _____ TURMA: _____

VALOR: 16,0 Nota: _____

INSTRUÇÕES: Todas as questões devem ser respondidas a CANETA.

Leia o texto e responda as questões de 01 a 04

Secret to health benefits of sunshine is more than vitamin D

Peter Robert Ebeling (Professor of Medicine at Monash University)

Summer sunshine makes most of us feel better, but there may be more to its benefits than just feeling good. A growing body of evidence suggests sunlight itself – with adequate protection, of course – may actually be good for health.

Sunlight comprises two types of solar radiation: UVA, which causes reddening and burning of the skin, and UVB. The latter increases the production of an inactive form or precursor of vitamin D by the skin, which is then activated by the liver and kidneys.

What about the health risks associated with UVA and UVB radiation?

Unfortunately, both UVA and UVB also increase the risk of skin cancer, including the most deadly type, melanoma, which is why you should always take a balanced approach to sunlight exposure.

Only a few foods, such as fatty fish and mushrooms, contain vitamin D, so we get most of it from sunlight. This means not enough sun exposure, or pigmentation of the skin (which diminishes the production of vitamin D precursors), often results in low vitamin D levels.

Vitamin D deficiency is associated with many signs of ill health and diseases. These include low bone density and broken bones due to osteoporosis, muscle weakness, diabetes, multiple sclerosis, cardiovascular disease, colon cancer and an overall increased risk of dying prematurely. But studies of supplementation with this vitamin have not always shown beneficial effects on treating these conditions.

This raises an important question about the actual source of vitamin D deficiency: could low vitamin D levels actually result from an unidentified underlying disease process (such as inflammation) leading to ill health? In other words, could low vitamin D levels be the symptom rather than the cause of illness?



Reprodução/USCS, 2015.

- to comprise(d):**
abranjer; incluir
- burning:** queimadura
- approach:**
abordagem; método
- bone:** osso
- to raise(d):** levantar; criar
- underlying:** latente; básico; subjacente

QUESTÃO 01. Qual o efeito da radiação solar UVA na pele humana?

QUESTÃO 02. E quanto à radiação UVB?

QUESTÃO 03. Porque a exposição à luz solar deve ser feita de maneira equilibrada?

QUESTÃO 04. Identifique no texto dois exemplos de alimentos que contém vitamina D.

Analise o texto e responda as questões de 05 a 06

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Adaptado de Stanford Magazine, July/August 2015, p. 3.

QUESTÃO 05. Do que se trata o texto acima?

QUESTÃO 06. Quando irá acontecer as aulas on-line segundo o texto?

Observe a tirinha e responda as questões de 07 a 08



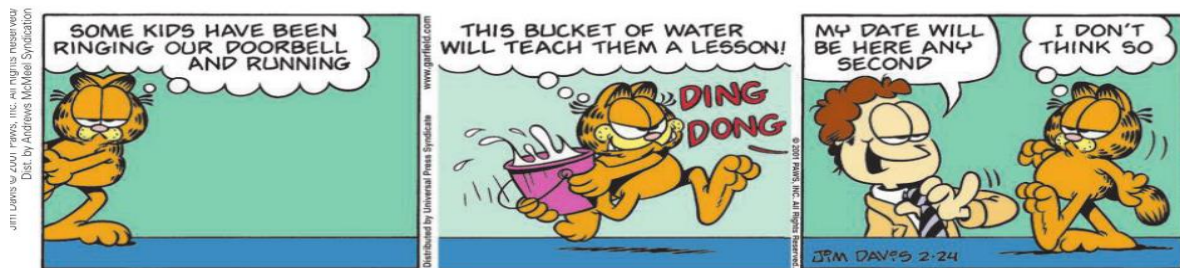
QUESTÃO 07. Qual é a sátira da tirinha?

QUESTÃO 08. Escreva quais são os tempos verbais da tirinha.

QUESTÃO 09. Escreva um parágrafo sobre social media usando pronomes relativos em **INGLÊS**.

QUESTÃO 10. Escreva a sua rotina diária em inglês.

Leia a tirinha e responda as questões de 11 a 15



Garfield eats crow. His 39th Book by Jim Davis. p. 51.

QUESTÃO 11. Qual é o humor da tirinha?

QUESTÃO 12. Explique a expressão “ **teach them a lesson**” no texto.

QUESTÃO 13. Explique a expressão “ **I don’t think so**” no texto.

QUESTÃO 14. Em qual tempo verbal está o segundo quadrinho?

QUESTÃO 15. Escreva os **quantifiers** que aparecem no texto.

Observe o cartoon e responda as questões de 16 a 20



**“After I lost weight, I had a lot more energy!
More energy for cooking, more energy for
chewing, more energy for going out to dinner...”**

QUESTÃO 16. Qual é o humor do cartoon?

QUESTÃO 17. Escreva os **quantifiers** contidos no Cartoon.

QUESTÃO 18. Em qual tempo verbal está o texto? Exemplifique.

QUESTÃO 19. O que quer dizer a expressão “**going out**”?

QUESTÃO 20. Escreva o oposto de “**after**”
