

***Seu modelo de prova está na página seguinte**

Curso de Inglês Instrumental Online

**preparatório para Provas de
Proficiência do Mestrado e
Doutorado com Certificado de
Proficiência**

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Modelo de prova do Teste de Proficiência em Língua Estrangeira (TEPLE)

Esta prova é um modelo do **novo formato** do teste de proficiência em língua estrangeira. Conforme o Art. 2º do regimento do TEPLE, o teste “consiste em uma prova com um ou dois textos, na língua estrangeira escolhida pelo candidato, no ato da inscrição”. De acordo ainda com o regimento,

§1º O teste contempla questões objetivas e discursivas. Tais questões envolvem leitura, interpretação do texto e tradução, bem como conhecimento linguístico da língua estrangeira.

§2º As respostas para as questões discursivas devem ser em língua portuguesa. (...)
(...)

Ressaltamos novamente que este é apenas um **modelo** de prova. A quantidade, os tipos de questões, como também o número de textos (um ou dois) podem variar nas diferentes provas ofertadas pelo TEPLE.

TEXTO 1:

Is Having a Pet Good for Your Health?

A steadily growing number of research studies are showing that pets especially dogs not only make great companions, but also improve the quality of life of their owners.

From acting as a helping hand for the disabled to having a calming effect on anyone who pets them, dogs have a long history of making life better for their best friends.

"There is mounting evidence that dogs, cats and other companion animals such as horses can promote psychological and physical health benefits in their owners," said Peggy McCardle, chief of the child development and behavior branch at the National Institutes of Health.

Furry doctors

People who have pets have a lower risk of developing heart problems than those without pets, according to researchers at the Baker Medical Research Institute in Melbourne, Australia, who found that pet owners have lower blood pressure and cholesterol levels across the board regardless of their smoking habits, diet, body mass index or income level.

Others studies have shown that dogs can sniff out diseases, including certain types of cancer and health problems associated with diabetes. In 2008, Researchers from Queen's University in Belfast spoke with 138 pet owners with diabetes and found that 65 percent said that their dogs had a behavioral reaction, such as whining and barking, when their diabetic owners experienced dangerous drops in blood sugar.

Similar to other "assistance dogs" such as guide and hearing dogs, dogs that display a strong reaction to hypoglycemic (low blood sugar) episodes are trained as hypo alert dogs, in effect

helping their owners stay healthy and safe by signaling them as to when they should seek medical assistance.

French physicians conducted a study earlier this year at Paris' Hospital Tenon and found that a particular dog breed, Belgian Malinois shepherd dogs, can be trained to detect prostate cancer. Doctors trained the dogs to distinguish between the smell of urine from men with prostate cancer and those without it. At the end of the training and study, the dogs correctly identified 63 out of 66 samples.

Pet therapy

Just petting an animal has been proven to help those battling an illness or suffering from depression. In fact, a 2008 American Heart Association study showed that seniors and people who had recently undergone surgery responded better to treatment and had faster recovery rates if they had contact with dogs and other therapy animals.

A study conducted this year by University of Missouri-Columbia researchers rated the emotional well-being of 200 participants using the Center for Epidemiologic Studies Depression Scale (CES-D), a commonly used test that measures depression. The research showed that single adults and women were less likely to suffer from depression if they own a dog.

Fonte: Adaptado de: <<http://www.livescience.com/32746-is-having-a-pet-good-for-your-health-.html>>. Acesso em: 06 fev. 2014.

1) De acordo com o Texto 1, marque Verdadeiro (V) ou Falso (F) nas alternativas abaixo:

- A) O texto traz evidências científicas que demonstram os benefícios dos animais de estimação para a saúde de seus donos. ()
- B) Há exemplos no texto de animais que salvaram a vida de seus donos em circunstâncias de acidentes automobilísticos. ()
- C) No caso de pacientes com problemas cardíacos, os médicos consideraram os benefícios dos animais de estimação em conjunto com outros fatores e estilos de vida. ()
- D) O texto apresenta exemplos de cães treinados para identificar e acusar doenças. ()

2) Responda, em português, as perguntas abaixo referentes ao Texto 1:

a) Qual é a sua **resposta** e a sua **justificativa** para o título do texto: **“Is Having a Pet Good for Your Health?”**

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b) Comente a relação entre animais de estimação e doenças psicológicas, de acordo com sua compreensão do texto.

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3) Com base na temática do Texto 1, traduza o excerto que segue. Observe que além da correspondência de sentido com o texto de partida, seu texto traduzido deve ter fluência, coesão e coerência.

"Pet therapy is a well received mode of helping many varied groups, for example hospitalized youth, elderly people and HIV-AIDS patients," said Danny Joffe, a medical director at the Calgary Animal Referral and Emergency Centre in Alberta, Canada. "Such benefits as decreased blood pressure, decreased heart rates and decreased feelings of neglect and hopelessness have all been well documented scientifically."

(<<http://www.livescience.com/32746-is-having-a-pet-good-for-your-health-.html>>. Acesso em: 06 fev. 2014).

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4) Considerando os aspectos linguísticos do Texto 1, assinale a(s) alternativa(s) correta(s):

A) O pronome “**who**” em negrito está se referindo aos donos de animais de estimação.
*People who have pets have a lower risk of developing heart problems than those without pets, according to researchers at the Baker Medical Research Institute in Melbourne, Australia, **who** found that pet owners have lower blood pressure (...)*

B) A expressão “**such as**” em negrito foi utilizada para elencar alguns exemplos das reações dos cães.
*(...) their dogs had a behavioral reaction, **such as** whining and barking, (...)*

C) A palavra “**conducted**” em negrito pode ser substituída por “carried out”.
*French physicians **conducted** a study earlier this year at Paris' Hospital Tenon and found that a particular dog breed, Belgian Malinois shepherd dogs, can be trained to detect prostate cancer.*

D) A palavra “pet”, no exemplo abaixo, exerce a função de substantivo e não a de verbo.
*From acting as a helping hand for the disabled to having a calming effect on anyone who **pets** them, dogs have a long history of making life better for their best friends.*

TEXTO 2:

Is 'addiction' an excuse to overeat?

Some have compared food addiction to drug addiction, and then used this term to associate it with overeating, and as a clinical explanation for the obesity epidemic, implicating millions of people.

The use of the term food addiction is a step towards medicalisation and implies that normal human social behaviour is pathological. Forms of eating therefore become an illness. This attitude is not helpful and has huge implications for the way in which people view their own behaviour and their lives.

The concept of food addiction comes from a combination of experimental data, anecdotal observations, scientific claims, personal opinions, deductions and beliefs. It is an over-simplification of a very complex set of behaviours.

Attributing food addiction as the single cause underlying the development of obesity, despite the existence of numerous other very plausible explanations, is unhelpful, particularly for those trying to live more healthy lives. This removes the personal responsibility they should feel and could act on - and they infer that their eating is a form of disease. Food addiction may offer an appealing explanation for some people but the concept could hinder an individual's capacity for personal control.

Binge eating disorder does exist - but it is a rare clinical condition affecting fewer than 3% of obese people. Sufferers have a strong compulsion to eat, which persists alongside the sense of a loss of control. Addiction-like food behaviour may be a component of the severe and compulsive form of binge eating disorder. But this condition does not explain the huge rise in obesity we have seen across the population. Binge eating is not a key cause of obesity and, therefore, in the context of mass public health, is not a major concern.

What we need is a calm and composed analysis of what the words food addiction really mean so that people can make informed deductions about the causes of their own behaviour.

Fonte: Disponível em: <<http://www.bbc.co.uk/news/health-24402163>>. Acesso em: 07 fev. 2014.

5) Marque (X) nas alternativas que refletem ideias do texto 2.

- A) O vício por comida é um conceito simplista. ()
- B) O conceito “adição por alimentos” foi criado com base em dados puramente científicos.()
- C) A adição por alimentos não é prioridade na área da saúde pública. ()
- D) O conceito “adição por alimentos” já está firmemente estabelecido nos estudos sobre a obesidade. ()

6) De acordo com a sua compreensão do Texto 2, escreva sobre os perigos de se comparar a compulsão por comida com o vício em drogas.

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7) A que se referem às expressões em negrito do Texto 2?

a) it:
“Some have compared food addiction to drug addiction, and then used this term to associate **it** with overeating (...).”

b) This:
“Attributing food addiction as the single cause underlying the development of obesity, despite the existence of numerous other very plausible explanations, is unhelpful, particularly for those trying to live more healthy lives. **This** removes the personal responsibility they should feel and could act on -”

c) which:
“Sufferers have a strong compulsion to eat, **which** persists alongside the sense of a loss of control”.