

aulão para **todos**



**Linguagens, Códigos e
Suas Tecnologias**



INGLÊS



Questions 01 and 02 must be answered based on the following text.

ATLANTA, GEORGIA

AN EXAMPLE OF URBAN- OUTDOOR BALANCE IN THE FACE OF RAPID GROWTH

If you haven't been to the South's largest city in a few years, you might not recognize it. From the expansion of the Atlanta BeltLine, which will soon be a 33-mile path that connects 45 neighborhoods in the heart of the city, to a \$5 million investment in 20 more miles of protected bike lanes, this bustling metropolis is banking hard on livability and open space.

And that's just the start of one of the largest urban green

initiatives in the country. The 280-acre Westside Park will open this October, eclipsing Atlanta's central Piedmont Park by some 100 acres. Along with the soon-to-expand, 2.4-mile Proctor Creek Greenway that intersects Westside Park, local nonprofits recently completed construction of the Westside BeltLine Connector Trail, which connects the park to 11 neighborhoods.

On the densely populated southwestern edge, the city purchased nearly 13 acres in 2020, not far from the 135-acre Cascade Springs Nature Preserve. This new swath will bring parkland to the predominantly Black areas of Cascade, East Point, and Greenbriar, part of mayor Keisha Lance Bottoms's campaign commitment that every neighborhood

planning unit in the city have its own park. (Recent data from the TPL shows that minority communities have access to 49 percent less park space per capita than residents in neighborhoods that are majority white.) All this upcoming development comes on the heels of the completion of the state's first purpose-built singletrack, Southside Park. In response to a shortage of affordable housing driven in part by an influx of out-of-staters lured by the growing financial-technology industry, the city plans to create grant programs to keep legacy residents in their Belt Line-adjacent homes. While other cities in the region focus on frenzied growth, Atlanta continues to prioritize longtime communities. **-Muriel Vega**

Outside Magazine – Live Bravely. BEST TOWNS 2021.

QUESTÃO 01

(PAES 2022) The amount of miles there was in the Atlanta BeltLine by the time the author wrote the text Atlanta, Georgia: an example of urban-outdoor balance in the face of rapid growth is

- a** 2.4 miles.
- b** 13 acres.
- c** 20 miles.
- d** 13 miles.
- e** 280 acres.

QUESTÃO 02

(PAES 2022) The option which points out the mayor's campaign commitment is

- a** to expand the Atlanta West Park to Black areas.
- b** to keep legacy residents in their BeltLine-adjacent homes.
- c** to prioritize longtime communities differently from other cities.
- d** to invest in livability through new parks in Atlanta.
- e** to build parks in every neighborhood planning unit in the city.

QUESTÃO 03



Disponível em: <https://sites.psu.edu>. Acesso em: 12 jun. 2018.

(ENEM 2020) Os recursos usados nesse pôster de divulgação de uma campanha levam o leitor a refletir sobre a necessidade de

- a** criticar o tipo de tratamento dado à mulher.
- b** rever o desempenho da mulher no trabalho.
- c** questionar a sobrecarga de atribuições da mulher.
- d** analisar as pesquisas acerca dos direitos da mulher.
- e** censurar a mulher pelo uso de determinadas palavras.

QUESTÃO 04

We are now a nation obsessed with the cult of celebrity. Celebrities have replaced the classic notion of the hero. But instead of being respected for talent, courage or intelligence, it is money, style and image the deciding factors in what commands respect. Image is everything. Their image is painstakingly constructed by a multitude of different image consultants to carve out the most profitable celebrity they can. Then society is right behind them, believing in everything that celebrity believes in. Companies know that people will buy a product if a celebrity has it too. It is as if the person buying the product feels that they now have some kind of connection with the celebrity and that some of their perceived happiness will now be passed onto the consumer. So to look at it one way, the cult of celebrity is really nothing more than a sophisticated marketing scheme. Celebrities though cannot be blamed for all negative aspects of society. In reality society is to blame. We are the people who seemed to have lost the ability to think for ourselves. I suppose it's easier to be told what to think, rather than challenging what we are told. The reason we are swamped by celebrity is because there is a demand for it.

Disponível em: www.pitlanemagazine.com. Acesso em: 7 dez. 2017 (adaptado).

(ENEM 2021) O texto, que aborda questões referentes ao tema do culto à celebridade, tem o objetivo de

- a** destacar os méritos das celebridades.
- b** criticar o consumismo das celebridades.
- c** ressaltar a necessidade de reflexão dos fãs.
- d** culpar as celebridades pela obsessão dos fãs.
- e** valorizar o marketing pessoal das celebridades.

QUESTÃO 05



Fonte: SIPRESS (2000).


(ENEM 2022) A presença de “at odds with” na fala da personagem do cartum revela o(a)

- a** necessidade de acessar informações confiáveis.
- b** dificuldade de conciliar diferentes anseios.
- c** desejo de dominar novas tecnologias.
- d** desafio de permanecer imparcial.
- e** vontade de ler notícias positivas.

QUESTÃO 06


(PAES 2020) Leia o texto para responder à questão.

São Luís



Detail of a tile, São Luís

One of Brazil's finest examples of Portuguese colonial architecture, São Luís was ironically founded by the French in 1612, and later taken over by Dutch invaders. In 1644, the city was finally settled under Portuguese rule, serving as the export point for sugar and cotton. Expensive houses and buildings covered with brightly colored Portuguese tiles were built in the city's urban center. By the late 1800s, with slavery at an end, São Luís went into a decline. At the end of the 1970s, the state government began to invest in preserving the city's historic center. In 1997, the historical core of São Luís was designated a UNESCO World Heritage Site.



A row of colorful houses along one of the streets in São Luís

DKL, Dorling Kindersley Limited. Eyewitness travel: Brazil. New York: 2007.

Em relação às informações do texto sobre a capital maranhense, São Luís, é correto afirmar que

- a** entrou em declínio por causa do fim das exportações de açúcar e de algodão em 1644.
- b** teve sua arquitetura reconhecida como patrimônio mundial desde o século XIX.
- c** foi fundada pelos Franceses em 1612, mas a posse só foi reconhecida pela Coroa Portuguesa em 1644.
- d** recebeu, no começo dos anos 70, investimentos da UNESCO para a preservação do Centro Histórico.
- e** foi incorporada aos domínios da Coroa Portuguesa, definitivamente, em 1644.

Read the text I to answer the questions 07 and 08.

TEXT I

What Is Organic Anyway?

When you think of organic food, what words come to mind? Natural, local, ethical? In fact, the classification of organic food is a tricky business.

Until the 19th century, nobody would have considered farming as anything other than organic. Crops were fertilized using animal manure and compost. In the 18th and 19th centuries, however, chemists were discovering more about chemicals. The work of German chemist Justus von Liebig, in particular, led to the development of cheap nitrogen fertilizers. The agricultural revolution that followed, especially in Great Britain, brought about a huge increase in crop production. This helped feed the country's rapidly growing urban population and reduce famine. However, not everybody was convinced of the benefits of the new technologies.

Sir Albert Howard's experiences in India convinced him that correct animal and crop management in a local area produced strong pest-resistant plants that were superior to those grown with chemical fertilizers. He saw chemical fertilizers as expensive, unnecessary, and unsustainable and studied ways to farm productively but naturally.

Howard himself never used the word organic. It was British agriculturalist Lord Northbourne who first referred to a farm as a single "organic whole," describing a more balanced, sustainable style of farming. Northbourne's ideas, however, were not widely accepted. The following years saw an increase in the use of fertilizers and pesticides, which allowed farmers to plant large quantities of single crops. Most farms became industrialized single-crop producers that depended on pesticides and fertilizers. Then in the 1970s, some people began to express their concerns about the negative effects of these methods on soil quality and the environment. These green activists began to call for a return to more traditional styles of farming.

At the same time, in other parts of the world modern methods were replacing traditional farming. In Mexico, Pakistan, and India, Nobel Prize-winning agriculturalist Norman Borlaug pioneered the use of new crops and technologies and greatly increased food production. Environmentalists criticized Borlaug's work, which they claimed led to reliance on a single crop, inequality, malnutrition, and the loss of natural wildlife. While Borlaug recognized some of these claims, he argued that his principle aim was an end to hunger, something, he pointed out, that most of his critics had never experienced.

Meanwhile in the USA and the UK, many smaller farms were trying to return to natural methods, growing many different crops and keeping animals to fertilize the soil. Throughout the 1970s, activists continued to promote a return to more traditional ways of living, and some people were encouraged to try to provide their own food, both out in the countryside and using smaller urban gardens.

However, as the idea of organic food became more popular, big business began to move in. The 1980s and 1990s saw the growth of large organic farms and supermarkets, and the importation of organic produce from abroad. At the same time, new legislation in places such as the USA and Europe has made it extremely expensive and complicated for small producers to obtain organic certification. Ironically, many natural local farms are not classed as organic, while much of the organic food supermarkets sell often comes from foreign countries. This has led to criticism from environmentalists who feel that the term organic no longer represents the ideals of organic farming.

As we move into the 21st century with a world population of seven billion people, the debate on how we should feed ourselves shows no sign of coming to an end.

SHACKLETON, Caroline; TURNER, Nathan Paul. **Money Tree:** the business of organics. Cambridge University Press, 2014.

QUESTÃO 07

(PAES 2021) Many animal and crop management procedures took place across the centuries. The option which highlights the one taken as an organic procedure is

- a** spread of cheap nitrogen fertilizers as an agricultural revolution.
- b** use of fertilizers and pesticides to plant large quantities of simple crop.
- c** grow of crops through animal manure and compost ever.
- d** development of new crops through alternative technologies.
- e** enlargement of single crops on replacement of the soil quality.

QUESTÃO 08

(PAES 2021) The most important argument Mr. Borlaug had to fight his critics was the fact that they had never

- a** raised a crop.
- b** grown their own food.
- c** grown single crops.
- d** experienced lack of food.
- e** returned to traditional ways of living.

QUESTÃO 09

Becoming

Back in the ancestral homeland of Michelle Obama, black women were rarely granted the honorific Miss or Mrs., but were addressed by their first name, or simply as “gal” or “auntie” or worse. This so openly demeaned them that many black women, long after they had left the South, refused to answer if called by their first name. A mother and father in 1970s Texas named their newborn “Miss” so that white people would have no choice but to address their daughter by that title. Black women were meant for the field or the kitchen, or for use as they saw fit. They were, by definition, not ladies. The very idea of a black woman as first lady of the land, well, that would have been unthinkable.

Disponível em: www.nytimes.com. Acesso em: 28 dez. 2018 (adaptado).

(ENEM 2021) A crítica do livro de memórias de Michelle Obama, ex primeira dama dos EUA, aborda a história das relações humanas na cidade natal da autora. Nesse contexto, o uso do vocábulo “unthinkable” ressalta que

- a** a ascensão social era improvável.
- b** a mudança de nome era impensável.
- c** a origem do indivíduo era irrelevante.
- d** o trabalho feminino era inimaginável.
- e** o comportamento parental era irresponsável.

QUESTÃO 10



Disponível em: www.csuchico.edu.

Acesso em: 11 dez. 2017.

(ENEM 2020) Nesse pôster de divulgação de uma campanha que aborda a diversidade e a inclusão, a interação dos elementos verbais e não verbais faz referência ao ato de

- a) estereotipar povos de certas culturas.
- b) discriminar hábitos de grupos minoritários.
- c) banir imigrantes de determinadas origens.
- d) julgar padrões de beleza de diversas etnias.
- e) desvalorizar costumes de algumas sociedades.

QUESTÃO 11

(PAES 2020) O texto *The Scarlet Ibis* descreve uma ave muito comum na América do Sul e em parte do Caribe. No Maranhão, essa ave é conhecida como Guará.

The Scarlet Ibis

The scarlet ibis is a bird which is bright red. The adult scarlet ibis measures about 55-63 centimetres. The male is typically slightly larger than the females. These males will weigh about 1.4kg. The scarlet ibis has a wingspan which typically measures 54 cm.

The Scarlet Ibis is a resident of South America and some of the Caribbean islands. They can be found in Argentina, Colombia, French Guiana, Guyana, Suriname, Venezuela and Brazil, Trinidad and Tobago. They are most prolific in the Llanos region an area of western Venezuela and Eastern Colombia.

Fonte: <https://theanimalfacts.com/birds/scarlet-ibis/>

Em quais países encontra-se a maior concentração de Guarás?

- a) Colômbia - Argentina.
- b) Brasil - Argentina.
- c) Brasil - Colômbia.
- d) Venezuela - Colômbia.
- e) Venezuela - Brasil.

QUESTÃO 12

A Minor Bird

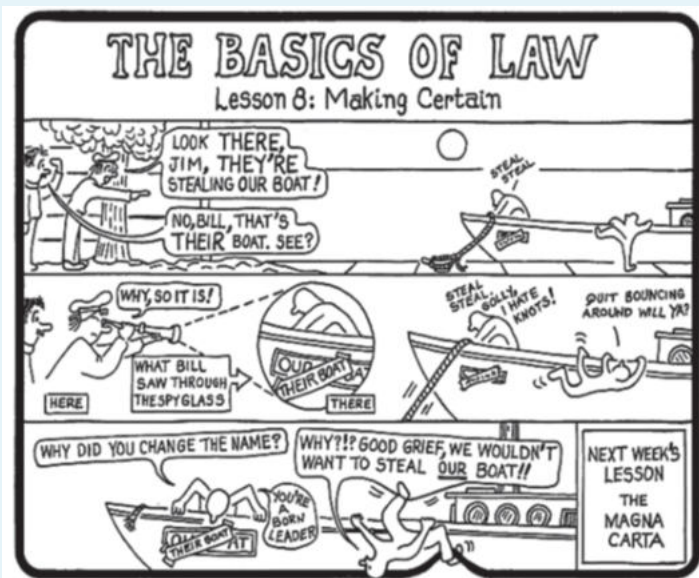
I have wished a bird would fly away,
And not sing by my house all day;
Have clapped my hands at him from the door
When it seemed as if I could bear no more.
The fault must partly have been in me.
The bird was not to blame for his key.
And of course there must be something wrong
In wanting to silence any song.

FROST, R. **West-running Brook**. New York: Henry Holt and Company, 1928.

(ENEM 2020) No poema de Robert Frost, as palavras “*fault*” e “*blame*” revelam por parte do eu lírico uma

- a culpa por não poder cuidar do pássaro.
- b atitude errada por querer matar o pássaro.
- c necessidade de entender o silêncio do pássaro.
- d sensibilização com relação à natureza do pássaro.
- e irritação quanto à persistência do canto do pássaro.

QUESTÃO 13



MALLOTE, Stan. *The Painless Path to Proper English Usage: the basics of law*, New York: St. Martin's Press. 1986.

(PAES 2022) The option which reflects CORRECTLY the humor approach of the text “The Basics of Law” is

- a the property of the boat changed from Jim and Bill to the thieves because of the possessive pronoun “our”.
- b the possessive pronouns shift on the boat’s name by one of the thieves produced new meaning trigger.
- c the supposed thieves understood the situation because their boat’s name changed.
- d Jim and Bill witnessed someone’s boat being stolen.
- e Jim and Bill believed the thieves’ boat was about to be taken away.

QUESTÃO 14

(ENEM 2022) As my official bio reads, I was made in Cuba, assembled in Spain, and imported to the United States – meaning my mother, seven months pregnant, and the rest of my family arrived as exiles from Cuba to Madrid, where I was born. Less than two months later, we emigrated once more and settled in New York City, then eventually in Miami, where I was raised and educated. Although technically we lived in the United States, the Cuban community was culturally insular in Miami during the 1970s, bonded together by the trauma of exile. What's more, it seemed that practically everyone was Cuban: my teachers, my classmates, the mechanic, the bus driver. I didn't grow up feeling different or treated as a minority. The few kids who got picked on in my grade school were the ones with freckles and funny last names like Dawson and O'Neil.

BLANCO, R. Disponível em: <http://edition.cnn.com>. Acesso em: 9 dez. 2017 (adaptado).

Ao relatar suas vivências, o autor destaca o(a)

- a** qualidade da educação formal em Miami.
- b** prestígio da cultura cubana nos Estados Unidos.
- c** oportunidade de qualificação profissional em Miami.
- d** cenário da integração de cubanos nos Estados Unidos.
- e** fortalecimento do elo familiar em comunidades estadunidenses.

QUESTÃO 15



GAULD, T. Disponível em: www.tomgauld.com. Acesso em: 25 out. 2021.

(ENEM 2022) Nessa tirinha, o comportamento da mulher expressa

- a** revolta com a falta de sorte.
- b** gosto pela prática da leitura.
- c** receio pelo futuro do casamento.
- d** entusiasmo com os livros de terror.
- e** rejeição ao novo tipo de residência.

QUESTÃO 16

(ENEM 2022) Two hundred years ago, Jane Austen lived in a world where single men boasted vast estates; single ladies were expected to speak several languages, sing and play the piano. In both cases, it was, of course, advantageous if you looked good too. So, how much has – or hasn't – changed? Dating apps opaquely outline the demands of today's relationship market; users ruminate long and hard over their choice of pictures and what they write in their biographies to hook in potential lovers, and that's just your own profile. What do you look for in a future partner's profile – potential signifiers of a popular personality, a good job, a nice car? These apps are a poignant reminder of the often classist attitudes we still adopt, as well as the financial and aesthetic expectations we demand from potential partners.

GALER, S. Disponível em: www.bbc.com. Acesso em: 8 dez. 2017 (adaptado).

O texto aborda relações interpessoais com o objetivo de

- a** problematizar o papel de gênero em casamentos modernos.
- b** apontar a relevância da educação formal na escolha de parceiros.
- c** comparar a expectativa de parceiros amorosos em épocas distintas.
- d** discutir o uso de aplicativos para proporcionar encontros românticos.
- e** valorizar a importância da aparência física na seleção de pretendentes.

This text refers to questions 17 and 18.

Science confirms: Dark chocolate and red wine helps keep you looking young

NEWSNER

Chocolate and wine, and not always together, are among life's simple pleasures, but most of us think we should only indulge in these pleasures in moderation.

Granted chocolate and wine contain a high number of calories and I don't need to explain what happens to our bodies and minds if we drink too much wine. But now scientists may have found a reason to indulge in these delicious things more often than we think.

A recent study found a powerful antioxidant present in dark chocolate and red wine; the effect of this antioxidant on our bodies could be a reason to celebrate. Scientists say the presence of resveratrol in these food items has a positive effect on the brain, heart, and lifespan. The most naturally abundant sources of resveratrol are plants, including the skin of red grapes, red wine, raw cocoa, and dark berries, like lingonberries and blueberries.

A team led by Professor Lorna Harries at the University of Exeter discovered that by treating worn-out human cells with a formulation of resveratrol the older cells started to divide.

These older cells then developed longer telomeres – the protective tips on the ends of chromosomes which shorten as we age, according to Longevity Facts. It seemed a miracle that these old cells looked young again. The experiment was repeated several times and each time the result was rejuvenated cells.

According to scientists red wine, dark chocolate and some berries also help to reduce inflammation and strengthen the heart. This powerful antioxidant was also found to help ward off certain age-related diseases.

Certain metabolic diseases, including type 2 diabetes and heart disease, tend to occur as we age. In animal studies, severely restricting calories can help prevent some of these diseases.

Researchers found that resveratrol can mimic calorie restriction in some ways and found it to extend the lifespans of yeast, worms, flies and fish. To help avoid the excessive consumption of red wine, this antioxidant can also be found in dark chocolate, grapes, raspberries, plums, blueberries, cranberries, grape tomatoes, and pomegranate. These findings are fascinating and are a step to prolonging people's life without affecting overall health.

Please share with all your friends and family so they know dark chocolate can finally be consumed guilt free!

<https://en.stories.newsner.com/health/science-confirms-dark-chocolate-and-red-wine-helps-keep-you-looking-young/> Accessed on May, 7th. Slightly modified.

QUESTÃO 17

(PAES 2023) Some research led by Professor Lorna Harries from the University of Exeter has discovered resveratrol present in red wine as well as in dark chocolate has an antioxidant effect in the human body. Besides this effect the option which points out another positive one is

- a** make cell susceptible to inflammation.
- b** increase possibilities of metabolic diseases.
- c** solve type 2 diabetes problems.
- d** get the cell older.
- e** strengthen the heart.

QUESTÃO 18

(PAES 2023) Scientists have discovered resveratrol as a natural resource can be found in many fruits. The natural resource we can extract it from is

- a** ginger.
- b** yeast.
- c** worms.
- d** plums.
- e** fish.

QUESTÃO 19

I tend the mobile now
like an injured bird
We text, text, text
our significant words.
I re-read your first,
your second, your third,
Look for your small xx,
feeling absurd.
The codes we send
arrive with a broken chord.
I try to picture your hands,
their image is blurred.
Nothing my thumbs press
will ever be heard.

DUFFY, C. Disponível em: www.independent.co.uk. Acesso em: 27 out. 2021.

(ENEM 2022) Nesse poema, o eu lírico evidencia um sentimento de

- a** contentamento com a interação virtual.
- b** zelo com o envio de mensagens.
- c** preocupação com a composição de textos.
- d** mágoa com o comportamento de alguém.
- e** insatisfação com uma forma de comunicação.

Finally, Aisha finished with her customer and asked
what colour Ifemelu wanted for her hair attachments.
"Colour four."

"Not good colour," Aisha said promptly.
"That's what I use."

"It look dirty. You don't want colour one?"
"Colour one is too black, it looks fake," Ifemelu said,
loosening her headwrap. "Sometimes I use colour two,
but colour four is closest to my natural colour."
[...]

She touched Ifemelu's hair. "Why you don't have relaxer?"
"I like my hair the way God made it."

"But how you comb it? Hard to comb," Aisha said.
Ifemelu had brought her own comb. She gently combed
her hair, dense, soft and tightly coiled, until it framed her
head like a halo. "It's not hard to comb if you moisturize
it properly," she said, slipping into the coaxing tone of the
proselytizer that she used whenever she was trying to
convince other black women about the merits of wearing
their hair natural. Aisha snorted; she clearly could not
understand why anybody would choose to suffer through

combing natural hair, instead of simply relaxing it. She sectioned out Ifemelu's hair, plucked a little attachment from the pile on the table and began deftly to twist.

ADICHIE, C. **Americanah**: A novel. New York: Anchor Books, 2013.

QUESTÃO 20

(ENEM 2020) A passagem do romance da escritora nigeriana traz um diálogo entre duas mulheres negras: a cabeleireira, Aisha, e a cliente, Ifemelu. O posicionamento da cliente é sustentado por argumentos que

- a** reforçam um padrão de beleza.
- b** retratam um conflito de gerações.
- c** revelam uma atitude de resistência.
- d** demonstram uma postura de imaturidade.
- e** evidenciam uma mudança de comportamento.

Read the text II to answer the questions 21 and 22.

TEXT II

Veggies You Can Regrow From Discarded Roots

Patrick Phillips

When it comes to cooking with healthy, fresh ingredients, we always end up facing the same issue: what to do with all of the roots we chop off of our veggies? Instead of tossing them in the trash, there's actually something quite useful you can do with them, and it'll save you a good chunk of change.

Regrowing green onions has become quite popular, and it's easy to understand why: it's very simple and fun to check on its growth progress on a daily basis. It's also a great way to help avoid food waste. However, there are plenty of vegetables you can regrow for yourself at home using scraps.

Green Onion

Let's start with the basics: green onions. These are the fastest plants to regrow and also the easiest. To do so, put the root and 1 inch of the white part in a bowl or jar, then fill it with enough water to cover up to halfway up the white part of the onion. Change out the water every 2 to 3 days. You'll notice it growing within a day and after a week, you'll have greens that you can use!

Romaine Lettuce

You can regrow romaine lettuce and also other lettuces by placing the roots of it in a jar filled with at least 1 inch of water. Leave for a few days until it begins to grow, then transfer the roots into soil to continue growing the thriving plant.

Cabbage

You can regrow cabbage in the same way that you regrow lettuce. Simply save a stump of the cabbage with its roots and place it in 1 inch of water. Then transfer the sprouting leaves into soil.

Leeks

Since leeks are actually directly related to green onions, they can be regrown using the same method. Place the root and about 2 inches of the white part in a jar with water that reaches about halfway up the white part. These will take a bit longer to regrow, but don't give up! Make sure to keep changing out the water every 2 or 3 days.

Carrot Tops

Cut a carrot at the top (the root) and place the piece, cut side-down, in a bowl of water. The leaves of the carrots will grow as opposed to the carrot itself, however, these leaves can be used in salads, be used as a garnish, or can even be put into a pesto. Simply change the water every few days.

Celery

Celery can be regrown in the same way as the cabbage and romaine. Place the root end of the stalk in 1 inch of water. When the leaves will begin to sprout, wait about a week in order for the celery to become stronger. Make sure you change the water every few days. Once this process is done, you can replant the celery in soil. Celery leaves can also be used in salads.

Fonte: <https://www.sizzlfy.com/healthy/veggies-regrow>. Slighted modified. Accessed on September the 30th.

QUESTÃO 21

(PAES 2021) The veggies which have the same way of regrowing are:

- a** Romaine lettuce / leeks.
- b** Cabbage / carrots.
- c** Celery / green onions.
- d** Celery / carrots.
- e** Green onion / leeks.

QUESTÃO 22

(PAES 2021) Taking into consideration the specific parts (1 to 6) of text II: *Green onion, Romaine lettuce, Cabbage, leeks, Carrot tops, and Celery*, choose the correct option in which one can find a comparative of superiority.

- a** Cabbage / green onions
- b** Celery / Romaine lettuce
- c** Romaine lettuce / cabbage
- d** Green onions / carrot tops
- e** Leeks / Celery

This text refers to questions 23, 24 and 25.

How to Stop Eating Sugar

By David Leonhardt

If you're like most Americans, you eat more sugar than is good for you. But it's entirely possible to eat less sugar without sacrificing much – if any – of the pleasures of eating. Surprising as it may sound, many people who have cut back on sugar say they find their new eating habits more pleasurable than their old ones. This guide will walk you through why sugar matters, how you can make smart food choices to reduce sugar consumption, and how you can keep your life sweet, even without so many sweets.

Here's why you eat more sugar than you realize, and why it's a problem. The first thing to know: Added sugars, of one kind or another, are almost everywhere in the modern diet. They're in sandwich bread, chicken stock, pickles, salad dressing, crackers, yogurt and cereal, as well as in the obvious foods and drinks, like soda and desserts.

The biggest problem with added sweeteners is that they make it easy to overeat. They're tasty and highly caloric but they often don't make you feel full. Instead, they can trick you into wanting even more food. Because we're surrounded by added sweeteners – in our kitchens, in restaurants, at schools and offices – most of us will eat too much of them unless we consciously set out to do otherwise.

It's not an accident. The sugar industry has conducted an aggressive, decades-long campaign to blame the obesity epidemic on fats, not sugars. Fats, after all, seem as if they should cause obesity. Thanks partly to that campaign, sugar consumption soared in the United States even as people were trying to lose weight. But research increasingly indicates that an overabundance of simple carbohydrates, and sugar in particular, is the No. 1 problem in modern diets. Sugar is the driving force behind the diabetes and obesity epidemics. Fortunately, more people are realizing the harms of sugar and cutting back.

[...]

Changing your diet is hard. If your strategy involves thinking about sugar all the time – whenever you're shopping or eating – you'll likely fail. You'll also be miserable in the process. It's much more effective to come up with a few simple rules and habits that then become second nature. (One strategy to consider: Eliminate all added sugars for one month, and then add back only the ones you miss. It's easier than it sounds.)

Above all, most people's goal should be to find a few simple, lasting ways to cut back on sugar. Once you're done reading this guide, we suggest you choose two or three of our ideas and try them for a few weeks.

<https://www.nytimes.com/guides/smarterliving/how-to-stop-eating-sugar> (text adapted).

QUESTÃO 23

(PAES 2023) In the long run, eating too much sugar has become one of the biggest problems for people. In the text we can find points and counterpoints related to added sweeteners. In this question, the option in which there are one positive and one negative aspect in consuming sugar is

- a** added sweeteners are consumed too much once we're surrounded by them.
- b** they're ultimate driving force behind the diabetes and obesity decrease.
- c** they're tasty and highly caloric but they often don't make you feel full.
- d** modern diets problems are based on simple carbohydrates consume.
- e** they eat less sugar besides the pleasure of eating them frequently.

QUESTÃO 24

(PAES 2023) The extract "If you're like most Americans", in the first paragraph, reflects, in the order of appearance:

- a** condition and comparison.
- b** opposition and resistance.
- c** similarity and opposition.
- d** condition and addiction.
- e** superiority and similarity.

QUESTÃO 25

(PAES 2023) The terms "**ones**", in highlighted, found in the first and fifth paragraphs, in the text *How to Stop Eating Sugar*, refer to

- a** many people / simple rules.
- b** smart food / one month.
- c** eating habits / added sugars.
- d** eating pleasure / second nature.
- e** sugar matters / add back.



Gabarito

Questão 01 **d**

Questão 10 **a**

Questão 18 **d**

Questão 02 **e**

Questão 11 **d**

Questão 19 **e**

Questão 03 **a**

Questão 12 **d**

Questão 20 **c**

Questão 04 **c**

Questão 13 **b**

Questão 21 **e**

Questão 05 **b**

Questão 14 **d**

Questão 22 **e**

Questão 06 **e**

Questão 15 **b**

Questão 23 **c**

Questão 07 **c**

Questão 16 **c**

Questão 24 **a**

Questão 08 **d**

Questão 17 **e**

Questão 25 **c**

Questão 09 **a**

