



Realização:



MINISTÉRIO DA EDUCAÇÃO
UNIVERSIDADE FEDERAL DO PIAUÍ – EDITAL 08/2017

EXAME DE PROFICIÊNCIA DE LEITURA EM LÍNGUA ESTRANGEIRA

DATA: 04/06/2017

HORÁRIO: das 8 às 11 horas

CADERNO DE PROVA

Idioma:

INGLÊS

Área de Pesquisa:

**(1) CIÊNCIAS BIOLÓGICAS, CIÊNCIAS
AGRÁRIAS E CIÊNCIAS DA SAÚDE**

LEIA ATENTAMENTE AS INSTRUÇÕES

- Esta prova é constituída de um texto técnico-científico em língua estrangeira, seguido de 5 (cinco) questões abertas relativas ao texto apresentado.
- É permitido o uso de dicionário impresso, sendo vedados trocas ou empréstimos de materiais durante a realização do Exame.
- As respostas deverão ser redigidas em português e transcritas para a **Folha de Respostas**, utilizando caneta esferográfica com **tinta preta** ou **azul, escrita grossa**.
- A Folha de Respostas** será o único documento válido para correção, não devendo, portanto, conter rasuras.
- Será eliminado o candidato que se identificar em outro espaço além daquele reservado na capa da **Folha de Respostas** e/ou redigir as respostas com lápis grafite (ou lapiseira).
- Nenhum candidato poderá entregar o Caderno de Prova e a Folha de Respostas antes de transcorridos 60 minutos do início do Exame.
- Em nenhuma hipótese haverá substituição da **Folha de Respostas**.
- Ao encerrar a prova, o candidato entregará, obrigatoriamente, ao fiscal da sala, o Caderno de Prova e a Folha de Respostas devidamente assinada no espaço reservado para esse fim.

Proven Advantages And Disadvantages Of Vegetarianism

The vegetarian diet is not a new concept but it has been made into one. Since the time immemorial, the cry that the human beings must return to the vegan lifestyle has been echoing in all the places around the world. But some hypocrites have remodeled the claims into something that is very new. It has been said that the vegetarian diet is the most preferred diet all over the world. The vegetarian form of the diet is the most preferred and the most trusted form of the diet in the world. But the parents have expressed doubt of the nutritional intake in the vegetarian foods. But the dietary experts have consoled the parents that the well planned and the careful selection of the foods will provide the same amount of the nutrients that the meat based foods provide. But extra care must be provided to the children if the children do not consume enough of meat and dairy products. The nutritional needs of the children differs as they advance in years.

There are the number of reasons for a person to become a vegetarian. Some people adapt the vegetarian lifestyle for health reasons while others adopt it because they have been born or brought up in a vegan family. Even cultural issues also plays a role in making a man to adopt the vegetarian lifestyle. The concern and love for the animals also has a lot to do for the community or a family to become vegans.

Most people are of the opinion that the vegetarian diets are devoid of the proteins and the fats that the animal meat possess. But it is not true. The vegetarian diet also possess these kinds of the nutrients and the people need to carefully select the foods that are rich in them. The meat contains unsaturated fats and cholesterol and these harm the body.

The vegetarianism has been said to be the act of abstaining from all kinds of meat that is obtained from animal slaughter and living exclusively only on the foods prepared by the dairy products, vegetables, nuts, seeds, pulses, fruits and grains. Some vegetarians include the eggs as a part of their daily diet while others do not. Various pros and cons of Vegetarianism are listed here.

Advantages Of Being Vegetarianism: There are many benefits as opposed to the disadvantages of being a vegetarian. But the scientists have forestalled the people by telling them that they have also found that the intake of the vegetarian foods also increases the risks of developing cancers. But not that alone, an estimated amount of the diseases like the cancers and other chronic diseases all owe their allegiance to the bad diets. So this has to be addressed and proper eating habits must be enforced. The advantages of vegetarianism are,

1. Protection From The Diseases: The vegetarian foods have been known for long to protect the body from the different diseases like the cancer, chronic fatigue, cholesterol problems and diabetes. The vegetarian foods are low in the amount of the unsaturated fats and are therefore very healthy to eat. The well planned low fat foods are the saviour of the day as they will help to reduce the chances for the person to be affected by the coronary artery problems. These problems are the sole reason for the various deaths in the United States of America. The vegetarian people have low risks of the cardiovascular problems when compared to the people who follow non vegetarian type of the diet. In short, the vegetarian foods are rich in the fiber and antioxidants and have low amounts of the cholesterol and the fats.

2. Longevity: It has been proved that the people who thrive only on the vegetarian foods have been blessed with the long life. This is due to the fact that the fat that is consumed from the meats will affect the arteries and the veins of the bodies and will also increase the amount of the free radicals in the body. This drastically affects the body and as a result of that, the person dies prematurely. It has been estimated that a person can add about 13 years to one's life if they do not waver from the vegan style of food intake. To those people who require proofs of the fact, it is in the front of their eyes. The people of Japan have been known to live for a very long time and they also die at a very ripe age. The secret to this proven fact is they include a diet that is low in carbohydrates and fats and increase the intake of the fibers, vitamins, antioxidants and proteins.

3. Development of Strong Bones: When there is no adequate amount of the calcium in the body, then the blood extracts them from the bloodstream. This makes the bones to become porous and as a result they become very brittle. This can be supplemented by the intake of the foods that are rich in calcium like the tofu, soybeans, kale, broccoli, collards, turnip greens and other dark green vegetables. There are also many supplements that are available in the market and organic stores that help to compensate for the loss of the calcium in the body. In fact, the foods that are rich in calcium also provide the other nutrients like the proteins, carbohydrates, antioxidants and vitamins. The presence of the nutrients like the phosphorous imbibe the calcium in the body. The milk products are also rich in the calcium. The people who suffer from the intolerance due to the lactose and fructose can add a little amount of the dairy product in their daily diets.

4. Easing The Troubles During The Menopause: The vegetarian foods are rich in the phytoestrogens that copy the functions of the female hormone by the name of estrogen. So the women who are experiencing menopause and the women after their menopause can be benefitted by the intake of the foods that are rich in the phytoestrogens. The balance between the estrogen and the progesterone is achieved by the phytoestrogens. The soybeans are said to be the far most important part of the phytoestrogen. The other foods that are rich in the phytoestrogen are apples, oranges, broccoli, raspberries, cloves of garlics, dates, squashes, yams, cherries and olives. Since the phytoestrogen

QUESTÃO 02 - Segundo o texto, quais os quatro motivos pelos quais as pessoas decidem se tornar vegetarianas?

QUESTÃO 03 - O que o texto afirma sobre o fato de muitas pessoas acreditarem que as dietas vegetarianas não fornecem as mesmas quantidades de proteínas e gorduras que a dieta animal?

QUESTÃO 04 - Cite e explique detalhadamente duas vantagens e duas desvantagens de uma dieta vegetariana apresentadas no texto.

QUESTÃO 05 - Segundo o texto, por que uma dieta vegetariana pode beneficiar as mulheres no período de menopausa ou pós-menopausa? Cite três alimentos que são ricos no hormônio citado no texto e como evitar o ganho de peso nesse processo.
