

## FAT CHANCE

- 1 Today the United States and many other countries are faced with an epidemic. Most people tend to think of an epidemic as an outbreak of a contagious illness. But to public health officials, obesity rates since the mid 1980s have exploded dramatically and unexpectedly, just as if they reflected the outbreak of a new infectious disease. Noting that obesity and physical inactivity, along with tobacco smoking, are the major causes of “noncommunicable diseases,” the World Health Organization estimated that 60 percent of the 56 million deaths worldwide in 2001 were caused by such obesity-related illnesses as heart disease and type 2 diabetes.
- 2 Among children, obesity can have adverse effects that persist for life, just as surely as a virus can. For example, there is evidence suggesting that a person’s general body weight reaches a “set point” sometime during puberty, and so extreme obesity in childhood, left untreated, carries with it all the health risks of obesity for the rest of one’s life: substantial increases in the risks of diabetes, heart disease, and other adverse medical consequences. Some officials have even begun to respond with the kind of alarm that might greet the global resurgence of polio. As David L. Katz of the Yale School of Public Health puts it:
- 3 “Children growing up in the United States today will suffer more chronic disease and premature death because of the way they eat and [because of] their lack of physical activity than [they will] from exposure to tobacco, drugs, and alcohol combined.”
- 4 Most people, of course, do not become severely obese, even in today’s calorie-rich environment. The average person consumes between 7.5 million and 10 million calories per decade, yet Americans and people in other developed countries typically gain only half a pound to a pound a year throughout their adult lives. To gain any weight at all, they must eat more

calories than they burn – but the amount needed to account for the typical weight gain is only about ten to twenty calories a day. That’s about the equivalent of one Ritz cracker, or less than 1 percent of the average adult’s daily intake.

*by Susan Okie*

*Natural History – February 2005*

## FAT CHANCE

### Questão 31

Which of the following is supported by the information in the article?

- a) In 2001 obesity was a factor in the majority of deaths around the world.
- b) Many doctors and public health officials fail to understand the seriousness of the worldwide obesity problem.
- c) Doctors and public health officials ignored the worldwide obesity epidemic until the mid 1980’s.
- d) Obesity has become a problem only in developed countries.
- e) Nowadays obesity is more prevalent among children than among adults.

### alternativa A

Tradução completa do texto:

#### Chance Remota

1. Hoje, os Estados Unidos e muitos outros países enfrentam uma epidemia. A maioria das pessoas costuma imaginar uma epidemia como sendo um surto de uma doença contagiosa. Contudo, para as autoridades de saúde pública, os índices de obesidade aumentaram dramática e inesperadamente desde meados dos anos de 1980, como seria esperado no surto de uma nova doença infecciosa. Ao perceber que a obesidade e o sedentarismo, em conjunto com o fumo, são as maiores causas de doenças “não contagiosas”, a Organização Mundial da Saúde estimou que 60 por cento das 56 milhões de mortes em todo o mundo em 2001 foram causadas por doenças relacionadas à obesidade, tais como doenças cardíacas e diabetes tipo 2.

2. Entre crianças, a obesidade pode ter efeitos adversos que perduram por toda a vida, assim como um vírus. Por exemplo, há indícios de que a massa corpórea de um indivíduo atinja um "ponto estável" em algum momento durante a puberdade. Assim, caso a obesidade excessiva na infância não seja tratada, o indivíduo carregará consigo todos os riscos à saúde causados pela obesidade pelo resto de sua vida: aumento substancial de risco de diabetes, doenças cardíacas e outras conseqüências médicas adversas. Algumas autoridades passaram a reagir com o tipo de preocupação comparável àquela causada por um ressurgimento global da pólio. De acordo com David L. Katz, da Yale School of Public Health:

3. "As crianças em crescimento hoje nos Estados Unidos sofrerão mais de doenças crônicas e morte prematura por causa da maneira como se alimentam e devido à falta de atividade física do que pela exposição ao tabaco, drogas e álcool combinados."

4. A maioria das pessoas, óbvio, não se torna excessivamente obesa, mesmo no ambiente rico em calorias de hoje. O ser humano médio consome entre 7,5 e 10 milhões de calorias por década, mas os americanos e pessoas em outros países desenvolvidos normalmente ganham entre 250 e 500 gramas por ano durante suas vidas adultas. Para ganhar peso, precisam comer mais calorias do que queimam – porém, a quantidade necessária para o ganho típico de peso é apenas de dez a vinte calorias por dia. Isso é equivalente a aproximadamente uma bolachinha Ritz, ou menos que um por cento do consumo diário de um adulto médio.

### Questão 32

Which of the following can you most likely infer from the information in the article?

- The World Health Organization believes that a combination of obesity, physical inactivity, and tobacco smoking causes type 2 diabetes.
- Considering that obesity affects only a small percentage of the world's population, it is not so great a problem as many public health officials believe.
- Public health officials were surprised when obesity became a serious problem.
- Lack of will power causes obesity.
- Noncommunicable diseases are only a problem in the world today because of the obesity factor.

#### alternativa C

Veja tradução do texto.

### Questão 33

As discussed in paragraph 2, the term "set point" most likely refers to the

- greatest amount of excess weight that an adolescent's body can sustain.
- moment when an obese child becomes an obese adolescent.
- moment when childhood obesity begins to cause serious problems.
- moment during puberty when a young person's weight is likely to become a more or less permanent condition.
- moment during puberty when a young person's body begins to change.

#### alternativa D

Veja tradução do texto.

### Questão 34

In paragraph 2, the article probably cites David L. Katz in order to

- give an example of how a small group of public health officials are over-reacting hysterically to the obesity crisis.
- give an example of a public health professional who is very worried about the consequences of the spread of obesity.
- show how the American government is reacting to the obesity epidemic.
- show that public health officials are finally aware of the risks of obesity and are now taking steps to fight the epidemic.
- show that public health officials worldwide are as worried about obesity as they are about the current spread of polio.

#### alternativa B

Veja tradução do texto.

### Questão 35

As mentioned in the last paragraph, "about ten to twenty calories a day" most likely represents

- the excess caloric intake that contributes to a person's normal weight gain during his adult years.

- b) the standard variation in normal caloric intake of non-obese adults in developed countries.
- c) the excess caloric intake that results in adult obesity.
- d) the caloric intake that maintains a stable weight level during adulthood.
- e) the minimum number of calories that an adult must eat in order to avoid losing weight.

### alternativa A

Veja tradução do texto.

### PAINFUL MEMORIES

- 1 STALIN'S ghost must have smirked at the dilemma facing the three Baltic presidents. Should they accept President Vladimir Putin's invitation to join the 60th anniversary celebrations, in Moscow on May 9th, of the Soviet victory in the "Great Patriotic War" against Hitler – even though it cleared the way for the Soviet Union to occupy and oppress the Baltics for the next 45 years? Or should they stay away and risk accusations that they were soft on Nazi Germany, for which many of their citizens fought?
- 2 After hesitating for almost five months, President Vaira Vike-Freiberga of Latvia broke ranks this week to say she would go. Presidents Arrold Ruutel of Estonia and Valdas Adamkus of Lithuania said they would think a bit more, and sounded miffed by the Latvian move. Conservatives will accuse Mrs Vike-Freiberga of naively agreeing to celebrate not so much the defeat of Hitler as the triumph of Soviet power under Stalin. But she has calculated that the diplomatic cost of staying away would be higher. A no-show would let Russia claim that Latvia and the other Baltic countries were "Russophobes" who upset east-west relations and stood apart from European values.
- 3 The Baltics know that Russia will seize any chance to drive wedges between them and the rest of Europe. It resents their independence, almost 15 years after they escaped from the Soviet Union. It thinks

that they and the other ex-communist countries that joined the European Union in May are scheming to make the EU more anti-Russian.

- 4 Mrs Vike-Freiberga is snubbing Russia's offer to sign a border treaty as a reward for her attendance. The important thing, she says, is that the Baltic side of history should be heard. She has published a declaration in which she blames Stalin equally with Hitler for causing the 1939-45 war, by agreeing secretly to divide Europe. And she calls on Russia to "express its regret" for the Soviet "subjugation" of central and eastern Europe.
- 5 Some hope. Russia insists that the Soviet Union was a law-abiding state that the Baltics joined by choice. Besides, Russia dodges responsibility for Soviet history except, now you come to mention it, for the victory over Hitler.

*The Economist – January 2005*

### PAINFUL MEMORIES

### Questão 36

According to the information in paragraph 1, the difficult decision that the three Baltic presidents must make is whether or not to

- a) celebrate the defeat of Nazi Germany in the Second World War.
- b) admit that their countries were secretly pro-Nazi during the Second World War.
- c) publicly acknowledge that many of their countries' citizens willingly fought on the side of the Nazis during the Second World War.
- d) make a united decision regarding the Russian Second World War victory celebrations in Moscow.
- e) go to Moscow to take part in the Russian celebrations of the Soviet defeat of Nazi Germany in the Second World War.

### alternativa E

Tradução completa do texto:

### Lembranças Dolorosas

1. O fantasma de Stálin deve ter sorrido com o dilema que enfrentam os três presidentes bálticos. Devem aceitar o convite do presidente Vladimir

*Putin para participar das comemorações do 60º aniversário, em Moscou no dia 9 de maio, da vitória soviética na "Grande Guerra Patriótica" contra Hitler, mesmo tendo aberto caminho para a União Soviética ocupar e oprimir os países do Báltico pelos 45 anos seguintes? Ou devem afastar-se e correr o risco de serem acusados de que foram indulgentes com a Alemanha nazista, pela qual muitos de seus cidadãos lutaram?*

*2. Depois de hesitar por quase cinco meses, a presidente Vaira Vike-Freiberga da Letônia surpreendeu esta semana afirmando que iria. Os presidentes Arrol Ruutel da Estônia e Valdas Adamkus da Lituânia afirmaram que pensariam mais um pouco e se mostraram irritados com a atitude da Letônia. Os conservadores irão acusar a Sra. Vike-Freiberga de ingenuamente concordar em celebrar não tanto a derrota de Hitler, mas o triunfo da potência soviética sob o comando de Stálin. Entretanto, ela calculou que o custo diplomático de não participar seria mais alto. O não-comparecimento levaria a Rússia a alegar que a Letônia e outras nações bálticas eram russofóbicas, prejudicando suas relações com o Ocidente e afastando-se dos valores europeus.*

*3. Os Bálticos sabem que a Rússia aproveitará qualquer chance de provocar divisões entre eles e o resto da Europa. A Rússia ainda se ressentida da independência deles, quase quinze anos após seu desligamento da União Soviética. Acha que eles e outros países ex-comunistas que passaram a integrar a União Européia em maio estão tramando para aumentar no bloco a hostilidade à Rússia.*

*4. A Sra. Vike-Freiberga esnoba a proposta russa de assinar um tratado de fronteiras como uma recompensa por sua presença. O importante, ela afirma, é que o lado báltico da história seja ouvido. Ela divulgou uma declaração em que culpa Stálin tanto quanto Hitler pela guerra de 1939-45, ao concordarem secretamente em dividir a Europa. E exorta a Rússia a expressar seu arrependimento pela subjugação soviética da Europa Central e Oriental.*

*5. Doce ilusão. A Rússia insiste que a União Soviética era um Estado cumpridor da lei, ao qual os bálticos se juntaram por vontade própria. Além disso, a Rússia se exime da responsabilidade pela história soviética exceto, vejam só, pela vitória sobre Hitler.*

b) Russia can do nothing to prevent the Baltic countries from developing closer ties to the West.

c) With respect to Russia's Second World War victory celebrations, the president of Latvia seems to be more worried about the consequences of not taking part than do the presidents of Estonia and Lithuania.

d) Vladimir Putin invited the Baltic presidents to the 60<sup>th</sup> anniversary victory celebrations in order to strengthen his control over all aspects of the Russian government.

e) The Baltic countries are in fact ashamed that they supported the Nazis during the Second World War.

### alternativa C

Veja tradução do texto.

## Questão 38

According to the information in the article, if the three Baltic presidents stay away from the 60<sup>th</sup> anniversary victory celebrations in Moscow,

a) Russia will probably cut off diplomatic relations with them.

b) Russia will use that fact in order to keep their countries out of the European Union.

c) Europe will see that as a symbolic act in favor of Hitler and his policies.

d) Russia will become more isolated than ever from the rest of Europe.

e) Russia could then claim that their countries did not support important European principles.

### alternativa E

Veja tradução do texto.

## Questão 39

You can infer from the information in the article that Vaira Vike-Freiberga most likely

a) wants no contact with Russia and Vladimir Putin.

b) wants Russia to renounce forever its claims on certain central Asian countries.

## Questão 37

Which of the following can you most likely infer from the information in the article?

a) When the Soviet Union defeated the Nazis 60 years ago, the Baltic countries at first greeted the Soviet troops as liberators.

- c) believes she can best serve the interests of Latvia by actively helping Russia strengthen its ties with the West.
- d) believes that the question of the Latvian-Russian border is not an urgent priority.
- e) will never cooperate with Vladimir Putin until he acknowledges and apologizes for Stalin's role in causing the Second World War.

### alternativa D

*Veja tradução do texto.*

## Questão 40

According to the information in the article, at the moment it appears useless to hope that Russia will

- a) admit that the Baltic countries were unwilling members of the Soviet Union.
- b) give up its imperialistic ambitions in Europe and Asia.
- c) establish diplomatic relations with the countries of the European Union.
- d) allow the Baltic countries to tell the truth about their participation in the Second World War.
- e) admit that Stalin secretly supported Hitler and his policies in the years leading up to the Second World War.

### alternativa A

*Veja tradução do texto.*

### MIDDLE EAST

1 Every country, culture and people yearns for freedom. But building real, sustainable democracy with rights and protections is complex. In Lebanon, for example, the absence of Syria will not mean the presence of a stable democracy. It was the collapse of Lebanon's internal political order that triggered the Syrian intervention in 1976. That problem will have to be solved, even after Syrian forces go home. In Iraq, the end of the old order has produced growing tendencies toward separatism and intolerance. Building democracy takes patience, deep and specific knowledge and, most important, the ability to partner with the locals.

- 2 If President Bush is to be credited for the benefits of his policies, he must also take responsibility for their costs. Over the past three years, his administration has racked up enormous costs, many of which could easily have been lowered or avoided altogether. The pointless snubbing of allies, the brusque manner in which it went to war in Iraq, the undermanned occupation and the stubborn insistence (until last summer) on pursuing policies that were fueling both an insurgency and anti-Americanism in Iraq – all have taken their toll in thousands of American and Iraqi lives and almost \$300 billion.
- 3 Perhaps an even more lasting cost is the broad and deep shifts in public opinion against America around the world. Look at countries as disparate as Britain, Poland, Turkey and Japan, all allies of the United States. In every one of them, public views have changed significantly in the past few years, and being pro-American is now a political liability. Tony Blair, once the most popular British leader in decades, has fallen far in public esteem, largely because of his unflinching support for the Bush administration.
- 4 For most countries, the debate over Iraq was not really about Iraq. It was about how America would wield its enormous global power. And to many countries, it seemed that the Bush administration was doing it irresponsibly. On this front, the signs from Bush's second term are heartening. In the Middle East, however, everything will depend on success on the ground. If, five years from now, Iraq, Afghanistan and perhaps an independent Palestine and a democratic Lebanon are thriving countries with modern political and economic systems, America will be honored and respected – and the talk of anti-American terror will have dissipated considerably. If, on the other hand, these countries are chaotic and troubled – more like Central Asia than Central Europe – people there will blame America. Remember, all politics is local.

*by Fareed Zakaria*

*Newsweek – March 14, 2005*

## MIDDLE EAST

## Questão 41

With respect to the information in the article, which of the following can you most likely infer about the people of Lebanon and Iraq?

- They want an end to Syrian intervention in their countries.
- They want an end to dependence on American financial and military help.
- They want to build democratic institutions based on traditional Muslim values.
- They want to live their lives freely, without foreign or domestic oppression.
- They want to avoid dividing their countries along ethnic lines.

## alternativa D

Tradução completa do texto:

## Oriente Médio

1. Qualquer país, cultura e povo anseia por liberdade. No entanto, construir uma democracia sustentável e verdadeira, com direitos e proteções, é algo complexo. No Líbano, por exemplo, a ausência da Síria não significará a presença de uma democracia estável. Foi o colapso da ordem política interna do Líbano que motivou a intervenção síria em 1976. Esse problema terá de ser resolvido, mesmo depois da retirada das forças sírias. No Iraque, o fim da velha ordem estimulou crescentes tendências de separatismo e intolerância. Para a construção da democracia é preciso paciência, conhecimento profundo e específico e, acima de tudo, a capacidade de cooperação com as populações locais.

2. Se o presidente Bush vai receber os créditos pelos benefícios de suas políticas, ele também deve assumir a responsabilidade pelos seus custos. Durante os últimos 3 anos, sua administração acumulou despesas enormes, muitas das quais poderiam facilmente ter sido diminuídas ou completamente evitadas. O inexplicável descaso pelos aliados, a maneira brusca pela qual entrou em guerra com o Iraque, a ineficiente ocupação e a teimosia (até o último verão) em continuar com políticas que fomentavam tanto a insurgência quanto um sentimento antiamericano no Iraque custaram milhares de vidas americanas e iraquianas e quase 300 bilhões de dólares.

3. Talvez um ônus ainda mais duradouro sejam as mudanças amplas e profundas na opinião pública contra os Estados Unidos mundialmente.

Observe países tão diferentes como a Grã-Bretanha, a Polônia, a Turquia e o Japão, todos aliados dos EUA. Em cada um desses países, as opiniões públicas mudaram de maneira significativa nos últimos anos. Ser pró-americano é agora um risco político. Tony Blair, outrora o mais popular líder britânico em décadas, perdeu a simpatia popular principalmente por causa de seu apoio incondicional ao governo Bush.

4. Para a maioria dos países, o debate acerca do Iraque não era na verdade a respeito do Iraque, mas sobre como os Estados Unidos exerceriam seu enorme poder global. E, para muitos países, parecia que o governo Bush o fazia de maneira irresponsável. Quanto a isso, são animadores os sinais de seu segundo mandato. No Oriente Médio, entretanto, tudo dependerá do grau de sucesso no terreno de batalha. Se, daqui a cinco anos, Iraque, Afeganistão e talvez uma Palestina independente e um Líbano democrático, forem países pujantes com sistemas políticos e econômicos modernos, os Estados Unidos terão honra e respeito, e toda a celeuma do terrorismo antiamericano terá se dissipado consideravelmente. Se, por outro lado, esses países estiverem caóticos e conturbados, mais para a Ásia Central do que para a Europa Central, as pessoas lá culparão os Estados Unidos. Lembrem-se: toda política é regional.

## Questão 42

In paragraph 1, the phrase "...the ability to partner with the locals" most likely refers to which of the following?

- For democracy to form, the people in all regions of a country must be able to participate in an effective and meaningful way.
- To build a strong democracy, a central government must put an end to terrorism.
- Democracy means cooperation among dominant political and religious factions.
- To strengthen its democracy, Iraq must build strong partnerships with neighboring countries.
- A strong democracy must consider opposing points of view.

## alternativa E

Veja tradução do texto.

Comentário: os candidatos poderiam pensar na alternativa A, porém o texto não menciona que "as pessoas em todas as regiões de um país deviam participar de forma eficaz e significativa".

No texto, "ability to partner with the locals" dá a idéia de respeitar as populações locais, isto é, levar em conta opiniões opostas.

### Questão 43

The author of the article most likely believes that President Bush

- is more interested in strengthening American dominance in the Middle East than in establishing independent and democratic countries.
- has achieved some success in the Middle East but has also made serious and unnecessary mistakes.
- was justified in implementing his controversial Middle Eastern policies because they helped overthrow Saddam Hussein and establish democracy in Iraq.
- has implemented policies in the Middle East that have permanently damaged American prestige around the world.
- has achieved some success in the Middle East but in the end will find it impossible to end violence and build democracy.

#### alternativa B

Veja tradução do texto.

### Questão 44

According to the information in the article, a considerable number of countries around the world most likely believe that

- the United States had a duty to build a universal consensus before invading Iraq.
- the American invasion of Iraq was the first step in an attempt to gain total dominance over the Middle East.
- the American invasion of Iraq was regrettable but necessary.
- the United States will abandon Iraq before that country has built a stable democratic government.

e) in invading Iraq as it did, the United States used its power in a way that was neither cautious nor wise.

#### alternativa E

Veja tradução do texto.

### Questão 45

You can infer from the information in the article that the last phrase, "... all politics is local," most likely means the same as which of the following?

- All politicians, even the most important ones, must come from the people.
- To be truly effective, governmental policies must take local customs and cultures into account.
- The ultimate success or failure of all politics depends on how it affects people at the local level.
- Arab leaders, as well as world leaders, will not forgive the United States if its policies fail in the Middle East.
- American foreign policy must reach out to all people in the Middle East.

#### alternativa C

Veja tradução do texto.

Obs.: a alternativa afirma que, em última análise, "o sucesso ou fracasso de toda política depende de como ela afeta as pessoas regionalmente". O último parágrafo do texto, de onde justamente se extrai a frase em questão, aplica esse conceito ao condicionar o sucesso da política norte-americana no Iraque e no Afeganistão ao grau de desenvolvimento econômico e político que essas nações terão atingido daqui a cinco anos.

Ao contrário do que sugere a alternativa B, o texto supõe que culturas (e, por extensão, costumes) sejam potencializáveis pela democracia (parágrafo 1), mas não que a determinam, ou seja, levar em conta as culturas é condição necessária, mas não suficiente para uma política governamental eficaz.