

A QUESTÃO 05 REFERE-SE A LÍNGUA ESTRANGEIRA (INGLÊS – PÁG. 05 OU FRANCÊS – PÁG. 06)

VOCÊ DEVERÁ RESPONDER ÀS QUESTÕES RELATIVAS AO IDIOMA PELO QUAL OPTOU NO ATO DA INSCRIÇÃO

LÍNGUA INGLESA – QUESTÃO 05

5 Ways to Reach (and Maintain!) a Healthy Weight

- 1 Diets may not be as effective as they seem. Weight loss is most likely to be successful when people change their habits. Here
 2 are 5 ways to make that happen:
- 3 1. Exercise. Regular physical activity burns calories and builds muscles. Walking the family dog, cycling to school, and doing
 4 other things that increase your daily level of activity can all make a difference.
 - 5 2. Reduce screen time. People get less exercise these days because of an increase in "screen time" — the amount of time
 6 spent watching TV, looking at the computer, or playing video games.
 - 7 3. Reduce portion size. Portion sizes may also contribute to obesity. Choose smaller portions and go for water or low-fat milk
 8 instead of soda and sugary beverages.
 - 9 4. Eat 5 servings of fruits and veggies a day. When you fill up on fruits and veggies, you're less likely to overeat when it comes
 10 to high-calorie foods like chips or cookies.
 - 11 5. Don't skip breakfast. People who skip breakfast often feel so hungry that they eat more later on.

(Available at: http://teenshealth.org/teen/nutrition_fitness_center/get_healthy/weight_tips.html#cat20753. Retrieved on: July, 2011. Adapted.)

Instructions: based on your reading of the text above, answer, in English, the following question.

05. On a recent TV show, two journalists underwent a hard training to lose weight. In less than three months, each had lost 5 kilos. Based on the text, complete the sentences below including in each one at least two activities showing what they did to achieve such success.

a) He _____.
 _____.

b) They _____.
 _____.