

INGLÊS

TEXT

If you feel just too tired to take a walk come lunchtime, you may not be eating enough in the morning. Are you starting your day with a healthy balance of protein and carbohydrates? Without a regular supply of complex carbohydrates, blood sugar drops, and the body runs out of fuel the way a car runs out of gas. The purpose of several small meals throughout the day is to keep your blood sugar even and curb overeating in the evening. When you are feeling sad, you need exercise, fresh air and carbohydrates. Eating carbs will stimulate the production of your own natural mood-booster, serotonin. Studies examining the link between a low level of this brain chemical, which is associated with depression, and cravings for carbohydrate-rich foods suggest that we unwittingly self-medicate with food. A wealth of research shows that consistently consuming omega-3 acids helps improve thinking, possibly by improving brain cell function. Animal studies indicate that these fatty acids also increase learning ability and memory. And you can keep your immune system ready to fight viruses by packing your meals with protective antioxidants. People who feast on fruits and vegetables experience less severe symptoms and recover more quickly if they become sick than people whose immune systems are weakened by deficiencies.

Adapted from "Prevention"

Answer each question in accordance with the text.

21 - Choose the correct alternative.

- a) At lunchtime, it is natural not to feel like doing physical exercises.
- b) In the morning, it is not advisable to consume protein since they can lead to carbohydrate malabsorption.
- c) Without a regular supply of complex carbohydrates, our body runs out of the energy necessary for everyday activities.
- d) Complex carbohydrates must be avoided at breakfast time if we want to find ourselves in good form/condition at lunchtime.
- e) Taking a walk at lunchtime can produce higher levels of blood sugar and carbohydrates.

22 - Doing several small meals throughout the day

- a) is not advisable for those who exercise.
- b) helps keep our blood sugar level stable.
- c) contributes to increase our appetite at the end of the day.
- d) is only advisable for those who cannot consume sugar.
- e) can inhibit the crave for consuming food that is too sweet.

23 - Studies examining the link between serotonin levels and consumption of carbohydrates seem to suggest that

- a) the higher the blood level of serotonin, the more we feel like consuming carbohydrates.
- b) people suffering from depression lose their appetite and due to that do not consume enough amounts of carbohydrates.
- c) nourishment does not play a significant role regarding the mechanisms that control depression.
- d) carbohydrate-rich foods must be avoided by those people who take anti-depressant medications.
- e) unconsciously our body tends to self-medicate with certain foods.

24 - The role of omega-3 acids in our body consists of

- a) improving our memory and our learning ability.
- b) stimulating the replacement of brain cells.
- c) eliminating excess blood fat.
- d) reducing our crave for carbohydrates.
- e) reducing the need of taking anti-depressant medications.

25 - People who consume a big amount of antioxidants

- a) rarely become sick but when they do, it takes them a long time to recover.
- b) recover more quickly if they become sick than those whose immune system is weak.
- c) present a very low immune system but, even though, they rarely get sick.
- d) are apparently healthier, but in fact they have a deficient immune system.
- e) should avoid eating fruits and vegetables, which can neutralize the benefits of such compounds.

Questions 26 to 28: choose the alternative that completes each sentence most appropriately.

26 - A good actor must learn all his lines by

- a) name
- b) himself
- c) hand
- d) itself
- e) heart

27 - The'd torn the old map,

- a) would they
- b) hadn't they
- c) had they
- d) wouldn't they
- e) haven't they

28 - He success as player and reporter.

- a) received
- b) achieved
- c) made
- d) build
- e) get

29 - Loose is the opposite of

- a) big
- b) find
- c) open
- d) tight
- e) meet

30 - The passive voice of: *The new manager didn't draw the money, is*

- a) No money was drawn by the new manager.
- b) The money was drawn by the new manager.
- c) The money is not drawn by the new manager.
- d) The new manager was drawn by the money.
- e) The manager drew no money.