

PONTIFÍCIA UNIVERSIDADE CATÓLICA DO RIO GRANDE DO SUL
ESCOLA DE HUMANIDADES - CURSO DE LETRAS
PROVA DE PROFICIÊNCIA EM LÍNGUA INGLESA PARA ALUNOS DE MEDICINA, ODONTOLOGIA,
FARMÁCIA, ENFERMAGEM, NUTRIÇÃO, FISIOTERAPIA – GRADUAÇÃO - 2017/1

Nome: _____

Curso: _____

Instruções gerais:

1. Apresentar documento de identidade com foto.
2. Responder às questões em língua portuguesa, com caneta.
3. É permitido consultar dicionários e gramáticas em papel.
4. Não é permitido utilizar *celulares, laptops, notebooks, tablets* e canetas tradutoras.
5. Entregar a prova no prazo máximo de duas (2) horas.
6. Serão considerados aprovados os candidatos que demonstrarem proficiência, com aproveitamento igual ou superior a 70% de acertos.

I - Responda às questões 1 - 3 de acordo com o Abstract “*Modified MyPyramid for Older Adults*”.

1. Explique em que consiste a *MyPyramid*. (1 mark)

2. Qual foi o objetivo da proposta da *Modified Food Guide Pyramid*? (2 marks)

3. Qual é o posicionamento dessa nova proposta nutricional com relação aos suplementos? (1 mark)

II - Responda às questões 4 - 9 de acordo com o texto “*How to achieve a positive attitude- Learning to think positively may extend your life*”.

4. Explique os **conceitos** de “*mindfulness*” e os **benefícios** de sua prática. (2 marks)

5. De que forma devemos lidar com os desafios e as perdas, segundo o texto? (1 mark)

6. A que se referem o pronomes sublinhados na frase: “*This is most likely because they tend to minimize the negative, accept their limitations and use their experience to compensate for them, and set reasonable goals for the future*”. (lines 47-49) (2 marks)

This: _____

Their: _____

Them: _____

7. A que se refere a palavra “so” na frase: “*Doing so will help you go through your days with greater appreciation, taking fewer blessings for granted*”. (lines 16-17) (1 mark)

III. Traduza, para o Português, os seguintes segmentos do texto. (2 marks each)

8. Most people are primed to experience pleasure in special moments, such as a wedding day or a vacation. Everyday pleasures, on the other hand, can slip by without much notice unless they disappear or seem threatened. Slow down and focus. You will enjoy things more, whether a meal or a visit with a friend. (lines 9-12)

9. Winnowing out and focusing on the positive aspects of a situation are key factors in acquiring resilience - the ability to bounce back from bad time - that will help you weather the losses that may occur in the years ahead. (lines 41- 44)

Text 1: Modified MyPyramid for Older Adults

Abstract

In 1999 we proposed a Modified Food Guide Pyramid for adults aged 70+ y. It has been extensively used in a variety of settings and formats to highlight the unique dietary challenges of older adults. We now propose a Modified MyPyramid for Older Adults in a format consistent with the *MyPyramid* graphic. It is not intended to substitute for *MyPyramid*, which is a multifunctional Internet-based program allowing for the calculation of individualized food-based dietary guidance and providing supplemental information on food choices and preparation. Pedagogic issues related to computer availability, Web access, and Internet literacy of older adults suggests a graphic version of *MyPyramid* is needed. Emphasized are whole grains and variety within the grains group; variety and nutrient density, with specific emphasis on different forms particularly suited to older adults' needs (e.g. frozen) in the vegetables and fruits groups; low-fat and non-fat forms of dairy products including reduced lactose alternatives in the milk group; low saturated fat and *trans* fat choices in the oils group; and low saturated fat and vegetable choices in the meat and beans group. Underlying themes stress nutrient- and fiber-rich foods within each group and food sources of nutrients rather than supplements. Fluid and physical activity icons serve as the foundation of MyPyramid for Older Adults. A flag to maintain an awareness of the potential need to consider supplemental forms of calcium, and vitamins D and B-12 is placed at the top of the pyramid. Discussed are newer concerns about potential overnutrition in the current food landscape available to older adults.

Alice H. Lichtenstein*, Helen Rasmussen, Winifred W. Yu, Susanna R. Epstein, and Robert M. Russell
USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA 02111
October 22, 2007.

Text 2: How to achieve a positive attitude: Learning to think positively may extend your life

1 Mounting evidence from medical studies has indicated that people who think positively have a lower risk of dying of all causes compared with others their own age who have a gloomier view of life. Over the last decade, researchers have identified practices that can help you achieve and sustain a positive attitude toward your future. Many of them are explained in the Harvard Special Health Report *Positive Psychology*. Here are a few suggestions:

7 Savor pleasure. Feeling pleasure helps sustain a positive attitude. Focus your attention on something pleasing as it occurs, consciously enjoying the experience as it unfolds. Most people are primed to experience pleasure in special moments, such as a wedding day or a vacation. Everyday pleasures, on the other hand, can slip by without much notice unless they disappear or seem threatened. Slow down and focus. You will enjoy things more, whether a meal or a visit with a friend.

14 Practice gratitude. Gratitude is a thankful appreciation for what you receive, whether tangible or intangible. Try keeping a gratitude journal, in which you regularly write down things for which you are grateful. Doing so will help you go through your days with greater appreciation, taking fewer blessings for granted. As you write, be specific and try to relive the sensations you felt as you remember what each thing means to you.

20 Cultivate mindfulness. Mindfulness is generally acquired by training the mind to focus its attention on the present moment in a systematic way, accepting whatever arises. While savoring involves appreciating pleasurable sensations, mindfulness involves opening fully to both pleasant and unpleasant experiences. Being mindful helps you become fully engaged in activities and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

30 Retain a sense of purpose. It's normal to experience a sense of loss and even grief if a relationship fractures, your children leave home, or you lose a job or retire. It's important at trying times to keep your life as normal as possible and to focus on what you can control. Follow a regular sleep schedule, get enough exercise, eat healthy meals, and stay in touch with friends and family. View an important life change, no matter how painful, as a new challenge or opportunity. If you're between jobs or retired, look for volunteer opportunities that would benefit from your professional skills. If you miss having children in your life, consider coaching or tutoring. If you've lost a parent or spouse, supporting others who are grieving can be helpful. Appreciating your ability to weather the storm will help you maintain a positive attitude.

41 Emphasize the positive. Winnowing out and focusing on the positive aspects of a situation are key factors in acquiring resilience—the ability to bounce back from bad times—that will help you weather the losses that may occur in the years ahead.

45 Finally, on survey after survey, older people report that they have become more satisfied with their lives as they have aged, despite the losses that accumulate with passing years. This is most likely because they tend to minimize the negative, accept their limitations and use their experience to compensate for them, and set reasonable goals for the future. The earlier in life you adopt these practices—all of which help to sustain a positive attitude—the greater the potential impact on the quality, and possibly length, of your life.

By Beverly Merz

Executive Editor, *Harvard Women's Health Watch*

Source: <http://www.health.harvard.edu/>

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