



INSTITUTO FEDERAL
Rio Grande do Norte
Campus Currais Novos
Diretoria Acadêmica

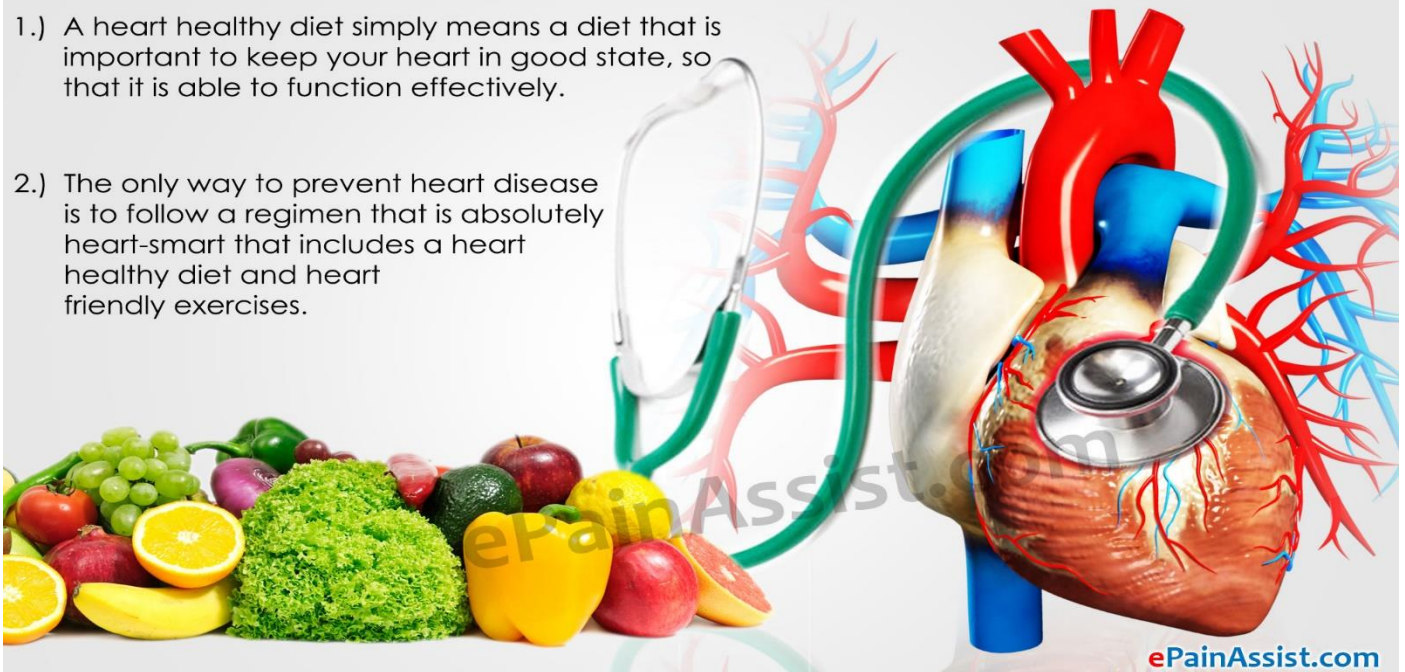
Aluno(a): _____
Turma: Tecnologia em Sistemas para Internet
Data: ___/04/2018
Professora: Cristiane de Brito Cruz

Monounsaturated fat from plants, not animals, may lower heart disease risk

April 11, 2018

HEART HEALTHY DIET

- 1.) A heart healthy diet simply means a diet that is important to keep your heart in good state, so that it is able to function effectively.
- 2.) The only way to prevent heart disease is to follow a regimen that is absolutely heart-smart that includes a heart healthy diet and heart friendly exercises.



Studies that have looked at whether consuming a diet rich in monounsaturated fatty acids (MUFAs) leads to reduced risk of heart disease have shown mixed results. But according to a new study published in the *American Journal of Clinical Nutrition*, it may make a difference whether the MUFAs come from plant or animal products. In the first study to separately examine types of MUFA sources in relation to heart disease, researchers found that while MUFAs from plant-based foods such as olive oil and nuts do indeed lower risk, MUFAs from animal products such as red meats and dairy do not provide benefits.

Using dietary information from 63,442 women participating in the Nurses' Health Study and 29,942 men from Health Professionals Follow-Up Study, the researchers used statistical modeling to estimate the effects of substituting harmful dietary components such as saturated fats, refined carbohydrates, or *trans* fats with an equal number of calories from MUFAs of plant or animal sources (MUFA-Ps and MUFA-As).

The researchers found that heart disease risk was significantly lower when saturated fats, refined carbohydrates, or *trans* fats were replaced by MUFA-Ps, but not by MUFA-As. Olive oil was the largest contributor of MUFA-Ps in study participants' diets, followed by nuts, salad dressing, and oils from fried foods and baked goods. MUFA-As mainly came from red and processed meats.

The researchers said that the findings suggest that MUFA intake, when primarily from animal product consumption will not bring any health benefits because saturated fats and other nutrients in these foods largely negate them.

QUESTIONS

1. Qual é o assunto principal do texto?
 - a. Sintomas de problemas cardiovasculares.
 - b. O risco de se comer muita gordura na dieta.
 - c. Os benefícios da gordura animal para a saúde.
 - d. Os benefícios de ácidos graxos monoinsaturados.

2. Observe as afirmações abaixo:
 - I. Gordura vegetal faz mal à saúde.
 - II. Gordura animal faz mal à saúde.
 - III. Estudos recentes mostram que a gordura vegetal reduz o risco de doenças cardíacas.
 - IV. Estudos recentes mostram que qualquer tipo de gordura traz risco de doenças cardíacas.

Está correta:

- a. Apenas a I.
 - b. Apenas a II.
 - c. Apenas a III.
 - d. Apenas a IV.
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3. Um estudo que foi feito com homens e mulheres e constatou que:
 - a. O risco de problemas cardíacos era maior em homens.
 - b. O risco de problemas cardíacos era maior em mulheres.
 - c. O risco de problemas cardíacos diminuiu com a substituição de outros tipos de gordura pela gordura vegetal.
 - d. O risco de problemas cardíacos diminuiu com a substituição de outros tipos de gordura pela gordura animal.

 4. Escreva o significado em inglês destes acrônimos que aparecem no texto:
 - a. MUFAs

b. MUFA-As

c. MUFA-Ps

5. Observe o trecho abaixo:

Using dietary information from 63,442 women participating in the Nurses' Health Study and 29,942 men from Health Professionals Follow-Up Study, the researchers used statistical modeling to estimate the effects of substituting harmful dietary components such as saturated fats, refined carbohydrates, or trans fats with an equal number of calories from MUFAs of plant or animal sources...

Uma dieta que promove riscos ao coração é repleta de:

- a. Gordura saturada.
- b. Carboidratos refinados.
- c. Gordura trans.
- d. Todas as respostas acima estão corretas.

6. Observe o trecho abaixo:

*The researchers said that the findings suggest that MUFA intake, when primarily from animal product consumption, will not bring any health benefits because saturated fats and other nutrients in **these** foods largely negate **them**.*

Os referentes para as palavras em destaque são:

- These* – refere-se a **researches** e *them* a **saturated fats**.
- These* – refere-se a **foods** e *them* a **saturated fats**.
- These* – refere-se a **researches** e *them* a **health benefits**.
- These* – refere-se a **foods** e *them* a **health benefits**.

Leia o texto abaixo para responder as próximas questões.

King Arthur Flour recalls Organic Coconut Flour due to presence of Salmonella March 28, 2018



King Arthur Flour Co. is **voluntarily** recalling a limited quantity (6,300 cases) of *Organic Coconut Flour* (16 oz), after testing revealed the presence of **Salmonella** in one pouch of the product. The **recalled** flour was distributed through retailers and distributors throughout the United States. King Arthur Flour has commenced an investigation as to the source of the problem in the supply chain.

The only product affected by the recall is *Organic Coconut Flour* (16 oz) with Best If Used By Dates of 10/25/2018—LOT: CF22017E and 12/04/2018—LOT: CF22017E. The UPC of the affected product is 071012107025.

There have been no reports of any injuries or illnesses associated with this recall.

<http://www.ift.org/food-technology/daily-news/2018/march/28/king-arthur-flour-recalls-organic-coconut-flour-due-to-presence-of-salmonella.aspx>

7. A empresa citada:

- Enfrenta problemas na justiça por ter infectado mais de 6 mil clientes com salmonela presente em um de seus produtos à base de coco.
- Lançou um produto novo, a farinha de trigo à base de leite de coco, mas descobriu que o coco continha salmonela e está processando o produtor.
- Declarou à população que iria recolher um lote de farinha à base de coco do mercado por que nos testes de laboratório seus técnicos encontraram a presença de salmonela.
- Encontra dificuldades de comercializar um de seus produtos, a farinha de trigo orgânica de coco, por conta da fiscalização do governo que encontrou salmonela em um lote do produto.

8. Observe o processo de formação das palavras destacadas no texto:

- Voluntarily** foi feita pelo processo de **suffixation**; **salmonella** por **borrowing** e **recalled** por **prefixation**.
- Voluntarily** foi feita pelo processo de **coinage**; **salmonella** por **eponym** e **recalled** por **compounding**.
- Voluntarily** foi feita pelo processo de **prefixation**; **salmonella** por **conversion** e **recalled** por **suffixation**.
- Voluntarily** foi feita pelo processo de **eponym**; **salmonella** por **acronym** e **recalled** por **coinage**.

Leia o texto a seguir e responda:

In addition to the Waldorf salad, Oscar of the Waldorf is credited with the creation of **eggs Benedict**, or, at least naming the dish and putting it on the Waldorf's menu. There are several Benedicts who claim to have inspired the dish, including Lemuel Benedict. Then the Wall Street stockbroker wandered into the Waldorf Hotel in 1894 hoping to find a cure for his hangover. In an interview recorded in *The New Yorker*, he reportedly ordered 'buttered toast, poached eggs, crisp bacon, and a hooker of hollandaise'. Oscar Tschirky liked the idea of the dish so much, that he put it on the breakfast and luncheon menus and named it after the patron who first ordered it. Tschirky did make a few changes – he substituted ham for bacon and a toasted English muffin for the toast.

<https://blog.oxforddictionaries.com/2013/01/31/eponymous-foods/>

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|--|--|--|
| 9. A criação dos "ovos beneditinos" está atribuída à: a. Oscar Waldorf b. Lemuel Benedict c. Oscar Tschirky d. Mais de um acima. | 10. A expressão em destaque foi feita a partir do processo de: a. Eponym b. Acronym c. Coinage d. Conversion | 11. A palavra "patron" que aparece no texto é um falso cognato. Das opções abaixo qual seria o significado de patron no texto acima: a. Cliente b. Garçom c. Gerente d. Mensageiro |
|--|--|--|

12. Observe o trecho abaixo:

*Then the Wall Street stockbroker wandered into the Waldorf Hotel in 1894 hoping to find **a cure** for his hangover.*

A palavra está sendo usada no texto como substantivo. Observando os processos de formação de palavra julgue os itens a seguir:

- I. The infection can be **cured** with antibiotics.
- II. Unlike many cancers that are **curable** if detected early, pancreatic tumors are quick to metastasize.
- III. For years, the infection has been a mostly an **easily-curable** annoyance.
- IV. Kettle Range Meat Company's **uncured** bacon was used, sold at \$7.99 per pound from Good Harvest Market.
- V. Once **incurable**, Hepatitis C now can be effectively treated with expensive antiviral medication.

A letra que explica corretamente o processo de formação de palavras das sentenças acima é:

- a. Podemos dizer que em todas as sentenças a classe gramatical de **cure** mudou, então temos **conversion**.
- b. Podemos dizer que em todas as sentenças houve acréscimo de sufixo, portanto o processo é **suffixation**.
- c. Podemos dizer que houve acréscimo de prefixo na IV e V, **prefixation** portanto, e apenas na III temos **compounding**.
- d. Todas as respostas acima estão corretas.



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Texto para consulta:



Sustainability and Food Waste

MasterChef is very strict about how we source the ingredients we use and also how much we buy.

When sourcing ingredients, we do so with regard to the current best practice on sustainability – and we ask all contestants when planning their menus to do so too.

In particular, they are asked to only order the quantity of ingredients necessary to make the required number of plates of

food and to take into account the current guidelines on sustainable product sourcing.

An example of this is only sourcing game from reputable sources and in the correct season and making sure they consult the most recent guidelines from marine conservation organisations on fish sourcing when using fish or seafood in their menus.

We also have a strict policy around food waste. In addition to trying to reuse ingredients where practical across multiple challenges we

- Reuse/restore all dry goods.
- Freeze or refrigerate what perishables we can as soon as practical for later use. We have large commercial refrigerators off set so that ingredients can be kept fresher for longer
- Anything else, like leftover fruit and veg, we donate to the local food recycling charities or food banks closest to our location.

We understand viewers concerns around food waste and our judges look very harshly upon blatant ingredient and food waste – as this is not a practice tolerated in the professional food industry.

<http://www.bbc.co.uk/programmes/articles/4Z2mlTfdyZpdwf8J4d3C9yWw/sustainability-and-food-waste>

Gregg Wallace

Gregg Wallace is a writer, media personality and former greengrocer. He is best known for co-presenting MasterChef, Celebrity MasterChef and MasterChef: The Professionals.

Gregg was born in Peckham, South East London, where he first watched Millwall and remains an avid supporter to this day. He has also gained two Rugby Union coaching badges.

Beginning his career in Covent Garden Fruit and Veg Market, in 1989, Gregg started George Allan's Greengrocers, which he grew into a large and successful company supplying fruit and vegetables to London's hotels and restaurants.

Following his business success and with a clear passion and expertise in fruits and vegetables, Gregg was invited to co-present Veg Talk on BBC Radio 4 with Charlie Hicks. This led to the presenting the first series of **Saturday Kitchen** in 2002 and eventually his role as judge on MasterChef, **Celebrity MasterChef** and **MasterChef:**

The Professionals. Gregg has two children, Tom and Libby, and in 2016 he married his wife Anne-Marie. (<http://www.bbc.co.uk/programmes/profiles/3n306gRP2JCX4qLprmJC0VQ/gregg-wallace>)

Shelina Permalloo

Shelina Permalloo won BBC's MasterChef in 2012 by wowing the judges John and Gregg with a tropical take on gourmet cuisine from her heritage of Mauritius.

Shelina has gone on to work on a number of TV shows such as This Morning, Lorraine, Sunday Brunch, What's Cooking along with corporate projects, private dining and has written 2 cookery books with her first book, Sunshine on a Plate winning a Gourmand Book Award for being the best African Cook Book.

For more information about Shelina and her work please visit. www.shelinacooks.com

Lakaz Maman is a Mauritian Creole word for 'Mum's House' and the food you'll find here is relaxed, informal street food you can get messy with. No napkins, no airs or graces, just authentic Mauritian street food with a modern twist. (<https://www.lakazmaman.com/about-us>)

13. Você ganhará 20 pontos nesta questão. Releia os textos (ou utilize o pequeno texto abaixo) e escreva 20 exemplos de processos de formação de palavras (pelo menos 5 processos devem ser observados). Exemplifique para cada palavra por que é aquele processo. Por exemplo, se tiver um prefixo você retira da palavra derivada e coloca a palavra primitiva e dê também o significado em português. Você não deve utilizar os mesmos exemplos das questões da prova.

14. Você ganhará 20 pontos nesta questão. Releia os textos da prova ou utilize o texto abaixo. Escreva referentes textuais em 20 exemplos. Diga qual é a palavra e a que ele se refere, se souber indique a classe gramatical: pronomes pessoais: sujeito ou objeto; possessivos: adjetivos ou pronomes; pronomes reflexivos, indefinidos e relativos.

