

TEXTO 1**AS AUSTRALIA BURNS, ITS LEADERS TRADE INSULTS**

When a mass shooting shattered Australia in 1996, the country banned automatic weapons. In its first years of independence, it enacted a living-wage law. Stable retirement savings, national health care, affordable college education — Australia solved all these issues decades ago. But climate change is Australia's labyrinth without an exit, where its pragmatism disappears.

The wildfires that continued raging on Wednesday along the country's eastern coast have revealed that the politics of climate in Australia resist even the severe pressure that comes from natural disaster. Instead of common-sense debate, there are culture war insults. The deputy prime minister calls people who care about climate change "raving inner-city lunatics." Another top official suggests that supporting the Greens party can be fatal. And while the government is working to meet the immediate need — fighting fires, delivering assistance — citizens are left asking why more wasn't done earlier as they demand solutions.

Australia is not the only country where the threat of climate change has largely produced inaction or failed promises. President Trump has done everything he can to erase the United States' climate policy even as dangerous fires ravage California. Canada and South Korea are far from meeting their targets to cut emissions in line with Paris Agreement commitments.

But in Australia, where coal is king and water is scarce, the country's citizens have spent the week simmering with fear, shame and alarm. As a 500-mile stretch from Sydney to Byron Bay continued to face catastrophic fire conditions, with 80 separate blazes burning and at least four deaths reported, Australians have watched, awe-struck, as life-changing destruction has been met with political sniping.

Michael McCormack, the No. 2 official in the conservative government, kicked it off on Monday, telling listeners of the country's most popular morning radio programs that fire victims needed assistance, not "the ravings of some pure, enlightened and woke capital city greenies." Barnaby Joyce, the government's special envoy for drought assistance, followed up by suggesting that two people killed by fires near a town called Glen Innes over the weekend might have contributed to their own deaths if they supported the Greens.

The victims' neighbors called his comments "absolutely disgraceful." But a Greens party senator responded with his own outrage: He said the major parties were "no better than arsonists," an insult carrying special weight for the world's most arid inhabited continent.

"The higher the flames in the bush, the lower the politics," blared a headline in The Sydney Morning Herald.

While the latest conflict has flared as smoke fills the skies of Sydney, its roots go back years, maybe centuries. Even as the country's emissions continue to soar, it's been hard to reach a political consensus on energy and climate change policy because of Australia's mining history and a powerful lobby for one product: coal. "Coal is our N.R.A.," said Susan Harris Rimmer, an associate professor at Griffith Law School, referring to the National Rifle Association, which has stymied changes to gun laws in the United States even as mass shootings have become shockingly common. "They have total control over Parliament." The comparison has its limits. Coal is not enshrined in the Constitution, as a right to bear arms is in the United States, nor is it a consumer product. But like guns in America, coal helped define the country in its early years of settlement — and is still an outsize presence in Australian life.

The industry's economic benefits reach fewer people than many Australians believe. It frequently hires federal lawmakers after they leave office, and even now politicians often defend coal in patriotic terms. For conservatives in particular, extraction of natural resources in rural areas is a stand-in for values worth fighting for against condescending urban elites. Just a few days before the fires, for example, Prime Minister Scott Morrison told a mining group that new laws were needed to crack down on climate activists and progressives who "want to tell you where to live, what job you can have, what you can say and what you can think."

And the problems emerging now — fires, cyclones, heat waves, drought, shifts in sea life and the death of the Great Barrier Reef — have been predicted in the public record for years. In 2000, a Senate committee report criticized the government for a lack of action, stating that "Australia's per capita emissions have shot to the highest in the world," and making more than 100 recommendations for both reducing emissions and adapting to a more dangerous environment. Unfortunately, strong winds and high temperatures are predicted for this weekend, leading fire officials to warn that the blazes already burning will spread, while new conflagrations will produce more demands for help.

Fonte: Adaptado de Cave, D. **As Australia Burns, Its Leaders Trade Insults.** Disponível em: <https://www.nytimes.com/2019/11/13/world/australia/fires-climate-change-pragmatism.html>. Acesso em: 7 jan. 2020.

TEXTO 2

STUDY FINDS DOPAMINE, BIOLOGICAL CLOCK LINK TO SNACKING, OVEREATING AND OBESITY

During the years 1976 through 1980, 15% of U.S. adults were obese. Today, about 40% of adults are obese. Another 33% are overweight. Coinciding with this increase in weight are ever-rising rates of heart disease, diabetes, cancer and health complications caused by obesity, such as hypertension. Even Alzheimer's disease may be partly attributable to obesity and physical inactivity. "The diet in the U.S. and other nations has changed dramatically in the last 50 years or so, with highly processed foods readily and cheaply available at any time of the day or night," Ali Güler, a professor of biology at the

University of Virginia, said. "Many of these foods are high in sugars, carbohydrates and calories, which makes for an unhealthy diet when consumed regularly over many years."

In a study published Thursday in the journal *Current Biology*, Güler and his colleagues demonstrate that the pleasure center of the brain that produces the chemical dopamine, and the brain's separate biological clock that regulates daily physiological rhythms, are linked, and that high-calorie foods -- which bring pleasure -- disrupt normal feeding schedules, resulting in overconsumption. Using mice as study models, the researchers mimicked the 24/7 availability of a high-fat diet, and showed that anytime snacking **eventually** results in obesity and related health problems.

Güler's team found that mice fed a diet comparable to a wild diet in calories and fats maintained normal eating and exercise schedules and proper weight. But mice fed high-calorie diets laden with fats and sugars began "snacking" at all hours and became obese. "We have shown that dopamine signaling in the brain governs circadian biology and leads to consumption of energy-dense foods between meals and during odd hours," Güler said.

Other studies have shown, Güler said, that when mice feed on high-fat foods between meals or during what should be normal resting hours, the excess calories are stored as fat much more readily than the same number of calories consumed only during normal feeding periods. This eventually results in obesity and obesity-related diseases, such as diabetes.

Speaking of the modern human diet, Güler said, "The calories of a full meal may now be packed into a small volume, such as a brownie or a super-size soda. It is very easy for people to over-consume calories and gain excessive weight, often resulting in obesity and a lifetime of related health problems. "Half of the diseases that affect humans are worsened by obesity. And this results in the need for more medical care and higher health care costs for individuals, and society."

Güler said the human body, through thousands of years of evolution, is hard-wired to consume as much food as possible as long as it is available. He said this comes from a long earlier history when people hunted or gathered food and had brief periods of plenty, such as after a kill, and then potentially lengthy periods of famine. Humans also were potential prey to large animals and so actively sought food during the day, and sheltered and rested at night.

"We evolved under pressures we no longer have," Güler said. "It is natural for our bodies as organisms to want to consume as much as possible, to store fat, because the body does not know when the next meal is coming."

"But, of course, food is now abundant, and our next meal is as close as the kitchen, or the nearest fast-food drive-through, or right here on our desk. Often, these foods are high in fats, sugars, and **therefore**

calories, and that's why they taste good. It is easy to overconsume, and, over time, this takes a **toll** on our health."

Additionally, Güler said, prior to the advent of our electricity-powered society, people started the day at dawn, worked all day, often doing manual labor, and then went to sleep with the setting of the sun. Human activity, therefore, was synchronized to day and night. Today, we are working, playing, staying connected -- and eating -- day and night. This, Guler said, affects our body clocks, which were evolved to operate on a sleep-wake cycle timed to daytime activity, moderate eating and nighttime rest.

"This lights-on-all-the-time, eat-at-any-time lifestyle recasts eating patterns and affects how the body utilizes energy," he said. "It alters metabolism -- as our study shows -- and leads to obesity, **which** causes disease. We are learning that when we eat is just as important as how much we eat. A calorie is not just a calorie. Calories consumed between meals or at odd hours become stored as fat, and that is the recipe for poor health."

Fonte: Adaptado de: **Study finds dopamine, biological clock link to snacking, overeating and obesity**. Disponível em: <https://www.sciencedaily.com/releases/2020/01/200103111717.htm>. Acesso em: 21 Jan 2020.

As questões de 1 a 5 referem-se ao TEXTO 1:

1. **O massacre de 1996 na Austrália é citado no primeiro parágrafo para ilustrar**
 - (A) a falta de pragmatismo do governo para solucionar questões de segurança pública.
 - (B) o senso comum no debate sobre políticas para o ensino superior.
 - (C) a inabilidade do governo em gerir questões de políticas climáticas.
 - (D) a ineficiência das medidas adotadas pelo governo na área social.

2. **O artigo menciona o Canadá e a Coreia do Sul como exemplos de países que**
 - (A) não cumprem metas estabelecidas pelo Acordo de Paris.
 - (B) diferem da Austrália em questões de política ambiental.
 - (C) mantêm os índices de redução de emissões.
 - (D) priorizam políticas ambientais preventivas.

3. **A que se refere a manchete *"The higher the flames in the bush, the lower the politics"*, em destaque no 7º parágrafo?**

4. **Por que a professora Susan Harris Rimmer da Griffith Law School compara o carvão australiano à Associação Nacional de Rifles dos Estados Unidos?**

5. Analise as afirmativas abaixo e assinale a seguir:

- I. A pressão das catástrofes naturais não tem sido determinante para o governo australiano mudar sua política climática.
- II. As recomendações para redução de emissões são recentes.
- III. Os partidos majoritários defendem mudanças na atual política de energia.
- IV. A indústria de carvão mineral beneficia a maior parte da população australiana.
- V. A extração de carvão mineral é objeto de disputa entre o legislativo conservador e os progressistas.

(A) Todas estão INCORRETAS.

(B) Apenas I, III e IV estão corretas.

(C) Apenas II e IV estão corretas.

(D) Apenas I e V estão corretas.

As questões de 6 a 10 referem-se ao TEXTO 2:

6) A que coincidência e possível causa refere-se o autor no 1º parágrafo?

7) Quais afirmativas sobre o estudo publicado no periódico *Current Biology* são verdadeiras?

- I. O centro do prazer do cérebro está ligado ao relógio biológico.
- II. O consumo de alimentos altamente calóricos atrapalha os horários normais de alimentação.
- III. Os ratos alimentados com comidas silvestres e gorduras continuaram com peso adequado.
- IV. Os ratos alimentados com comidas altamente calóricas “petiscavam” mais a qualquer hora.
- V. O consumo de alimentos altamente enérgicos entre as refeições está relacionado ao controle da dopamina sobre a biologia circadiana.

(A) I, II, III, IV e V.

(B) apenas I, IV e V.

(C) apenas I, II, III e V.

(D) apenas II, III e IV.

8) De acordo com Guler,

- (A) estudos mostram que ratos alimentados com alto teor de gordura entre as refeições armazenam menos calorias.
- (B) atualmente, o ser humano consegue manter uma dieta menos calórica com mais facilidade.
- (C) um *brownie* contém mais calorias do que uma refeição.
- (D) a obesidade é responsável pelo agravamento de 50% das doenças que afetam os humanos.

9) De que forma o advento da eletricidade está relacionado aos hábitos alimentares da sociedade atual?

10) É CORRETO o que se afirma em:

- (A) “**eventually**”, destacado no 2º parágrafo, introduz uma hipótese.
- (B) “**therefore**”, destacado no 8º parágrafo, pode ser substituído por “**consequently**” sem alterar o sentido do texto.
- (C) “**toll**”, destacado no 8º parágrafo, é usado com sentido literal no texto.
- (D) “**which**”, destacado no 10º parágrafo, refere-se a “**diseases**”.

RASCUNHO

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CHAVE DE RESPOSTAS

| QUESTÃO | |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D |
| 2 | <input checked="" type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 3 | Refere-se ao fato de que à medida que as chamas dos incêndios aumentam e se alastram pela Austrália, os políticos de grupos/partidos opostos baixam o nível do debate e seguem trocando insultos. |
| 4 | As armas nos EUA e o carvão na Austrália definiram o perfil político-econômico dos países desde o período colonial. A Austrália tem a mesma dificuldade em controlar as leis que regem as mineradoras de carvão que os Estados Unidos têm em relação ao lobby político das armas, mesmo diante de evidências do poder de ambos os produtos (carvão e armas) de causar tragédias. |
| 5 | <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input checked="" type="radio"/> D |
| 6 | O autor refere-se à coincidência entre o aumento da porcentagem de americanos obesos e as crescentes taxas de doenças do coração, diabetes, câncer e complicações da saúde causadas pela obesidade, como a hipertensão e até mesmo o Alzheimer. A possível causa está no consumo regular e contínuo de comidas processadas, das quais muitas contêm alto teor de açúcares, carboidratos e calorias. |
| 7 | <input checked="" type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 8 | <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input checked="" type="radio"/> D |
| 9 | Atualmente, estamos trabalhando, jogando e ficando conectados e comendo dia e noite. Isso afeta nosso relógio biológico que foi desenvolvido para funcionar num ciclo dormir e acordar/sono-vigília programado para atividades diurnas, alimentação moderada e descanso noturno. Esse estilo de vida com luzes acesas o tempo todo, alimentação a qualquer hora reformula os padrões alimentares e afeta o modo como o corpo utiliza energia. Isso altera o metabolismo e leva à obesidade e, posteriormente, a doenças. |
| 10 | <input type="radio"/> A <input checked="" type="radio"/> B <input type="radio"/> C <input type="radio"/> D |