

DATA DA REALIZAÇÃO DA ATIVIDADE: ____/____/____

ALUNO: _____

ESCOLA: _____

Spelling rules

Infinitive + ed/d	visit – visit ed love – love d
Vowel + y: ed	enjoy – enjoy ed
Consonant + y: ied	study – studi ed
One-syllable verb 1 vowel + 1 consonant: Double consonant + ed	stop – stop ped bat – batt ed
Two-syllable with stress on second syllable and ending with a single consonant: Double consonant + ed	permit – permit ted commit – committ ed

No quadro ao lado você encontrará as regras de escrita dos verbos regulares no passado simples. Para mais detalhes sobre esse tempo verbal, assista o vídeo a seguir:

<https://www.youtube.com/watch?v=PYdpnjCUyL8>

O seguinte texto encontra-se na página 33 do seu livro didático e trata sobre os benefícios de uma boa nutrição. Caso necessite, utilize um dicionário online ou impresso.

A HEALTHY GUIDE TO GOOD NUTRITION

[...]

To function properly, your body must have the correct combination of nutrients:

Carbohydrates. They are the primary source of ammunition in your diet. The body uses carbohydrates to build glucose which can be used immediately or stored in your body for later. Too much glucose, however, is stored as fat. [...]

Proteins. Proteins help your body build and maintain muscles and other tissues. They also function in the creation of hormones. Like carbohydrates, excess protein is stored as fat. [...]

Fat. Strange as it may seem; fat is another nutrient your body requires. It comes in both saturated and unsaturated forms. Saturated fat puts you at risk of health problems. [...]

Minerals and trace elements. These are another nutrient your body requires. Both are used in many different body processes. Minerals like chlorine help make your digestive juices. Phosphorus helps build strong bones. Both can be found in the foods we consume, but with a trace element, your body just needs a tiny amount. Salt is one final nutrient your body requires. You should not consume more than 2400 milligrams per day, though, as it might raise your blood pressure. [...]

Excellent nutrition is the basis of a healthy diet.

QUESTIONS:

- De acordo com as regras expostas no quadro acima sobre o Simple Past, retire do texto 2 verbos no passado simples.

- Resolva as questões 4 e 5 da página 33 do livro didático.

Tips:

- A questão 4 pede para que você diga qual o principal propósito desse texto, qual seu objetivo.
- A questão 5 pede para que você diga o que as palavras em negrito expressam nas frases: uma probabilidade, uma obrigação, uma sugestão etc.

Questão 4 (adaptada do livro): Read the text [...]. Then identify the main purpose of this excerpt: (leia o texto. Depois identifique o objetivo principal do trecho lido)

a) give tips on good nutrition

b) talk about meal routines

c) recommend recipes for a diet

Questão 5 (adaptada do livro): look at the words in bold and explain their meaning in each sentence: (observe as palavras em negrito e explique seus sentidos em cada frase)

a) "to function properly, your body **must** have the correct combination of nutrients"

obligation

opinion

b) "Strange as it **may** seem; fat is another nutrient your body requires."

Recommendation

Probability

c) "You **should** not consume more than 2400 milligrams per day [...]"

obligation

Recommendation

d) "[...] it **might** raise your blood pressure."

Probability

opinion

- Traduza as frases da questão 5 (acima) para português.

a)

b)

c)

d)