

1º Bimestre (Units 1 and 2) - A

School: Student(s):

Read the text below and do exercises 1-3.

What is cyberbullying, exactly?

“Cyberbullying” is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It has to have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyberstalking. Adult cyber-harassment or cyberstalking is NEVER called cyberbullying. (...)

STOP
cyberbullying

Reprodução: <www.stopcyberbullying.org>

From: <www.stopcyberbullying.org/what_is_cyberbullying_exactly.html>. Accessed in: May 2015. (fragment)

1 Write **T** (True) or **F** (False). Then, correct the false statement(s).

a. Cyberbullying is bullying that takes place using electronic technology such as the Internet, interactive and digital technologies or mobile phones.

.....

b. Cyberbullying involves a child, preteen or teen on both sides.

.....

c. Adult cyber-harassment is also called cyberbullying.

.....

2 In “It has to have a minor on both sides”, **It** refers to

“cyberbullying”.

“child”.

“preteen”.

“teen”.

3 In “instigated by a minor against another minor”, **minor** means

menor de idade.

maior de idade.

1º Bimestre (Units 1 and 2) - B

School: Student(s):

Read the text below and do exercises 1-3.

The Benefits of Music Education

The Benefits to the Brain: Cognitive Development

Adults who receive formal music instruction as children have more robust brainstem responses to sound than peers who never participate in music lessons and the magnitude of the response correlates with how recently training ceased. These results suggest that neural changes accompanying musical training during childhood are retained in adulthood. (...)

Students in high-quality school music education programs score higher on standardized tests compared to students in schools with deficient music education programs, regardless of the socioeconomic level of [the] community. Playing a musical instrument significantly enhances the brainstem's sensitivity to speech sounds. This relates to encoding skills involved with music and language. Experience with music at a young age can "fine-tune" the brain's auditory system. (...)

From: <www.vh1savethemusic.org/sites/default/files/BenefitsofMusicEd%20%281%29_1.pdf>. Accessed in: May 2015.



@vh1savethemusic

Reprodução/Save the Music Foundation

1 What is the text above about?

.....
.....

2 Based on the text, mark the correct item that answers each question below.

a. Who has stronger brainstem responses to sound?

- Adults who never participate in music lessons.
 Adults who receive formal music instruction as children.

b. Who has better results on standardized tests?

- Students in high-quality school music education programs.
 Students in schools with deficient music education programs.

3 Complete the following sentences with words/expressions from the text.

- a. Brain changes accompanying musical training during childhood are preserved in
- b. Playing a musical instrument improves dramatically the brainstem's sensitivity to
- c. Experience with music during childhood can "fine-tune" the brain's

2º Bimestre (Units 3 and 4) - A

School: Student(s):

Read the text below and do exercises 1-3.

Saint Patrick's Day in Ireland

On the 17th of March every year, Ireland celebrates a special day called Saint Patrick's Day.

People in Ireland paint their faces and draw the Irish flag on their faces to look cool. They go to the parade and enjoy the day.

There are a lot of floats going through the streets with people on them playing Irish music and doing Irish dancing. There are bands playing music and clowns and acrobats in the parade too.

A lot of people from different countries go to Ireland to join in the celebrations and have a good time. Sometimes people come to Ireland for the first time just to see and go to the huge parade that people celebrate there. Lots of people dress up for the day at the parade or at home. They wear colorful clothes and hats to look great.



Yayayoy/Shutterstock/Glow Images

Adapted from: <www.topics-mag.com/internatl/holidays/ireland/St_Patrick's_Day_Ireland.htm>. Accessed in: May 2015.

1 Answer the following questions based on the text above.

a. When and where is Saint Patrick's Day celebrated?

.....

b. What do people in Ireland do on Saint Patrick's Day to look cool?

.....

c. Who goes to Ireland to participate in the celebrations of Saint Patrick's Day?

.....

d. What do people do in Saint Patrick's Day parade?

.....

e. What do people wear on Saint Patrick's Day to look great?

.....

2 In "There are a lot of floats going through the streets ", **float** means

desfile.

carro alegórico.

3 In "They go to the parade and enjoy the day.", what does **parade** mean?

.....

2º Bimestre (Units 3 and 4) - B

School: Student(s):

Read the text below and do exercises 1-3.

Be Good to Your Brain

So what can you do for your brain? Plenty.

- Eat healthy foods. They contain potassium and calcium, two minerals that are important for the nervous system.
- Get a lot of playtime (exercise).
- Wear a helmet when you ride your bike or play other sports that require head protection.
- Don't drink alcohol, take drugs, or use tobacco.
- Use your brain by doing challenging activities, such as puzzles, reading, playing music, making art, or anything else that gives your brain a workout!

Reviewed by: Yamini Durani, MD

Date reviewed: January 2013



gsl/Shutterstock/Glow Images

From: <<http://kidshealth.org/kid/htbw/brain.html>>. Accessed in: May 2015. (fragment)

1 De acordo com o texto acima, o que faz bem para o cérebro?

- a. Praticar atividade física.
- b. Alimentar-se de forma saudável.
- c. Beber um copo de água em jejum.
- d. Não consumir bebida alcoólica, drogas ou cigarros.
- e. Usar equipamento de segurança ao praticar esportes.
- f. Reservar alguns minutos do dia para simplesmente não fazer nada.
- g. Realizar atividades que estimulem o cérebro, como, por exemplo, fazer quebra-cabeças, ler, tocar um instrumento musical.

2 Which challenging activities that stimulate the brain are mentioned in the text?

.....
.....

3 In "Wear a helmet when you ride your bike", **helmet** means

- capacete.
- cinto de segurança.

3º Bimestre (Units 5 and 6) - A

School: Student(s):

Read the text below and do exercises 1-3.

Sports and children

Only six out of 10 children aged between five and 14 years participate in sport outside of school, according to the Australian Bureau of Statistics. The Australian Health Survey conducted in April 2012 found that 25 per cent of Australian children and teenagers, aged five to 17 years, are overweight or obese, indicating that we need to foster a more sports-minded culture that encourages children to be physically active.

People who are active dramatically reduce their risk of many diseases, including heart disease and osteoporosis. Regular exercise is also known to reduce the risk of emotional problems such as anxiety and depression. Habits are established early in life and evidence suggests that physically active children are more likely to mature into physically active adults.

From: <www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sport_and_children?open>. Accessed in: May 2015.

1 Responda às perguntas abaixo de acordo com o texto.

a. Em média, quantas crianças entre 5 e 14 anos praticam esportes fora da escola?

.....

b. Segundo a pesquisa de 2012 mencionada no texto, qual o percentual de jovens australianos acima do peso?

.....

c. A partir dos resultados da pesquisa, o que deve ser feito para que os jovens se tornem fisicamente ativos?

.....

2 Based on the text, who is more likely to mature into physically active adults?

.....

3 What are the advantages of regular exercise?

.....

.....

.....

3º Bimestre (Units 5 and 6) - B

School: Student(s):

Read the text below and do exercises 1-4.

Sustainable material pioneers: what does the future hold?

What's wrong with the materials I'm wearing now?

It's likely that you're wearing cotton or polyester, two of the fashion industry's most popular fibres. Cotton depends on large amounts of water to grow, and polyester depends on now-declining reserves of oil and gas. The idea behind sustainable materials is that they are less damaging to the environment to produce, consuming fewer natural resources and creating less pollution.

Erin Smith, artist in residence at Microsoft Research explains:

We are living in a time when our growing population and consumption habits are no longer going to be supportable at our present escalating rate. We will need to find ways to make better use of our raw materials, including water and farmable lands.(...)

Language Note

fibre (BrE) = fiber (AmE)

From: <www.theguardian.com/sustainable-business/sustainable-fashion-blog/2015/apr/01/sustainable-material-pioneers-what-does-the-future-hold>. Accessed in: May 2015. (fragment)

1 Write **T** (True) or **F** (False). Then, correct the false statement(s).

a. Cotton and polyester are two of the fashion industry's most popular fibres.

.....

b. Cotton depends on reserves of oil and gas.

.....

c. Sustainable materials are less damaging to the environment and create less pollution.

.....

d. According to Erin Smith, we will need to find alternatives to make better use of our raw materials.

.....

2 Who is Erin Smith?

.....

3 Segundo Erin Smith, em que época estamos vivendo?

a. Em uma época em que nosso crescimento populacional e nossos hábitos de consumo ainda são sustentáveis.

b. Em uma época em que nosso crescimento populacional e nossos hábitos de consumo não serão mais sustentáveis se prevalecer a taxa de aumento atual.

4 In "they are less damaging to the environment", **they** refers to

"sustainable materials".

"natural resources".

4º Bimestre (Units 7 and 8) - A

School: Student(s):

Read the text below and do exercises 1 and 2.

Brazil

Brazil is the largest country in South America and the fifth largest nation in the world. It forms an enormous triangle on the eastern side of the continent with a 4,500-mile (7,400-kilometer) coastline along the Atlantic Ocean. It has borders with every South American country except Chile and Ecuador.

The Brazilian landscape is very varied. It is most well-known for its dense forests, including the Amazon, the world's largest jungle, in the north. But there are also dry grasslands (called pampas), rugged hills, pine forests, sprawling wetlands, immense plateaus, and a long coastal plain.

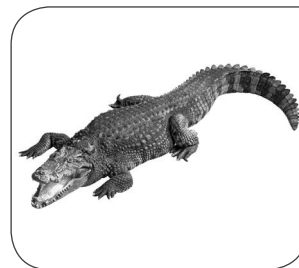
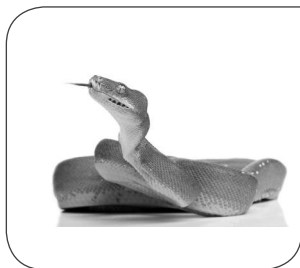
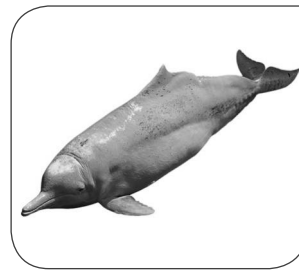
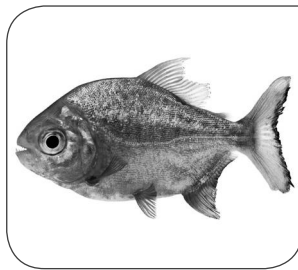
Northern Brazil is dominated by the Amazon River and the jungles that surround it. The Amazon is not one river but a network of many hundreds of waterways. Its total length stretches 4,250 miles (6,840 kilometers), making it the longest river on Earth. Thousands of species live in the river, including the infamous piranha and the boto, or pink river dolphin. (...)

From: <<http://kids.nationalgeographic.com/explore/countries/brazil>>. Accessed in: May 2015. (fragment)

1 Based on the text above, mark the correct sentences below about Brazil.

- a. Brazil is the fifth largest country in South America.
- b. It has borders with Chile and Ecuador.
- c. The Amazon is the world's largest jungle.
- d. The Amazon River is the Earth's longest river.
- e. A lot of animals live in the Amazon River.

2 Choose the species that live in the Amazon River that are mentioned in the text.



4º Bimestre (Units 7 and 8) - B

School: Student(s):

Read the text below and do exercises 1-4.

When you use a rainbow as a nutritional guide you are ensuring that your kids are benefiting from a wide spectrum of vitamins, minerals and nutrients that are provided by each color group. Eating all five color groups every day is an excellent way to keep your kids healthy and feeling their best!

Here is a very basic run down on each color group and how it helps our bodies:

Red: Very heart healthy and gives strength support to our joints!

Orange: A great source of Vitamin C. The orange group helps keep our eyes healthy!

Yellow: This group is good for our skin and helps our digestive system!

Green: Helps our entire body and strengthens our immune systems, which means less colds!

Purple: Purple/blue foods are excellent for our brains! They help us with our memory and also help keep some cancers away!

From: <www.todayiatearainbow.com/about/benefits-of-eating-a-rainbow>. Accessed in: May 2015.

1 According to the text, why is it good to use a rainbow as a nutritional guide?

.....
.....

2 Complete the table below with the color groups mentioned on the text above.

Color group	Benefits
	Good for our immune system.
	Excellent for our brains.
	Healthy for our hearts and joints.
	Good for our skin and digestive system.
	Great for our eyes.

3 Which color group helps prevent some cancers?

.....

4 What is the meaning of "A great source of Vitamin C."?

.....