

REPÚBLICA DE MOÇAMBIQUE



**DIRECÇÃO PEDAGÓGICA**  
DEPARTAMENTO DE PLANIFICAÇÃO E AVALIAÇÃO

EXAME DE ADMISSÃO – 2010

## PROVA DE INGLÊS

### INSTRUÇÕES

1. A prova tem a duração de 120 mn e contempla um total de 60 perguntas.
2. Leia atentamente a prova e responda na **Folha de Respostas** a todas as perguntas.
3. Para cada pergunta existem quatro alternativas de resposta. Só **uma** é que está correcta. Assinale **apenas** a alternativa correcta.
4. Para responder correctamente, basta **marcar na alternativa** escolhida como se indica na Folha de Respostas. Exemplo:
5. Para marcar use **primeiro** lápis de carvão do tipo **HB**. Apague **completamente** os erros usando uma borracha. Depois passe por cima esferográfica **preta** ou azul.
6. No fim da prova, entregue **apenas** a Folha de Respostas. **Não será aceite** qualquer folha adicional.
7. Não é permitido o uso de dicionário.
8. Não é permitido o uso de celular durante a prova.

## PROVA DE INGLÊS

### SECTION A: READING & COMPREHENSION

#### Text

#### To be or not to be a vegetarian

A *strict* vegetarian is a person who never in his life eats anything derived from animals. The main objection to vegetarianism on a long-term basis is the difficulty of getting enough protein – the body-building element in food. If you have ever been without meat or other animal food for some days or weeks (say, for religious reasons) you will have noticed that you tend to get physically *rather* weak. You are glad when the fast is over and you get your reward of *succulent* meat meal.

6 Proteins are built up from approximately twenty food elements called ‘amino-acids’, which are found more *abundantly* in animal protein than in vegetable protein. This means you have to eat a great deal more vegetable than animal food in order to get enough of these amino-acids. A great deal of vegetable food goes to waste in this process and from the *physiological* point of view there is not much to be said in favour of life-long vegetarianism.

11 The economic side of the question, though, must be considered. Vegetable food is much more cheaper than animal food. However, since only a small proportion of the vegetable protein is useful for body-building purposes, a *consistent* vegetarian, if he is to gain the necessary 70 grams of protein a day, has to consume a great bulk of food than his digestive organs can comfortably deal with. In fairness, though, it must be pointed out that vegetarians *claim* they need less than 70 grams of protein a day.

17 Whether or not vegetarianism should be *advocated* for adults, it is definitely unsatisfactory for growing children, who need more protein than they can get from vegetable resources. A *lacto-vegetarian*, which includes milk and milk product such as cheese, can, however, be satisfactory as long as enough milk products are *consumed*.

Meat and cheese are the best sources of usable animal protein and next come milk, fish and eggs.

23 Slow and careful cooking of meat makes it more digestible and assists in the breaking down of the protein content by the body. When cooking vegetables, however, the vitamins, and *in particular* the water-soluble vitamin C, should not be lost through over-cooking.

With fruit, vitamin loss is negligible, because the cooking water is normally eaten along with fruit, and acids in the fruit help to hold in the vitamin C.

28 Most nutrition experts today would recommend a balanced diet containing elements of all foods, largely because of our need for sufficient vitamins. Vitamins were first called ‘accessory food factors’ since it was discovered, in 1906, that most foods contain, besides carbohydrates, fats, minerals and water, these other substances necessary for health. The most common deficiencies in western diets today are those of vitamins. The answer is variety in food. A well-balanced diet having sufficient amounts of milk, fruit, vegetable, eggs, and meat, fish or fowl (i.e. any good protein source) usually provides adequate minimum daily requirements of all the vitamins.



Select the answer which is most accurate according to the information given in the passage

**1. A strict vegetarian**

- A) rarely eats animal products.
- B) sometimes eats eggs.
- C) never eats any animal products.
- D) never eats proteins.

**2. We feel weak when we go without meat and other animal products**

- A) because we are reducing our food intake.
- B) because we do not get enough protein.
- C) because vegetables do not contain protein.
- D) unless we take a plenty of exercise.

**3. Proteins are built up from**

- A) approximately twenty different foods.
- B) about twenty different vegetables.
- C) various fats and sugars.
- D) about twenty different amino-acids.

**4. Physiologically, life-long vegetarianism may be good because**

- A) it makes people very thin.
- B) the body must process too much waste.
- C) the farmers lose money.
- D) vitamin-deficiency diseases may result.

**5. One thing in favour of vegetarianism is that**

- A) vegetable food is easier to digest.
- B) animal food is less expensive.
- C) vegetable food is cheaper.
- D) it is good for the digestion.

**6. The body's daily needs for protein is**

- A) 90 grams.
- B) 50 grams.
- C) 70 grams.
- D) At least 100 grams.

**7. Digestive organs can comfortably deal with**

- A) any quantity of food per day.
- B) less than 70 grams of food per day.
- C) a limited quantity of food per day.
- D) any amount of vegetable foods.

**8. Vegetarianism is not suitable for growing children because they**

- A) need more protein than vegetable can supply.
- B) cannot digest vegetables.
- C) use more energy than adults.
- D) cannot easily digest milk and milk products.

**9. Slow and careful cooking of meat**

- A) preserves the vitamins.
- B) breaks down the vitamins.
- C) makes it easier to digest.
- D) reduces the protein content.

**10. Most nutrition experts today believe the food we eat should contain**

- A) more meat than vegetables.
- B) more vegetables than meat.
- C) fruit, cereal and fish as well as meat and vegetables.
- D) as many different kinds of vegetables as possible.

## SECTION B: VOCABULARY

Find the following words in the passage and select the meaning you think is *most likely* to correspond among the choices given.

11. strict (line 1)

- A) fierce
- B) complete
- C) harsh
- D) cruel

12. rather (line 5)

- A) preferably
- B) hardly
- C) better
- D) somewhat

13. succulent (line 5)

- A) tasty
- B) soft
- C) small
- D) sucking

14. abundantly (line 7)

- A) excessively
- B) occasionally
- C) plentifully
- D) rarely

15. physiological (line 9)

- A) bodily
- B) mental
- C) psychological
- D) medicinal

16. consistent (line 13)

- A) content
- B) hard-working
- C) regular
- D) agreeable

17. advocated (line 17)

- A) discussed
- B) recommended
- C) disputed
- D) made legal

18. lacto- vegetarian (line 18/19)

- A) milk and meat
- B) partly meat
- C) part meat and part vegetable
- D) non-protein

19. consumed (line 20)

- A) used up
- B) eaten
- C) destroyed
- D) completed

20. in particular (line 24/25)

- A) with care
- B) in part
- C) especially
- D) in detail

## SECTION C: MISSING WORD SUMMARY

Fill in the numbered blanks from the selection of words given below. The correct choices will complete the sense of this summary of the reading passage.

A strict vegetarian is a person who 21 himself of any animal product. The danger of 22 this is that one may 23 get enough protein. Vegetables 24 contain protein, however, and vegetarians claim that they need 25 than the 70 grams per day that some

dieticians suggest are 26. Growing children definitely need milk and milk products, so a 27 diet is only satisfactory form of 28 for them.

21

- A) prevents
- B) deprives
- C) allows
- D) provides

22

- A) making
- B) doing
- C) having
- D) has

23

- A) no
- B) not
- C) perhaps
- D) certain

24.

- A) do
- B) do not
- C) seldom
- D) always

25.

- A) far more
- B) far less
- C) not less
- D) the same

26.

- A) Necessarily
- B) Necessity
- C) Necessary
- D) available

27.

- A) strict vegetarian
- B) non-vegetarian
- C) lacto-vegetarian
- D) vegetables

28.

- A) vegetable
- B) vegetarian
- C) lacto-vegetarian
- D) proteins

## SECTION D: GRAMMAR

Choose the correct answer: A, B, C, or D

29. Who \_\_\_\_\_ a lift? I've got the car today.

- A) need
- B) does need
- C) needs
- D) is needing

30. What time \_\_\_\_\_ in the morning?

- A) you are getting up
- B) you get up
- C) do you get up
- D) get you up

31. He \_\_\_\_\_ work on Saturdays.

- A) doesn't
- B) not
- C) isn't
- D) don't

32. She \_\_\_\_\_ breakfast at 8 o'clock every day.

- A) is having
- B) has
- C) does have
- D) have

33. I \_\_\_\_\_ to the beach because I don't like swimming.

- A) always go
- B) go always
- C) go never
- D) never go

34. \_\_\_\_\_ in Xai-Xai in January?

- A) You were
- B) Was you
- C) Were you
- D) You was

35. What \_\_\_\_\_? It is large and modern.



- A) is your flat like    B) your house likes    C) does your house like    D) like your house
36. \_\_\_\_\_ a lot of people at the party last night.  
A) It had                    B) There was                    C) There are                    D) There were
37. \_\_\_\_\_ to Namaacha last week?  
A) You went                    B) Did you go                    C) Did you went                    D) Went you
38. I \_\_\_\_\_ my mother last Tuesday.  
A) visit                    B) visited                    C) was visit                    D) have visit
39. He hasn't got \_\_\_\_\_ beer.  
A) many                    B) a few                    C) much                    D) little
40. I like her food. She cooks very \_\_\_\_\_.  
A) well                    B) good                    C) badly                    D) bad
41. We \_\_\_\_\_ when the police came.  
A) eating                    B) eat                    C) were eating                    D) did eating
42. Of course I \_\_\_\_\_ drive a car when I was two years old!  
A) can't                    B) could                    C) can                    D) couldn't
43. You \_\_\_\_\_ sleep in class.  
A) must                    B) mustn't                    C) must to                    D) mustn't to
44. She's \_\_\_\_\_ to Lisbon five times since 1990.  
A) going                    B) gone                    C) went                    D) been
45. They \_\_\_\_\_ their homework yet.  
A) haven't finished    B) didn't finish                    C) finished                    D) have finished

### SECTION E:

#### MIXED SKILLS: VOCABULARY, READING AND GRAMMAR

A. Read the text below and decide which answer A, B, C or D fits each space.

##### The Origin of Spas

Traditionally, spas were places which had a spring of mineral water, where people who were (0).... Went to recover from an illness or (46).... a disease. Spas were developed by the (47)....

Romans, who built public bath houses over hot volcanic springs. Some Roman baths could (48).... up to 6,000 bathers and had restaurants, sports centres, swimming pools, gardens and libraries. An extremely (49).... entrance fee ensured the popularity of the baths. There was no fixed (50).... in which the rooms were used. People might begin with a (51).... workout, before going to the Warm Room to relax, (52).... a vigorous massage in olive oil and then (53).... a good soak in the warm bath. Next they could take a bath in the Hot Room, before (54).... down in the Cold Room. After that, they might (55).... for a swim, read some poetry in the library, have a (56).... to eat, or talk about urgent matters of state in a private talk room. In those days, the daily bath was a great social (57).... Today, spas, or 'day spas' as they are sometimes (58)... are rather expensive. They are for people with less time on their (59)... than the Romans, who don't (60).... paying a lot of money when they are feeling under the weather or need to unwind from stressful jobs.

**Example:**

- |     |                |                 |               |              |
|-----|----------------|-----------------|---------------|--------------|
| 0   | A) <u>sick</u> | B) wounded      | C) damaged    | D) unhealthy |
| 46. | A) correct     | B) improve      | C) cure       | D) support   |
| 47. | A) antique     | B) dated        | C) historical | D) ancient   |
| 48. | A) accommodate | B) provide      | C) use        | D) involve   |
| 49. | A) poor        | B) low          | C) little     | D) short     |
| 50. | A) line        | B) queue        | C) route      | D) order     |
| 51. | A) tired       | B) solid        | C) hard       | D) high      |
| 52. | A) hold        | B) have         | C) admit      | D) possess   |
| 53. | A) enjoy       | B) like         | C) love       | D) satisfy   |
| 54. | A) cooling     | B) heating      | C) warming    | D) chilling  |
| 55. | A) take        | B) go           | C) spend      | D) use       |
| 56. | A) taste       | B) piece        | C) mouth      | D) bite      |
| 57. | A) chance      | B) circumstance | C) occasion   | D) season    |
| 58. | A) called      | B) cried        | C) announced  | D) stated    |
| 59. | A) feet        | B) hands        | C) seat       | D) chest     |
| 60. | A) matter      | B) care         | C) bother     | D) mind      |

**END**