



PROVA DE EQUIVALÊNCIA À FREQUÊNCIA

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ACTIVITY A

Comment on the following pictures.



ACTIVITY B

Read the following text.

Vegetarian Stars Are Powered by Tofu!

A- Avril Lavigne

Avril has been nominated by PETA as one of the sexiest vegetarians.

She was quoted in Rolling Stone saying, "I became a vegetarian on my trip [to Europe], and I'm obsessed with pasta."

According to PETA, Avril likes to cook vegetarian dishes in her spare time. Some of her band members are vegetarian, so it was only a matter of time before it rubbed off on her. She admits that she does like to eat her share of junk food from time to time – who doesn't really? – but the pop-punk princess adds, "90 percent of the time I eat a vegan diet."

And apparently she has upset the owners of her childhood haunt by revealing she no longer eats meat. La Pizzeria in Nappanee, Ontario claims to be "the home of Avril Lavigne's favourite pizza". Lavigne doesn't eat this particular pizza anymore, because it contains ingredients she has since given up. "It was green olives, pepperoni and mushrooms but I don't eat mushrooms or pepperoni anymore. ... meat's not too great for you... I eat healthier than that now."

Update (Jan. 2006) *American Idol* winner **Carrie Underwood** and Coldplay frontman **Chris Martin** have been selected as PETA's "World's Sexiest Vegetarians," narrowly edging out a host of other veggies, including David Duchovny, Reese Witherspoon, Joss Stone, Avril Lavigne, Joaquin Phoenix, and Prince.



B- Alicia Silverstone

Why have so many of today's famous faces taken the vegetarian plunge? Many, such as **Russell Simmons** and **Pamela Anderson**, don't want to support the cruelty implicit in producing meat, dairy products, and eggs. According to Russell, "Cruelty is cruelty, whether it's cruelty to children, to the elderly, to dogs and cats, or to chickens." Pam agrees: "Chickens, pigs, and other animals ...



are interesting individuals with personalities and intelligence. ... What people need to understand is that if they're eating animals, they are promoting cruelty to animals." Let's face it: There's nothing glamorous about chewing on the corpse of a tortured animal.

Alicia Silverstone notes how much better vegetarian diets are for your health: "Since I've gone vegetarian, my body has never felt better and my taste buds have been opened up to a whole new world. It's one of the most rewarding choices I've ever made and I invite you to join me in living a healthy, cruelty-free lifestyle." Indeed, studies show that a vegetarian diet promotes a healthy heart—and that helps stars maintain a youthful vigour and boundless stamina while on stage, in the studio, and on the field.

Sir Paul McCartney sums it all up: "If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do. It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty."

ACTIVITY C

Comment / State your opinion on ONE of the following topics:

1. A World of many Languages and Cultures
2. A Technological World
3. Media and Global Communication
4. Young People and Consumerism
5. The World Around Us
6. The World of Work

FIM

COTAÇÕES

ATIVIDADE A

..... 75 pontos

ATIVIDADE B

..... 75 pontos

ATIVIDADE C

..... 50 pontos

Total da prova 200 pontos