



Disciplina:	INGLÊS	N.º Questões:	40
Duração:	90 minutos	Alternativas por questão:	5
Ano:	2026		

INSTRUÇÕES

- Preencha as suas respostas na FOLHA DE RESPOSTAS que lhe foi fornecida no início desta prova. Não será aceite qualquer outra folha adicional, incluindo este enunciado.
- Na FOLHA DE RESPOSTAS, assinale a letra que corresponde à alternativa escolhida pintando completamente o interior do círculo por cima da letra. Por exemplo, pinte assim
- A máquina de leitura óptica anula todas as questões com mais de uma resposta e/ou com borrões. Para evitar isto, preencha primeiro a lápis HB, e só depois, quando tiver certeza das respostas, a esferográfica (de cor azul ou preta).

Healthy Eating in Mozambique: A Path to Well-being

Eating well is essential for maintaining good health, and in Mozambique, this means making the most of local, seasonal foods. A balanced diet provides the body with the nutrients it needs to grow, stay strong, and fight disease. These include carbohydrates for energy, proteins for growth and repair, and vitamins and minerals for overall well-being.

Mozambique is rich in nutritious ingredients. Cassava, maize, beans, leafy greens like cabbage, and tropical fruits such as mangoes and papayas are widely available. Fish from the coast and rivers also offer excellent sources of protein and omega-3 fats. When these foods are prepared with care and eaten in the right proportions, they support healthy development and reduce the risk of chronic illnesses like diabetes and high blood pressure.

However, many families face challenges. In urban areas, processed foods and sugary drinks are becoming more common, especially among young people. These products are often cheaper and more convenient, but they contain high levels of salt, sugar, and unhealthy fats. In rural areas, limited access to diverse foods and nutrition education can lead to undernutrition, especially among children and pregnant women.

Improving eating habits starts with awareness. Families can benefit from learning how to prepare traditional meals in healthier ways—using less oil, adding more vegetables, and avoiding excessive salt. Schools and community programs play a key role in promoting nutrition, especially when they include school gardens and cooking demonstrations.

In conclusion, healthy eating in Mozambique is not just about avoiding illness—it's about celebrating local foods, supporting farmers, and building stronger communities. By making informed choices and valuing traditional ingredients, Mozambicans can take powerful steps toward better health and a brighter future.

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|-----|--|---------------------------------------|-------------------------------------|--------------------------------------|
| 41. | What is one benefit of eating traditional Mozambican foods? | A. They are expensive. | B. They contain unhealthy fats. | C. They support healthy development. |
| | | D. Most are imported. | E. They are rich in saturated fats. | |
| 42. | What is a challenge faced by urban families in Mozambique? | A. Lack of water | B. Too many vegetables | C. Access to fresh fish |
| | | D. Rise in processed food consumption | E. Inadequate food supply | |
| 43. | What role do schools play in promoting nutrition? | A. Teaching cooking and gardening | B. Implementing agriculture classes | C. Providing fast food |
| | | D. Avoiding traditional meals | E. Selling snacks | |

44. "Undernutrition" means ...
 A. Not getting a balanced diet
 B. Not getting enough nutrients
 C. Not eating enough
 D. Sick
 E. Underdeveloped
45. "Omega-3 fats" are ...
 A. Healthy fats that humans need
 B. Saturated fats that humans need
 C. Healthy fats found in fish
 D. Healthy fats found in agricultural crops
 E. Vitamins
46. "Awareness" is the same as ...
 A. Paying attention
 B. Watching or observing someone when speaking
 C. The sense of feeling something
 D. Knowledge or understanding of something
 E. Acknowledge something
47. The expression "however" means ...
 A. In the meantime
 B. In addition
 C. Thus
 D. In spite of that
 E. Therefore

Section II

Read the text and select the answer (A, B, C, D, or E) that best fits each space.

The Challenges and Rewards of Self-Employment

Self-employment offers freedom and flexibility, but it also comes with challenges. (48) traditional jobs, self-employed individuals must (49) their own schedules, finances, and responsibilities. They (50) work as freelancers, consultants, or run small (51).

One major benefit is independence. Self-employed people can (52) their projects and clients, and often work from home or (53). This can lead to greater job satisfaction and a better work-life balance. (54), it also requires discipline and organization. Without a boss or fixed hours, it's easy to (55) or overwork.

Financial stability can be another (56). Income may vary from month to month, and there are no (57) benefits like health insurance or paid (58). To succeed, self-employed workers must plan carefully, save regularly, and market themselves (59).

Despite the risks, many people find self-employment (60). It allows them to pursue their passions, develop new skills, and (61) professionally. With the rise of digital platforms and remote work, more individuals are exploring (62).

48. A. parallel to B. diferente in C. unlike D. similarly to E. nearly
49. A. carry on B. handle C. misuse D. survive E. command
50. A. might B. must C. ought to D. should E. mustn't
51. A. cooperatives B. hobbies C. farms D. companies E. industries
52. A. abstain B. opt out C. detennine D. adopt E. accept
53. A. privately B. very far C. lonely D. in the office E. away from the office
54. A. in addition B. yet C. thus D. in sum E. despite
55. A. drift away from your goal B. concentrate on your goal C. miss important deadlines
 D. do your most boring chores E. blame others for your mistakes
56. A. Issue B. anxiety C. distress D. indifference E. opportunity
57. A. accepted B. weakened C. certified D. assumed E. convinced
58. A. departure B. trip C. journey D. holiday E. weekend
59. A. effortlessly B. successfully C. virtually D. officially E. randomly
60. A. exciting B. comforting C. disheartening D. fulfilling E. sympathetic
61. A. increase B. mature C. multiply D. develop E. age
62. A. this road B. new hobbies C. alternative jobs D. new activities E. self-employment

In this section you MUST choose the word or phrase which best completes the sentence. ONLY one is correct.

63. The man car was stolen, reported it to the police.
 A. who B. whose C. which D. whom E. that
64. If they had studied harder, they better grades.
 A. would have gotten B. get C. got D. will get E. are getting

65. If you had told me, I _____ you.
A. help B. helped C. would help D. would have gotten E. am helping
66. We _____ the concert if we hadn't been tired.
A. enjoy B. enjoyed C. would enjoy D. would have enjoyed E. ours
67. If I hadn't been so stupid, _____.
A. he might not have gone to prison
C. he can't be in prison
E. he would not be in prison now
B. he will not be in prison
D. he can't have been to prison
68. Have you ever been to France? "Yes, I _____ there last August."
A. have been B. had been C. went D. were E. did
69. This car is more _____ than that one.
A. fastest B. modern C. fast D. faster E. easier
70. I am quite tall, but you are taller. I am not _____.
A. ...that tall to you B. ...long taller than you C. ...the tallest
D. ...taller as you E. as tall as you
71. My brother doesn't care about school. I wish he _____ more responsible.
A. will be B. were C. was D. would be E. shall be
72. Students who do well _____ science and maths are more attracted to careers in areas like IT and Electronics.
A. ...as B. ...in C. ...at D. ...on E. ...for
73. I do not watch television _____ I have got nothing to do.
A. ...as long as B. ...unless C. ...provided D. ...whereas E. ...so long as
74. The weather has been very dry recently. We have had _____ rain.
A. few B. little C. much D. some E. many
75. Why have a car if you never use it? The is not point in _____ a car if you never use it.
A. have B. owning C. buy D. hitch hiking E. is getting

Dear Kyoko

Maya asked me to contact you about schools in this (76) _____. Here is some information, as promised. I tea at Addison's Language Centre. It's small and (77) _____, with excellent teachers. As far as business Engl is (78) _____, the best place is probably Westbrook's. I (79) _____ to meeting you in April.

Best (80) _____.

Melissa

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|-----|---------------------|--------------|--------------|-------------|--------------|
| 76. | A. curriculum vitae | B. focus | C. field | D. interest | E. mission |
| 77. | A. friend | B. friendly | C. ambiguous | D. moody | E. fair |
| 78. | A. concerned | B. dealing | C. matter | D. success | E. eagerly |
| 79. | A. looking forward | B. hoping | C. wishing | D. expect | E. look forw |
| 80. | A. manner | B. sincerely | C. kind | D. wishes | E. success |

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