

TEXT I

Boost Your Mood with Color

Tips to find energy, happiness or calm

We all have natural reactions to color—a clear blue sky can make you feel more peaceful; a bunch of daffodils, more optimistic. So it's no surprise that the colors in your home can have an impact on your mood, too. Red, for instance, tends to be stimulating, and blue, calming, says color researcher Nancy J. Stone, PhD, a professor of psychology at Creighton University. How pure and bright a shade is can come into play, too, as well as personal associations with the color. Here's how you can tap into the power of color to feel happier, calmer, or more inspired—without a huge paint job.

Energy: red and violet

These two stimulating colors boost your energy level by causing your body to pump out more adrenaline. One British study found that when evenly matched Olympic athletes competed, those wearing red won significantly more than their blue-wearing opponents. These high-energy colors are especially good in home offices, entryways, small sitting rooms, or staircases. (Avoid them in the bedroom and bathroom, where you want to relax. You may want to skip these colors in the kitchen, too, because energizing hues can boost your appetite.)

Happy: green and yellow

Want to feel more upbeat? Bring in the colors of sunshine and spring fields. In a study from the Vrije Universiteit in Amsterdam, adults reported feeling happier around these two colors. Soft or pale yellows are ideal for playrooms and children's rooms. Add a new rug. Or paint just the ceiling to create a sunny feel. Green is an especially good pick to brighten rooms with mostly neutral tones. Toss two celadon-colored throw pillows on a taupe sofa, or display your favorite black-and-white photos in a large bright olive-green picture frame.

Calm: blue

Most of us choose blue as our favorite color, and it's really no wonder. Blue is a very soothing hue—it's the color of the sky and the sea—and we can all use soothing touches of it in our hectic lives. Because the color is relaxing, you can feel free to use it more liberally than happy or energizing colors—it will work well in any room where you long to feel less stressed. Be sure to stick with soft, muted blues, though; the brighter, stronger shades, such as French blue, can actually have a stimulating effect. Try adding a touch of this serene shade where you need it most: near your bill-paying station, perhaps.

Adaptado de: <<http://health.msn.com/your-best-life/articlepage.aspx?cp-documentid=100232150>1=31043>>
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Answer the following five questions according to TEXT I.

09. It is true to say that

- A) the colors at home won't change one's mood.
- B) people make their own associations with colors.
- C) blue-wearing athletes win more than red-wearing ones.
- D) red and blue are calming and relaxing colors.

E) green is everyone's favorite color.

Resposta: B

Justificativa:

It is true to say that (É verdadeiro afirmar que)

people make their own associations with colors. (As pessoas fazem suas próprias associações com cores).

A alternativa "A" afirma que as cores no ambiente doméstico não alteram o estado de humor de uma pessoa, mas o texto afirma o contrário: "*So it's no surprise that the colors in your home can have an impact on your mood*". A alternativa "C" diz que atletas que vestem azul vencem mais do que atletas que usam vermelho, mas o texto afirma o contrário: "*those wearing red won significantly more than their blue-wearing opponents*". A alternativa "D" afirma que as cores vermelho e azul trazem calma e relaxamento, mas apenas a cor azul, segundo o texto, provoca tal sensação. Finalmente, a alternativa "E" diz que a cor verde é a preferida da maioria, mas o texto diz que a cor azul é a preferência da maioria.

10. Which color is supposed to make you eat more?

- A) blue
- B) green
- C) red
- D) yellow
- E) orange

Resposta: C

Justificativa:

Which color is supposed to make you eat more? (Que cor deve fazer a pessoa querer comer mais?)

Red (vermelho).

Isso encontra apoio no seguinte excerto do texto: "*because energizing hues can boost your appetite*." As demais cores, portanto, estão excluídas.

11. Happy colors are ideal for

- A) children's rooms.
- B) small sitting rooms.
- C) any room.
- D) bill-paying stations.
- E) kitchens.

Resposta: A

Justificativa:

Happy colors are ideal for (Cores alegres são ideais para) children's rooms (quartos de crianças)

Apenas quartos de crianças são citados como ambientes ideais para o grupo de cores alegres: "*Soft or pale yellows are ideal for playrooms and children's rooms*."

12. *these colors* in "you may want to skip *these colors* in the kitchen..." refer to

- A) green and yellow

- B) blue and red
- C) yellow and violet
- D) violet and red
- E) red and blue

Resposta: D

Justificativa:

these colors in “you may want to skip *these colors* in the kitchen...” refer to (estas cores em “você pode querer evitar estas cores na cozinha...” referem-se a) red and violet.

As cores que não devem ser usadas na cozinha são reveladas no excerto do texto que diz: “*You may want to skip these colors in the kitchen, too, because energizing hues can boost your appetite*”. As demais cores não são mencionadas como devendo ser evitadas na cozinha.

13. The word ***hue*** is a synonym for

- A) room
- B) color
- C) sky
- D) sea
- E) appetite

Resposta: B

Justificativa:

The word *hue* is a synonym for (A palavra *hue* é um sinônimo de) Color.

A palavra *hue*, em inglês, corresponde a *color*.