

PROVA DE INGLÊS

Read the text below and judge the statements from item **76** to **100**.

Computers

More and more people use a computer in their everyday lives. Let's face it – it's fun, it's practical and it's useful. However, when it comes to beauty, computers can cause more harm than good. Try sitting in front of a computer for eight hours every day, and you'll soon see your looks going downhill. Whether or not the effects are direct or indirect, the majority of them most of us could live without.

Eyes

The part of your body that computers affect the most is the eyes. Excessive computer usage can cause the eyes to become itchy and dry. Be sure to take lots of breaks while using the computer to cut down on this itching. Experts recommend that you should take a ten-minute break every hour you use a computer. Also, try an eye moistening solution to add moisture back into the eye. Also, make sure you have plenty of light when you are using a computer. If the room you are using a computer in is too dark, it can cause your eyes excessive strain. If you've tried all of these and it doesn't seem to help, or if your eyes are becoming excessively painful, see an optician, you might need glasses.

Hair and skin

Unless you are lucky enough to have a laptop, using the computer probably means you are locked up inside. If the weather is nice out, it would be worth spending those ten-minute breaks outdoors. This will be good for you for several reasons. The first is that you'll get plenty of fresh air. Sitting indoors in a room full of stuffy air will in no way benefit your hair and skin! Second of all, it will give you the

chance to get some of that healthy well-needed exercise. If the weather isn't nice, perhaps you could spend your ten-minute breaks doing some little indoor exercise of some sort. It will get your blood circulating more efficiently, which has been proven to give you a glowing complexion and shiny hair.

Exhaustion and dehydration

Also on a sort of physical health note, constantly sitting down at a computer can make you feel tired. It may be tempting to reach for the caffeine fuelled coca cola but stop and think before you do so. Too much caffeine in your body can dull your hair and skin, as well as cause extra cellulite later on in life. Water is a much healthier alternative and it can also help restore energy levels. Keep a glass or bottle of water next to the computer at all times and sip as you need to. Before you know it, you'll be heading back to the kitchen for more. You'll be surprised just how much of your two-liter-a-day recommendation you can fill up just by random sipping.

Computers are truly great – who knows where we'd be without them! We would not be reading articles at Kiwibox, that's for sure. However, do make sure you are aware of the health and beauty risks that computers impose.

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76. The text informs that computers can be harmful to your appearance.
77. The writer concludes that computers can be harmful to one's health.
78. In the text, the expression **going downhill** (line 5) means *getting better*.
79. The word **them** (line 6) refers to *looks*.
80. In the text, four suggestions are given to take good care of your eyes when using a computer.
81. One of those suggestions is not to sit very near the computer.
82. Another suggestion is to try an eye moistening solution.

83. Another one is to work in dark rooms.
84. The text advises that if the suggestions do not work, you should see a doctor.
85. The author mentions that fresh air and exercise are the advantages of taking computer breaks outdoors.
86. The writer states you should take very few breaks because they disturb your concentration.
87. The text informs that some indoor exercise is very good for your health on sunny days.
88. A glowing complexion and shiny hair are a cause of indoor exercise.
89. The word **it** (line 30) refers to *exercise*.
90. The writer comments on the effects of drinking coffee while working at the computer.
91. The text states that caffeine is better than water to restore your energy.
92. Caffeine can damage your hair.
93. Cellulite and dull skin are consequences of feeling tired from long hours at the computer.
94. In the text, the word **sip** (line 41) means *drinking slowly*.
95. The text informs you should drink two liters of water when you are at the computer.
96. The writer concludes his text saying that computers are important in people's lives.
97. The writer warns that you can under no circumstances work a lot of hours at the computer.
98. This text is informative.
99. The author writes in an impersonal tone.
100. The use of contractions – e.g. you'll – and the second person singular (**you**) signals an informal text.