

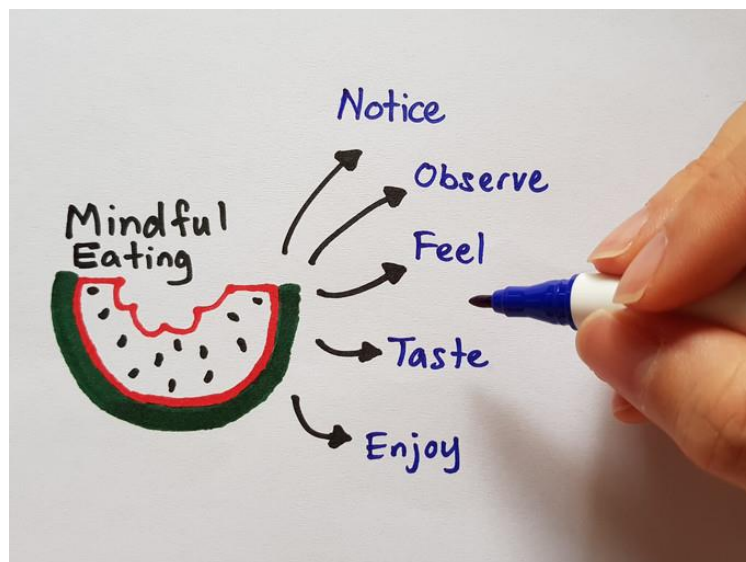
Questão 01

What is mindful eating?

Mindfulness is the practice of being present in the moment, and observing the inputs flooding your senses. At meal time: "Think about how the food looks, how it tastes and smells. What's the texture? What memories does it bring up? How does it make you feel?" Burton Murray asks. By being mindful at meals, you'll slow the eating process, pay more attention to your body's hunger and fullness cues, and perhaps avoid overeating. "It makes you take a step back and make decisions about what you're eating, rather than just going through the automatic process of see food, take food, eat food," Burton Murray says.

Set yourself up for success in being mindful when you eat by: Removing distractions. Turn off phones, TVs, and computers. Eat in a peaceful, uncluttered space.

Pacing yourself for a 20-minute meal. Chew your food slowly and put your fork down between bites.



Disponível em: <https://www.health.harvard.edu/blog/overeating-mindfulness-exercises-may-help-202203282714>. Acesso em: May, 15 2023 (adapted).

Choose the correct alternative.

- (A) The words "Notice", "Observe", "Feel", "Taste", "Enjoy" are verbs that show how people shouldn't eat, especially if they are on a diet.
- (B) The words mindful and mindfulness are adjectives that mean in the text "a way of improving your mental state that involves paying close attention to everything that you are experiencing".
- (C) The verbs notice, observe, feel, taste, enjoy are related to "Think about how the food looks, how it tastes and smells. What's the texture? What memories does it bring up? How does it make you feel?"
- (D) The advices: "Removing distractions. Turn off phones, TVs, and computers. Eat in a peaceful, uncluttered space" are impossible to follow in the modern life.
- (E) "Chew your food "slowly" and put your fork down between bites". The adjective "slowly" has an important meaning because it represents how people should eat.

GABARITO PRELIMINAR: B

RECURSO: A questão pede que seja assinalada, dentre as assertivas, a alternativa correta.

A Banca considerou como correta a alternativa B, que diz: *The words mindful and mindfulness are adjectives that mean in the text “a way of improving your mental state that involves paying close attention to everything that you are experiencing”.*

Todavia, a alternativa E afirma: *“Chew your food “slowly” and put your fork down between bites”. The adjective “slowly” has an important meaning because it represents how people should eat.*

Vemos, portanto, de forma clara que, tanto a alternativa B quanto a alternativa E, estão corretas, eis que ambas apresentam informações que vão de encontro com os argumentos que o texto apresenta:

Mindfulness is the practice of being present in the moment, and observing the inputs flooding your senses... By being mindful at meals, you'll slow the eating process, pay more attention to your body's hunger and fullness cues, and perhaps avoid overeating. (1º parágrafo)

Chew your food slowly and put your fork down between bites. (3º parágrafo)

Posto isso, deve a questão ser ANULADA por apresentar mais de uma assertiva correta.