



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Are you a healthy eater ?

VY_32_INOVACE_97

Vzdělávací oblast: Jazyk a jazyková komunikace

Vzdělávací obor: Anglický jazyk

Ročník: 8. - 9.roč.

1. What does a nutrition expert tell four teenagers about their diet? At first cut these sentences into the stripes, shuffle and then put them into the correct order (according to the font).

This is a very unhealthy diet. You eat some good things like nuts, pasta and tomatoes, but you simply don't eat enough for a teenager. You don't get enough protein and don't eat enough vegetables. You shouldn't miss meals, especially breakfast. It's the most important meal of the day.

This isn't very good diet. The chicken, cheese, butter and milk provide enough protein and you get carbohydrates from the pasta, bread and rice. However, you eat no fruit or vegetables, so you get some important vitamins and minerals. At first, this looks like an unhealthy diet, but it isn't bad. You eat plenty of meat, vegetables, fruit and bread, so you get all the important things: protein, carbohydrates, fibre, vitamins and minerals. However, you eat too much fat. You should eat less meat and more fish.

This is a very balanced diet. You eat a lot of fruit and vegetables, so you get plenty of fibre and important vitamins and minerals. You don't usually eat meat, but you get lots of protein from fish. It's OK to eat things like chocolate and

sweets. However, you mustn't eat them instead of a meal.

2. Circle the correct expressions. More than one answer is possible.

2.1. Choose the synonyms to the word "diet".

a) consume b) equipment c) nutrition d) meal e) saucepot f) food g) board

2.2. What diet can be?

a) important b) balanced c) narrow d) light e) poor f) unhealthy g) thin

2.3. Where can you buy food? At the...

a) stationer's b) greengrocer's c) chemist's d) florist's e) grocery g) chemist's

3. Explain these proverbs:

You eat to live but you don't live to eat. 😊

The more you eat, the less flavor; the less you eat, the more flavor. 😊

4. Try to make rules what to do and what not. Fill in : You **should/ shouldn't**

1. _____ eat healthy food - cereals, pasta, fish, poultry, vegetables and fruit.

2. _____ eat too many sweets. 3. _____ take a lot of exercise. _____

eat regularly. 4. _____ eat while doing watching TV or doing homework.

5. _____ eat only when you are hungry. 6. _____ eat food more slowly and

you will feel fuller more quickly. 7. _____ eat fast food often. 8. _____

walk to school or go by bike. 9. _____ watch TV or play computer games more

than 2 hours a day.

5. Complete the words from the box and then check by listening.

protein	get	balanced	mustn't	pasta	teenager	enough
fat	unhealthy	usually	cheese	fish	minerals	fibre
important	bad	shouldn't	looks	day	however	meat

1. This is a very _____ diet. You eat some good things like nuts, _____ and tomatoes, but you simply don't eat enough for a _____. You don't get enough _____ and don't eat enough vegetables. You _____ miss meals, especially breakfast. It's the most important meal of the _____.

2. This isn't very good diet. The chicken, _____, butter and milk provide _____ protein and you get carbohydrates from the pasta, bread and rice.

_____, you eat no fruit or vegetables, so you don't get some _____ vitamins and minerals.

3. At first, this _____ like an unhealthy diet, but it isn't _____. You eat plenty of meat, vegetables, fruit and bread, so you _____ all the important things: protein, carbohydrates, _____, vitamins and minerals. However, you eat too much _____. You should eat less _____ and more fish.

4. This is a very _____ diet. You eat a lot of fruit and vegetables, so you get plenty of fibre and important vitamins and _____. You don't _____ eat meat, but you get lots of protein from _____. It's OK to eat things like chocolate and sweets. However, you _____ eat them instead of a meal.

Zdroje: Project 4, T. Hutchinson, 2001

Název materiálu: Are you a healthy eater?

Druh materiálu: pracovní list (DUM)

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Vzdělávací oblast: Jazyk a jazyková komunikace

Vzdělávací obor: Anglický jazyk

Tematický okruh: Zdravý životní styl

Anotace: Pracovní list vychází ze 4. lekce, část C. Rozšiřuje slovní zásobu na téma strava a stravovací návyky. Rozvíjí u žáků čtení s porozuměním, učí uspořádat myšlenky v logickém sledu a používat modální sloveso -měl/ neměl bys v praktických radách. Zároveň motivuje k zamyšlení nad svými vlastními stravovacími návyky.

Metodický list a řešení:

1. Jak expert na výživu hodnotí stravu čtyř dospívajících? Nejdříve rozstříhej věty, zamíchej a sestav do správného pořádku (podle typu písma).
2. Vyber správný výraz. Víc než jedna odpověď je možná.
 - 2.1. Vyber synonyma ke slovu "strava". d) f) g)
 - 2.2. Jaká může být strava? a) b) d) e) f)
 - 2.3. Kde můžeš koupit jídlo? V b) e)
3. Vysvětli tato přísloví. Jíš abys žil a nežiješ abys jedl. Čím více jíš, tím méně ochutnáváš. Čím méně jíš, tím více ochutnáváš.
4. Vytvoř pravidla, co bys měl a neměl dělat. Použij You should / shouldn't .

1-You should, 2-You shouldn't, 3-You should, 4-You should, 5-You shouldn't, 6-You shouldn't,
7-You should, 8-You shouldn't, 9-You should, 10-You shouldn't

5. Doplň slova z nabídky a pak zkontroluj poslechem.

1- unhealthy, pasta, teenager, protein, shouldn't, day

2- cheese, enough, However, important

3- looks, bad, get, fibre, fat, meat

4- balanced, minerals, usually, fish, mustn't