# Self-study, Lessons 16, May 14th

## EN/SK Version/Verzia: Me and healthy lifestyle/ Ja a zdravý životný štýl

Hello everybody!

You have two tasks to do until next Thursday, May 21th.

1. **Make a list of what you’ve eaten and drunk on a chosen day, of the quantities and nutrients**
2. **Write an article on healthy lifestyle**

Ad 1

Choose a day, for example Saturday, and write down everything you eat and drink throughout that day, plus how much you’ve had and write also what nutrients it contained (not each item on your plate, but the whole breakfast/lunch, not precise amounts) Try to write as many dishes in English as possible. But if it’s impossible, you can keep the Slovak term (halušky, ryžový nákyp, žemľovka, atď)

Example:

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| --- | --- | --- | --- |
| **Meal** | **Content** | Quantity | Nutrients |
| **Breakfast** | rye bread | 2 slices | carbohydrates, sugar, fats, vitamins, protein |
| butter |  |
| Gouda cheese | 2 slices |
| smoked pork ham | 2 slices |
| cherry tomato | 6 pieces |
|  | cocoa milk | 1 mug |
| **Snack** |  |  |  |
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| **Lunch** |  |  |  |
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| **Tea[[1]](#footnote-1)/refreshment** |  |  |  |
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| **Dinner** |  |  |  |
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Ad 2

Write an article (**ca. 160 words**) about the importance of healthy lifestyle.

Include ideas about these 4 points:

* What “healthy lifestyle” means
* Health tips and advice: what to do/not to do to live healthy
* Possible risks (sport injuries, healthy food obsessions, too much exercise, steroids etc.)
* What’s important for you to feel good, what you are doing/trying to do to keep fit and healthy (physically and mentally)

**Send the article together with your “diet analysis” by next Thursday, May 21th, to** [**englishsosban@gmail.com**](mailto:englishsosban@gmail.com) **as usual.**

Aby to bolo úplne jasné, treba do štvrtka poslať dve veci:

1. zvolíte si jeden deň keď si budete zapisovať všetko čo ste v ten deň zjedli a vypili, v angličtine/preložíte do angličtiny, vyjadrite po anglicky aj množstvá (1, 2, taniere polievky, 4 kopčeky zmrzliny atď.) a aké to malo živiny – nie presne množstvo, ani ktorá zložka obeda koľko, len tá porcia čo asi obsahovala, hlavne to, čoho je tam najviac. Uvidíte, čo vám vyjde, či jete hlavne sacharidy, alebo bielkoviny, alebo tuky...
2. napísať článok (160 slov) o zdravom životnom štýle. Čerpajte aj z cvičení v EnglishGO, okrem slovnej zásoby, tipov čo robiť/nerobiť (nie je to len o cvičení a jedle, ale aj oddychu, nestresovaní sa, čítaní atď.) tam v poslednej úlohe máte aj ako písať článok – užitočné frázy atď. V článku sa venujte uvedeným 4 bodom vyššie. Užitočná slovná zásoba je aj v knihe, na str. 36 cvič. 7,8, napr.:

You should ***cut down on*** fried food = mal by si obmedziť konzumáciu smaženého jedla.

You should ***give up*** sugar in coffee = nesladiť si kávu

You should ***eat more/less***... =jedz viacej/menej (čoho)

You should ***take up*** some outdoor sport = začni s vonkajším športom atď atď

Good luck and take care!

1. tea neznamená len „čaj“, ale aj „olovrant“(BrE) [↑](#footnote-ref-1)