



VY_32_INOVACE_AJPS2_0760CZE

Výukový materiál v rámci projektu OPVK 1.5 Peníze středním školám

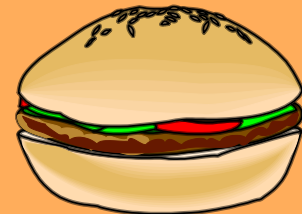
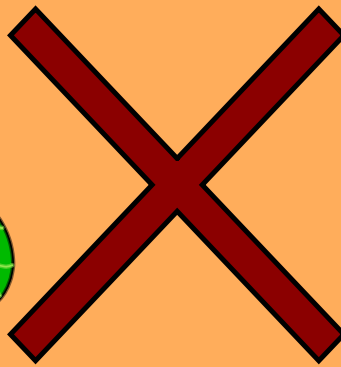
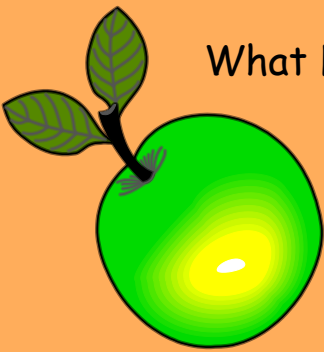
Číslo projektu: CZ.1.07/1.5.00/34.0883
Název projektu: Rozvoj vzdělanosti
Číslo šablony: III/2
Datum vytvoření: 14. 9. 2012
Autor: Mgr. Marek Czerný
Určeno pro předmět: Anglický jazyk
Tematická oblast: Komunikační strategie
Obor vzdělání: Podnikání 64-41-L/51 (2. ročník)

Název výukového materiálu: Healthy vs. Unhealthy Food – učební materiál s úkoly

Popis využití: Výukový materiál s úkoly pro žáky s využitím dataprojektoru, notebooku
Čas: 10 – 15 minut

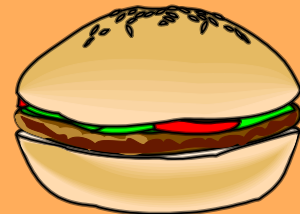
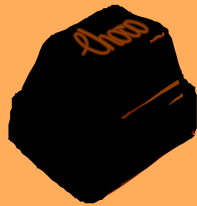
HEALTHY FOOD VERSUS UNHEALTHY FOOD

What kind of food is healthy / unhealthy and why?



Unhealthy food is...

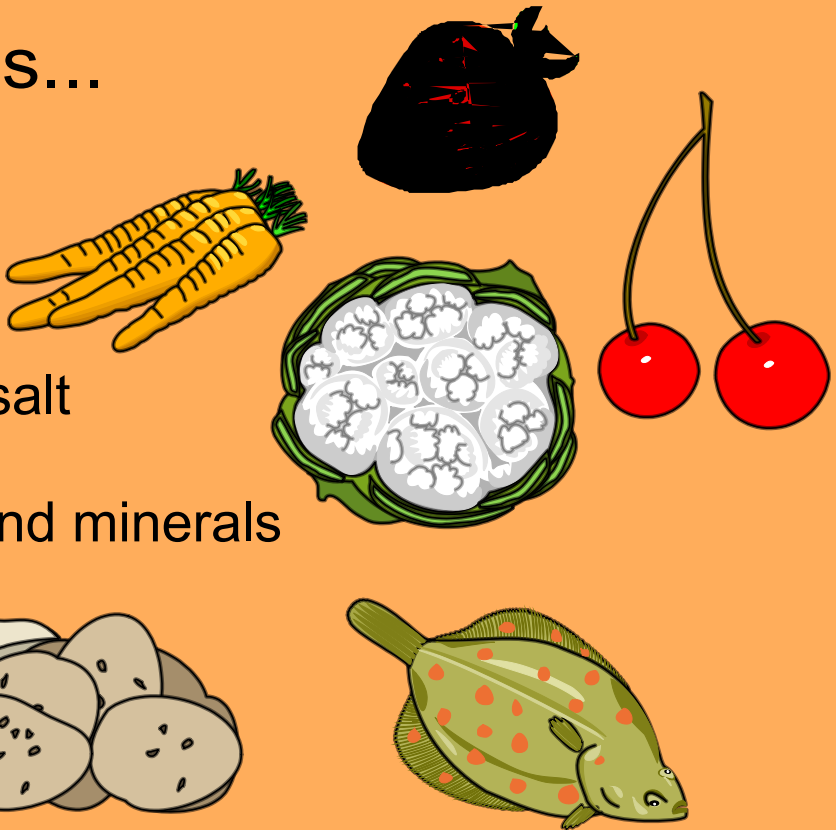
- fatty
- high in fat
- salty
- high in added sugar
- low in fibre
- low in vitamins
- has preservatives
- has artificial colours and flavours
- comes from a can
- is prepared
- is frozen
- ...



Healthy food is...

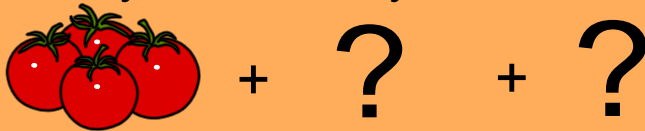
- fresh
- free of chemicals
- free of additives
- low in fat
- low in sugar and salt
- high in fibre
- high in vitamins and minerals

...

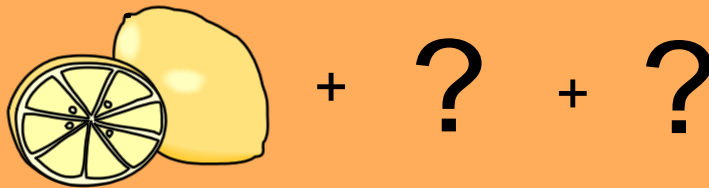


QUESTIONS FOR DISCUSSION:

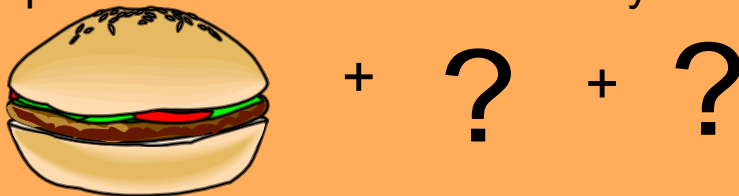
What should you eat/do if you want to lose weight and look slim?



What kind of food/drink can help you when you are feeling ill?

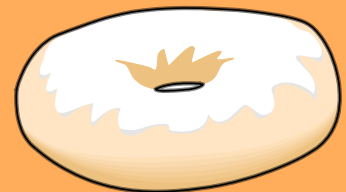
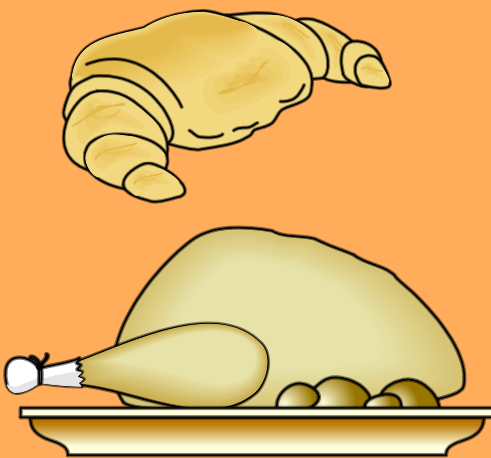


Is it possible to be addicted to any kind of food or drink?



Can you describe a healthy diet?

- balanced
- should be low in sugar and fat
- should be enough for your daily needs
- should not be too much
- should include all five food groups - which ones?



Veškerý obrazový materiál použit z galerie SMART NOTEBOOK
- dne 14. 9. 2012