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**Příjemce:** Střední zdravotnická škola a Vyšší odborná škola zdravotnická, Husova 3, 371 60 České Budějovice

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**Popis způsobu použití materiálu ve výuce:**

Výuková elektronická prezentace, která je určena pro seznámení žáků se základními pojmy a popisem zdravého životního stylu se zaměřením na zdravou výživu v tematické oblasti Medical English. Materiál může sloužit jako názorná pomůcka doplňující výklad učitele, ale také je vhodná pro domácí přípravu žáků (např. zpřístupněním formou e-learningu). Materiál obsahuje zpětnou vazbu ověřující pochopení látky v podobě závěrečného snímku s otázkami k tématu.

**Tento výukový materiál je spolufinancován Evropským sociálním fondem a státním rozpočtem České republiky.**



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

# Nutrition and Diet

# Healthy Lifestyle

- It is very difficult to keep healthy lifestyle because this time is very fast and hectic.
- There are a lot of pressures on people.
- Keeping fit can also be very expensive because sometimes you need some special equipment.
- However, it shouldn't be an excuse.
- Everyone should try to life healthy. It is cool..😊

# Healthy Lifestyle



# Stress=Disease

- Today a lot of people suffer from stress.
- Being stressed out, overworked and inactive can cause a lot of health problems.
- More and more people suffer from civilization diseases.
- The most common diseases include high blood pressure, other cardiovascular diseases, diabetes, cancer, obesity, etc.

# Obesity

- The next problem today is that more and more people are overweight or even obese.
- This problem is the worst among young children.
- Children are inactive, they sit in front of their computer playing games, etc.
- They eat a lot of junk food and these are the main reasons why people get obese.

# Keeping Fit Benefits

- If you are obese, it is more likely that you will suffer from other diseases.
- If you get active you should be more healthy you should get improved circulation, you should have lower BP, you shouldn't suffer from civilization diseases and you should delay aging.
- Keeping fit has become a part of today's modern lifestyle.

# Keeping Fit Benefits

- The other advantages of being active are:
- It is great fun.
- It is a good way of making new friends.
- It is relaxing.
- It helps control your weight.
- It is healthy.



# How to Lose Weight?

- There is some advice how to lose weight.
- Cut down on calories.
- Reduce high fat foods.
- Include lower calorie meals e.g. fruit and vegetables.
- Switch to fibre-rich foods.
- Try to switch to whole meal bread, etc.

# Healthy Lifestyle



# Portion Sizes

- The next advice is: Think about portion sizes.
- It is better to eat small portions during the day than one big portion.
- Downside side dishes such as pasta, potatoes, rice, dumplings, etc.
- They contain a lot of sugar.
- Try to eat more meat like fish or chicken.

# What to Drink?

- The next advice is to watch what you are drinking.
- Reduce sugar rich drinks like alcohol, coke and other fizzy drinks.
- Try to drink a lot of water, people say that we can drink tapped water which is good quality.
- If bottled water, try to drink noncarbonated.

# Balanced Diet

- Then we should drink tea and we shouldn't drink too much coffee.
- Keep a balanced diet.
- It means we should eat regularly, small portions, the diet should be varied and include a lot of lean meat, fruit, vegetables, fibre and low fat dairy products.

# Balanced Diet



# Get Active

- And now maybe the most important advice.
- If you want lose weight, you must get active.
- You should choose activities you enjoy like walking, going to the gym, playing games.
- If you are active you simply sweat off your kilograms.

# Fast Diets

- The next think I want to say is that fast diets don't work. Fast diets are those which promise quick weight loss, “burn fat diets” etc.
- The most important are realistic goals, small and permanent dietary changes, regular physical activity, regular weighing, and support from family and friends.



# Questions:

- Do you keep healthy lifestyle?
- Do you suffer from stress?
- How do you manage stress?
- What are civilization diseases?
- What are the benefits of keeping fit?
- Do you keep fit?
- How to lose weight?
- What is balanced diet?

## Seznam použité literatury a pramenů:

1. obrázek č. 1 – kliparty Microsoft Office on-line <http://office.microsoft.com>
2. obrázek č. 2 – kliparty Microsoft Office on-line <http://office.microsoft.com>
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5. TOPILOVÁ, Věra. *Medical English. Angličtina pro zdravotníky*. 1. vyd. Havlíčkův Brod: Nakladatelství Tobiáš, 1993. ISBN 80-85808-80-0, s. 66-76.
6. KOVÁŘ, Milan. *Medical English*. 1. vyd. České Budějovice: Střední zdravotnická škola a Vyšší odborná škola zdravotnická České Budějovice, 2012. s. 28-32.