EVO 27 A HEALTHY LIFESTYLE

**1.translate:**

Hlídat si váhu, přibrat, zhubnout, shodit pár kilogramů, držet si váhu, váhy (přístroj)

Mít dietu, začít držet přísnou dietu, udržovat se v kondici

Snížit množství cukru, zvýšit množství zeleniny, vyhýbat se stresu, přestat sladit (vzdát se cukru), vyloučit sladkosti a tučná jídla, zbavit se nezdravých stravovacích návyků, odmítnout dezert, vyvážená strava

2**. Make the correct form of the verbs (all of them can be used about healthy lifestyle)and**

 a)translate them into English, b)make a sentence with them:

go down

give on

get up

cut out of

put rid of

get on

**3. Revise countable and uncountable nouns using :**

(too) much x many

(too)little x few

A little x a few

A lot of, lots of, plenty of

Enough

**Translate quickly:**

málo ovoce, hodně alkoholu, spousta zeleniny, trochu vody, kousek čokolády, málo čerstvé zeleniny, pár brambor, trochu mléka, málo bílkovin, příliš tučných jídel, dostatek ryb, příliš mnoho soli

**4. revise adverbs and words of frequency:**

Translate: 1x měsíčně, pravidelně, nepravidelně, nikdy, občas, příležitostně, pokaždé, 2x denně, 5x týdně, obvykle

**Use them with these words in sentences about your eating habits:**

Ovoce, zelenina, ryby, hranolky, dort, pivo, vodka, jogurt, hamburger, těstoviny

**5. Translate:**

1. Jez zdravěji, malé porce, ale pravidelně.

2. Vynasnaž se nejíst pozdě večer.

3. Zkus omezit pití koly, pij čistou vodu.

4. Moje babička je jako rybička, celý život jí málo a pravidelně cvičí.

5. Má spoustu energie a je skutečně v dobré kondici.

6. Tatínek přibral 20 kg a často nemůže popadnout dech, když jde do schodů.

7. Moje váha zůstává posledních 5 let stejná.

6. **Give practical advice about:** a) a good type of exercise

 b) the best balanced diet

 c) the most suitable form of relaxation

to a friend(aged 18), to your dad(aged 45), to your grandpa(aged 70).

7. **Make a survey among your classmates about their lifestyle and their „sins“.**

KEY TO THE EXERCISES:

1.watch (keep) your weight, put on weight, lose your weight, a few kilos, stay on the same weight, scales, be on a diet, go on a crash diet, keep fit, reduce the amount of sugar, raise the amount of vegetables, avoid stress, give up sugar, cut out sweets and fatty food, get rid of unhealthy eating habits, refuse the dessert, balanced diet

2. go on = začít s (dietou) Iwent on a diet to lose a few kilos.

 Give up = přestat s  I had to give up smoking, I was often breathless.

 Cut down = snížit, omezit I need less stress in my life, I must cut down some activities.

 Put on = přibrat I put on the weight and now my trousers are too tight.

 Get rid of = zbavit se John can´t get rid of drinking alcohol.

 Get out of= dostat se z (kondice) Rob had an accident and after a month in hospital he really got out of condition.

3. few fruits, much alcohol, plenty of vegetables,a little water, a piece of chocolate, few fresh vegetables, a few potatoes, a lilttle milk, few proteins, too many fatty foods, enough fish, too much salt

4. once a month, regularly, irregularly, never, sometimes, occassionally, every time, twice a day, five times a week, usually

5.translation

1.Eat more healthily, smaller meals (portions) but regularly.

2. Do your best not to eat late at night.

3. Try to reduce drinking coke, drink fresh water.

4. My grandmother is fit as a fiddle, she eats in moderation whole lifeand she does exercise.

5. She has got loads of energy and she is in really good shape.

6. Dad put on 20 kg and he ´s often out of breath when he goes upstairs.

7. My weight has stayed the same for the last five years.