

Dragi učenci!

Upam, da ste ob vikendu v lepem vremenu uživali, se razgibali in si oddahnili od sedenja pri računalniku in učenja.

Pohvaliti vas moram, kajti večina vas pridno in redno pošilja zahtevane naloge in vaše znanje dobro napreduje.

Par učencev pa nalog ne pošilja, niti ne pošlje vprašanja, če kakšne naloge ne zna. Približuje se konec maja, ko začnemo ocene že zaključevati. Zadnjo oceno boste dobili iz poslanih nalog. Ne bom ocenjevala, ali so naloge pravilno rešene ali ne, ampak ali ste poslali naloge, ki jih vsak teden določim. V mojem računalniku je shranjeno vse, kar ste mi pošiljali.

V četrtek ob 11:00 bom imela **videokonferenco** za učence, ki imajo težave pri angleščini. V sredo bodo dobili vabilo na njihove maile.

Prejšnji teden ste spoznali **adverbs of manner** (prislove načina).

V tem tednu boste naredili nekaj vaj, da boste znali prislov pravilno uporabljati in, da ga boste razlikovali od pridevnika.

Dodajam še nekaj razlage.

Vzemite zvezke in zapišite: **ADVERBS / ADJECTIVES**

AD VERB

↓ ↓
dodati glagolu

Beseda adverb pomeni dodati glagolu, ki ga opisuje. Postavimo jo za glagol. (He runs slowly.)

Adjective je pridevnik in opisuje samostalnik ter vedno stoji pred njim. (He is a slow runner.)

Torej za glagolom običajno stoji prislov, vendar pa ni vedno tako.

Verbs of **sense** (glagoli, ki izražajo 5 čutov): **look, feel, taste, smell, sound** se uporabljajo s pridevniki. Vprašamo se, npr.: **Kakšna** je hrana po okusu, na pa Kako okušamo hrano. Torej uporabimo pridevnik: The food tasted **bad**. Nikoli: The food tasted badly.

Poglejmo:

The blue dress **looks nice**.

This fabric **feels soft**.

I didn't enjoy the food. It **tasted horrible**.

These flowers **smell beautiful**.

Their new song **sounds good**.

angleščina, Irena Šček, gradivo – 18.5.2020

Zdaj pa upoštevajte vsa pravila, ki ste se jih naučili in naredite in mi pošljite vaje v učnem listu – UL v Gradivu.

Izpiši še nove besede iz sledečega besedila: THE FOOD GROUPS in naredi nalogo o prehranjevalnih navadah treh oseb, ki sledi. To zapišite na LIST ZA ODGOVORE, ki je v gradivu in tudi to pošljite - do 22.5.

Naslednja tema: FOOD FOR THOUGHT

THE FOOD GROUPS

Read the text about the food groups and write the new words into the worksheet with their meaning.

(Preberi besedilo o zdravem načinu prehranjevanja in nove besede z njihovim prevodom zapiši na LIST ZA ODGOVORE.)

The food pyramid shows different food groups that we should consume daily. Foods at the bottom are considered basic for our nutrition and foods at the top are nonessential so we should eat them sparingly.

The food groups

Vegetables and fruits are rich in fibre, vitamins and minerals and low in fats. Bread, cereal, rice and pasta group contains fibre, B vitamins and minerals. Grains are divided into two groups: whole grain and refined grain. We should avoid refined grain. Meat, dry beans, eggs and nuts group is rich in proteins, B vitamins and minerals. We should eat fish and seafood that is rich in omega-3 fatty acids instead of red meat which is high in saturated fat. Oils and sugar are major source of fats in our diet. The amount of oil and sugar which is consumed, needs to be limited to balance total calorie intake. Eating too much sugar can result in weight gain.

The health benefits of each food groups

Eating a diet rich in fruit and vegetables reduces the risk of illnesses such as heart diseases and certain types of cancer. Whole grains provide health benefits. Fibre for example reduces blood cholesterol levels, lowers risk of obesity and type 2 diabetes. The protein group provides our body with energy. Proteins function as building blocks for bones, muscles, skin, and blood. Oils are a major source of vitamin E. Oils and sugar provide essential nutrients for our body but should be consumed only in small amounts.



Read three short texts about eating habits of three people and match the statements with the names. Preberi o prehranjevalnih navadah Petra, Sally in Catherine in napiši k spodnjim povedim ustrezna imena oseb za katere veljajo. Odgovore zapiši na LIST ZA ODGOVORE!

I don't eat vegetables at all.

I love sugary drinks.

I don't eat meaty food.

I eat too many sweets.

I don't have a healthy breakfast.

I eat a lot of bread.

I love veggies.

Peter, 13

Food plays an essential part of my life. My mum often reminds me that I eat to live and not vice versa but I can't help myself thinking of food all the time. This is probably because I have a high metabolism. My breakfast is big- I have fried eggs, bacon, two rolls and I drink fruit juice. I can hardly wait until my next meal, which is a snack at school. I love pizza or hot dog with mustard. School meals are too small but I'm not bothered as my school bag is loaded with salty snacks. Lunch is at four and my mum is a wonderful cook. The only thing I don't understand is why we usually have a vegetable soup for a starter and cooked vegetables as a side dish with the main course and a salad. We usually argue about the importance of vegetables for my health. I really don't like those. What I love is a juicy pork chop or roast chicken and a lot of jacket potatoes. Well, I do eat the green goo (that is pea or broccoli soup) to please my mum and the rest of the veggies are still left on my plate. Ham and egg sandwich is my favourite afternoon snack at six. For dinner, I have pancakes or a pie and a glass of coke.

Sally, 14

I have been a vegetarian for two years now and I am perfectly healthy. Most people believe that vegetarians don't get all the nutrients my body needs especially proteins but this is not the case with me as I eat a lot of beans, tofu and nuts. I usually start the day with a glass of water and then I have a large bowl of cereals with milk and a fruit. My grandma makes delicious jams so I sometimes have a slice of buttered bread with apricot jam. School meals are too fatty so I usually bring fruit and nuts in my lunch box. Grapes and Brazil nuts are my favourite. Tea is my biggest meal of the day. We have a vegetable lasagne or pasta with tomato sauce and a large bowl of mixed salad. I also like risotto with herb-batter fried zucchini or eggplant. One of the things I am not very proud of is that I've got a sweet tooth. I have been trying to break this habit because I don't want to gain weight but there is nothing like a good taste of chocolate while I study and get ready for school.

Catherine, 14

When it comes to eating, I have strong habits, not all of them are good of course, and this is probably why I have been fighting with my weight for as long I can remember. One of my good habits is that I drink at least eight glasses of water per day. Skipping breakfast in the morning during the week is my usual routine. Another unhealthy habit is that I am a picky eater. I practically don't consume dairy products (well, a fruit yoghurt is exception to my rule) and I am literally terrified of the greens. My perfect lunch is spaghetti Bolognese, which I could eat every day unfortunately school cafeteria only serves it once a week. When I come home from school, I have a peanut butter sandwich and I drink tea. We always have a meat dish for dinner-lamb with rosemary and lemon, a meat loaf, beef stew or pork chops. My mum always cooks too much but I always eat everything up even if I am not hungry. My parents cannot imagine dinner without cooked broccoli, peas or carrots but I skip those and always eat bread instead.