



HEALTHY LIFESTYLE

WHY is health important?

People want to be healthy because they want to **LIVE LONG**, be fit, **LOOK GOOD**, be slim, **FEEL GOOD**



HOW should they do that?

People **SHOULD**

- exercise/do sports
- eat healthy food, eat healthily
- be outside/ get fresh air
- avoid stress
- avoid drugs
- avoid smoking
- do not drink too much alcohol

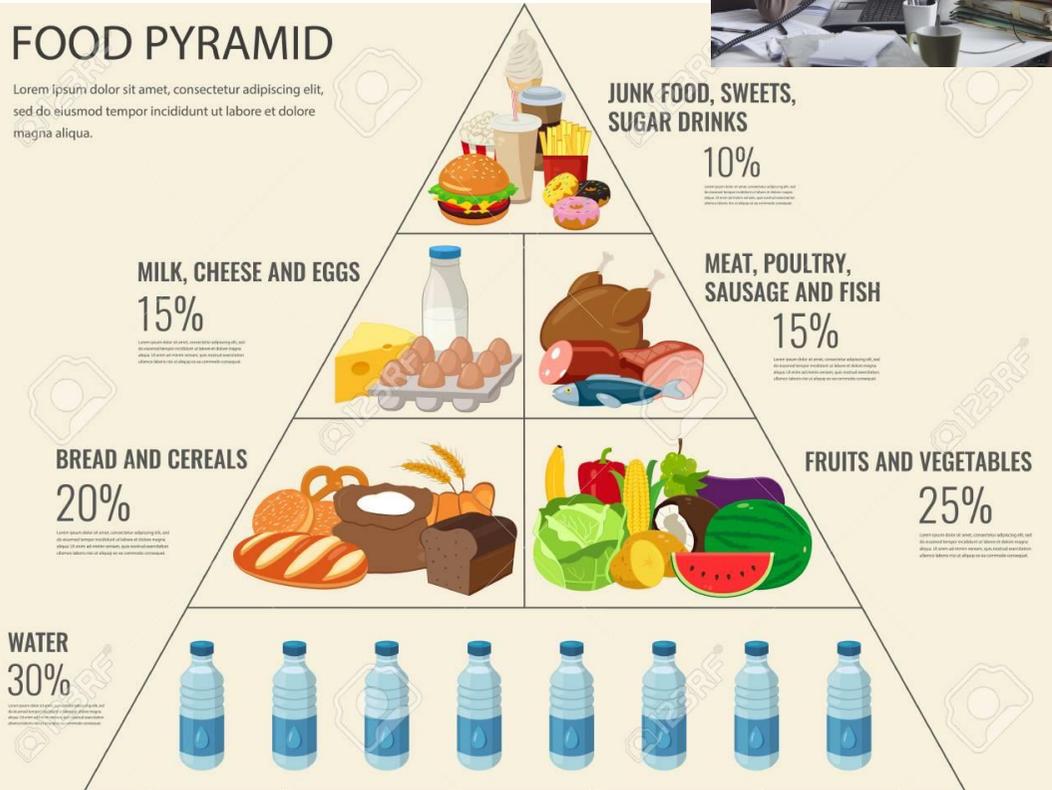


WHAT is a HEALTHY DIET?



FOOD PYRAMID

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People should choose a healthy diet. **A healthy diet means TO EAT HEALTHILY, not eating too much fat, sugar and junk food.** People should cut down on fatty food. I like/ I don't like/ I don't eat/ I prefer/ when I'm busy I sometimes have fast food. I try to eat a **BALANCE of all foods.**

(See the pyramid):

PEOPLE SHOULD

- Drink **8 glasses of water daily** - it prevents diseases of kidneys - you will stay hydrated [haj@/drejtyd]
- Eat **fruit and vegetables**, people should eat fruit in the morning, vegetables during the day
- Eat **cereals** [síri@ls] and dark bread
- Eat **dark meat, low fat ham, fish** to get iodine [ajodýn](jód), **not many sausages, salami**
- **Milk, cheese and eggs**
- You **shouldn't** eat much sweets, sugar drinks, chocolate, junk food
- **PEOPLE SHOULDN'T EAT MUCH AND GET OVERWEIGHT** [ouv-r-weit](nadváha), because it's **DANGEROUS FOR YOUR HEART** [hárt].
- **YOU CAN GET A HEART ATTACK** [@-ték](infarkt).



WHAT ABOUT YOU and HEALTHY LIFESTYLE

I eat a lot of/ some/ little **fruit and vegetables**. People should eat a few pieces of fruit and vegetables every day.

I **have breakfast** at 7a.m. I usually **have** müsli and a cup of coffee **for breakfast**. At 10 o'clock we **have a snack break**, it is a **20 minute-break**. **At lunchtime we have dinner in the school canteen**. We usually have meat – pork, beef, chicken or fish and sauce and some side dishes such as potatoes, rice, dumplings or pasta. In the afternoon we have another snack and **in the evening people either have cold meals – supper** [sapr] / a slice of bread or a roll and ham or cheese **or they have another dinner, warm meal** – for example pizza, spaghetti, meat/ chicken and potatoes or any other side dishes that Mum made the day before. Some people have something while watching an evening film, but it is not healthy.

- Do you do sports? What sports are best to keep fit?

I **sometimes** go to the gym, play volleyball. **Once a week** I go jogging to the river. **Three times a week** I go to the fitness centre, I do bodybuilding. I go swimming/ I go to a swimming pool. I **rarely** [réřly](sem tam/málokdy/ zřídka) do sports, I am lazy/ I **m a couch potato**. People should be outside, breath fresh air. **People should take a sport, join a sports club and do a sport regularly.**

- What bad habits do you have?

I sometimes smoke. I smoke 4 cigarettes a week. I smoke **occasionally**. [okejšnlı] (přılěžitostně) I do not eat much healthily/ I do not eat healthy food. I am a vegetarian, I eat healthily. I sometimes eat at McDonald's/ I sometimes have fast food. I do sports twice a week. I go to the mountains in winter, I go to the sea in summer. I am very busy during the day but in the evenings I do yoga.

- Why is smoking bad for your health?

In the 16th century Spanish explorers first **brought smoking to Europe**, they **saw Native Americans/ indians smoking at their rituals**. People in the whole world **started to smoke because they felt good**. It was a **symbol of freedom**, it was a stimulant for the brain and relaxant. It was a fashion. They didn't know how **addictive** [@-dyktyv] nicotine was. **It is a DRUG and PEOPLE GET DEPENDENT on it/ they GET ADDICTED physically and mentally**. Today it is **not allowed to smoke** in public places – at bus stops, in workplaces, schools, hospitals, state buildings, 78% of people want to **ban smoking** in restaurants. **We have some non-smoking restaurants**, in some restaurants it is **not allowed** (nenı povoleno/ je zakázáno) **to smoke at the lunchtime**.



What are some basic health problems?

Some people frequently get a headache / stomach ache / backache. In winter they **catch a cold or a flu, they have a high temperature, they are sick and they have a sore throat**. If they have an accident like falling off their bike, falling down when skiing, they can break their leg or arm. A lot of people are allergic to something / have allergies these days.



- What should you do if you have a cold?

If I have a cold, I **take vitamins, drink tea with honey and lemon. I rest, sleep, stay in bed, don't go to school, stay at home**. If I have a temperature or my body aches, I **take tablets / medicine** to reduce my temperature / take away the pain.

- Smoking facts

Smoking causes **1 in every 5 deaths** in America. A single cigarette **contains 4,800 chemicals, 69 of them are known to cause cancer**. **Smoking costs the US. \$33 billion per year** in health-care expences. **Exposure to secondhand smoke causes 50,000 deaths per year** in the US. alone. 15 billion cigarettes are smoked worldwide every day. About 67% of smokers want to smoke, but tobacco is addictive.



Key words: avoid=vyhnout se, reduce=snıřit, junk food=nekvalitní jıdla/potraviny, heart attack=infarkt, to be (I'm, you're, people are)overweight=mıt nadváhu, get addicted=stát se závislým, addictive=návykový, rarely=občas, should=měli by, be healthy, eat healthy food, eat healthily