

HEALTHY GENERATION



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HEALTHY GENERATION



PARTNERS :

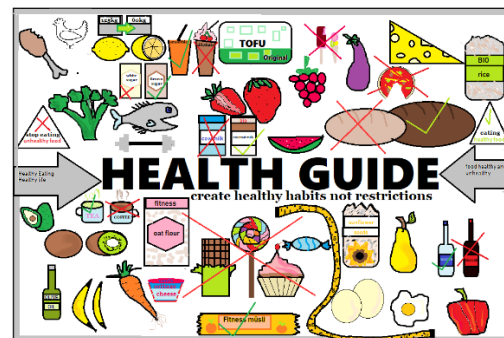
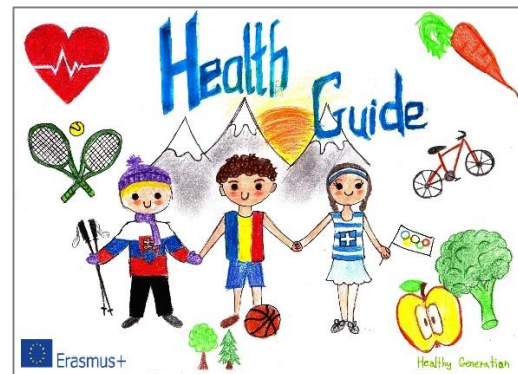
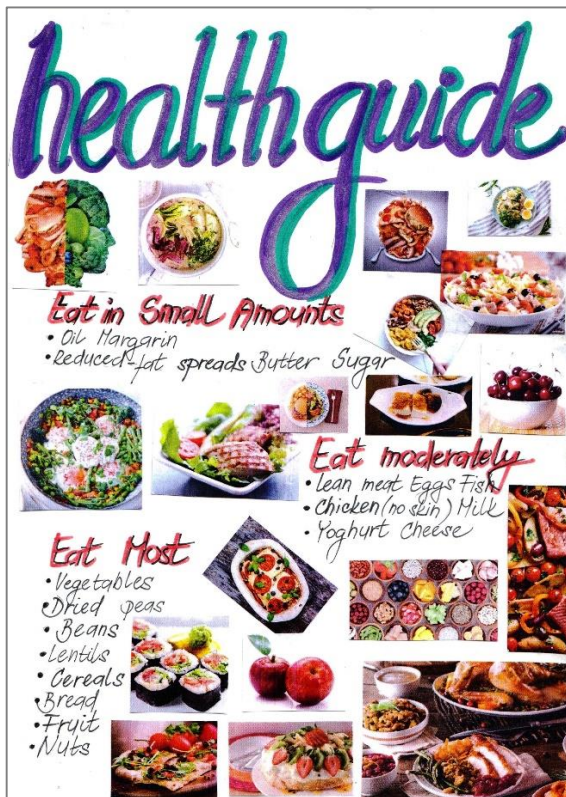
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HEALTH GUIDE

for teens by teens



HOW CAN WE KEEP FIT?

Our body needs right food and exercise. Our mental and spiritual attitude is also very important. Some kids eat too much. They don't do much exercise. They watch TV and play computer games.

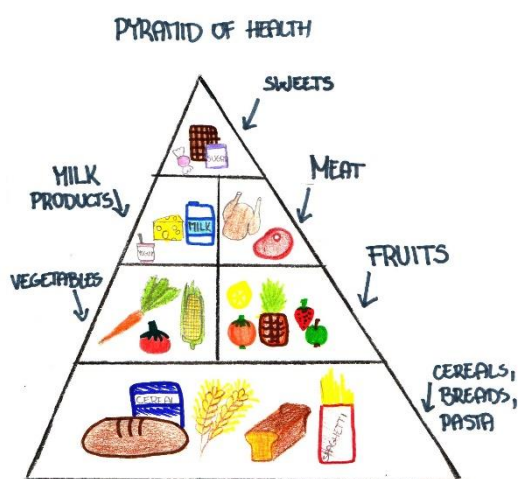
BALANCED HEALTHY EATING

We must consume food from all food groups to obtain all nutrients in the correct amounts. It helps us maintain a healthy body weight and prevent heart disease, cancer, osteoporosis and diabetes. It is best to eat less calorie rich food.



The pyramid shows how much of each food group should be eaten every day. One serving is the size that will fit into your hand.

The main food groups are carbohydrates, proteins and fats.



Carbohydrates give our body energy.

We can find them in pasta, rice, potatoes, cereals, fruit and vegetables.

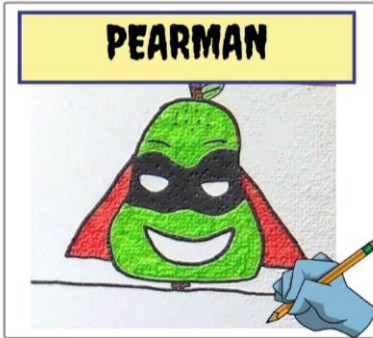
Proteins build and repair our body.

Meat, fish, eggs, dairy products, beans

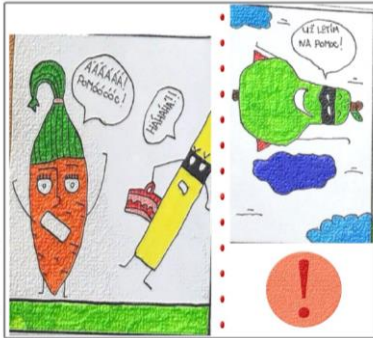
and peas are rich in proteins.

Fats give us energy.

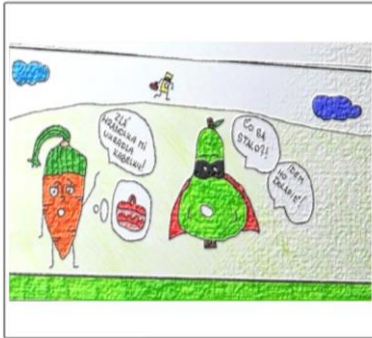
There is a lot of fat in vegetable oils, nuts and seeds.



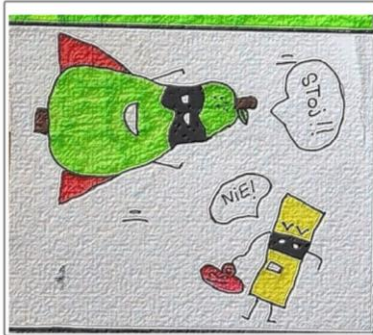
ZŠ sv. Andreja Svorada a Benedikta SKALITÉ



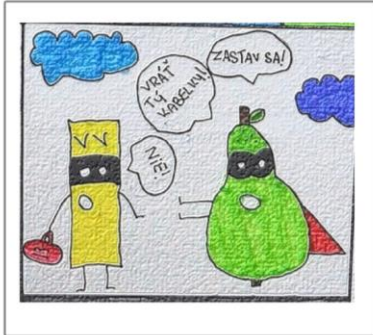
Help me, please!
I'm coming.



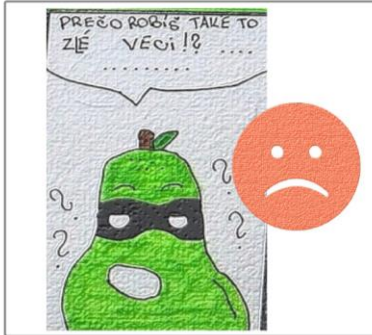
The bad chip has stolen my bag.



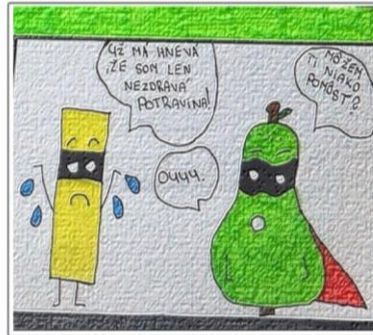
STOP!
NO!



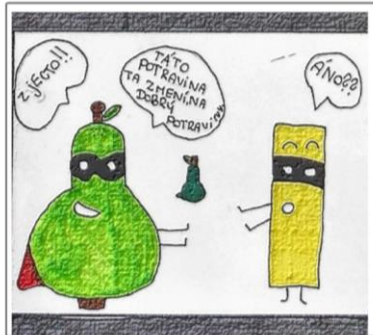
Give me the bag.



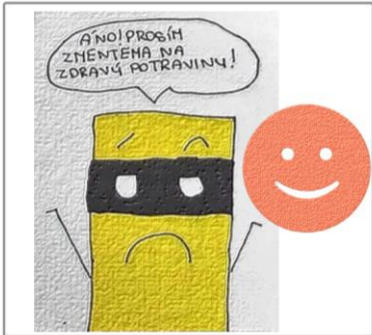
Why are you doing such bad things?



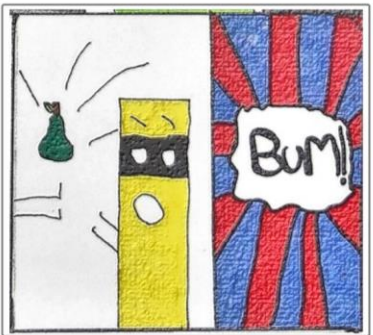
I am just a small bit of unhealthy food.
I think, I can help you.



Eat this pear.
It will change you into important and healthy food.



Yes, please.



Wau!



I am big and healthy.



Since that time the broccoli has been good and healthy food. She has never stolen again.

FRUIT AND VEGETABLES

We should eat a lot of fruit and vegetables because they have fibre, vitamins and minerals. Fibre helps to move food through our intestines. Minerals and vitamins have a lot of roles in the body. We need calcium for healthy bones and iron for red blood cells. Vitamins promote normal growth, healthy muscles, bone and tooth formation.

WINTER SMOOTHIE

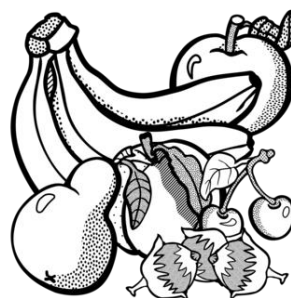


Ingredients

- 1 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1/2 cup yogurt
- 1/2 cup orange juice
- 1/2 cup pineapple juice
- 2 tbsp. grated coconut

Instructions

1. Combine all ingredients.
2. Blend until smooth.
3. Garnish with additional fruit.
4. Cover with grated coconut.



DO YOU KNOW GINGER?



It is a source of fibre, calcium, potassium.

It holds anti-oxidants, essential oils.

It helps to prevent motion sickness.

It can be taken after a meal to prevent indigestion.

It helps to relieve colds.

It has got a strong flavour.

We use it to improve beverages and gingerbread cookies.

For your throat:

Grated ginger, mixed with a big spoonful of honey, brings instant relief to a sore throat.

For your tummy:

Slice fresh ginger into matchsticks.

Squeeze a whole lemon on it. Place in a small glass jar. Suck on those matchsticks or eat it as a pickle. It is great for digestion.

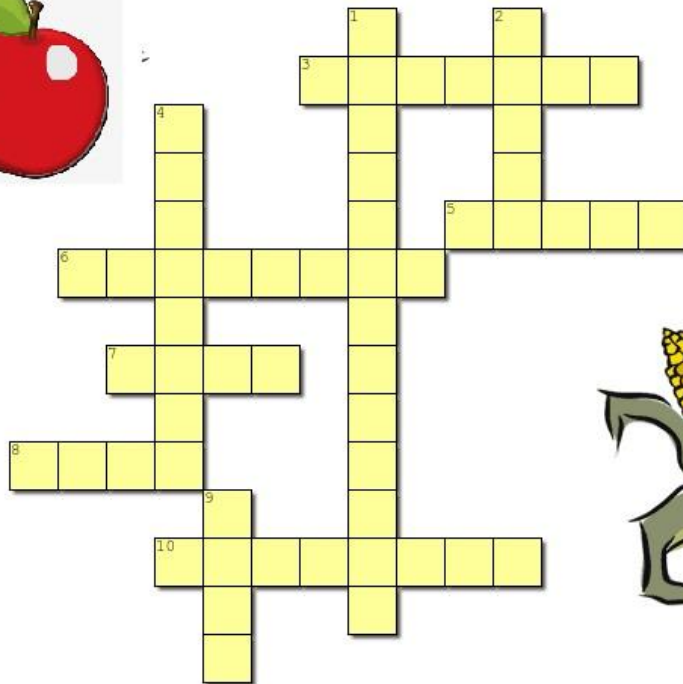
RIDDLE 1: What's worth more after it's broken?

HINT: This broken thing takes very little effort to break.

Your mum breaks it for you to prepare a breakfast meal.

HEALTHY EATING

Complete the crossword below



Across:

3. We need it for heathy bones.
5. Sugar drinks are harmful for them.
6. If we don't drink enough, we can suffer from this.
7. A drink which is a good source of calcium.
8. We can find them in vegetable oils, nuts and seeds.
9. They build and repair our body.

Down:

1. They give us energy.
2. It helps to move food through our intestines.
4. Fruit and vegetables have a lot of them.
9. We need it for healthy red blood cells.

Water

Our bodies need fluids to work properly.

Most of the chemical reactions in our cells need water.

We also need water so that our blood can carry nutrients around the body.

We lose water all the time through evaporation and urination.

To stay healthy, it is important to replace the water we lose.

We can do this by drinking regularly.

We should drink about 2 litres of fluid every day.

We need more fluid when we exercise.

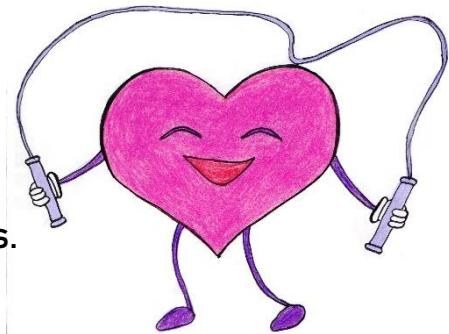
When our bodies do not have enough water, we can become dehydrated and have a headache.

Milk

Milk is a good source of calcium.

It helps to build and maintain healthy bones.

It also contains vitamins and minerals.



Juice

Fruit juice and fruit smoothies contain a variety of vitamins.

Fruit juice also contains sugar that can damage teeth.

Watch out for 'juice drinks' which contain less than 50% fruit juice and a lot of added sugar.

Fizzy drinks, sports drinks, fruit juices are harmful when consumed in large doses over a long period of time.

RIDDLE 2: I can carry lots of food, but cannot eat anything.

HINT: Think of all the things that hold or carry food.

LET'S MAKE YOGHURT

Get whole milk.

Heat it slowly.

Keep it simmering for few minutes.

After cooling down add one tablespoon of yoghurt with live active cultures for each new cup of yoghurt.

Keep it at a warm place for at least 6 hours.

Decorate with fresh fruit, honey or jam. Enjoy.



Facts about Fast Food



It is food that can be prepared and served very quickly.






It is made with preheated or precooked ingredients.

Fast food is served in form of TAKE-AWAY.



JUNK FOOD

<p>White bread</p> 	<p>Bread is generally made from wheat. Wheat contains the protein gluten. It leads to rapid spikes in blood sugar.</p> <p>Alternative:</p> <ul style="list-style-type: none"> • whole grain bread
<p>Chocolate bars</p> 	<p>They are high in sugar, refined wheat flour and processed fats.</p> <p>Alternatives:</p> <p>Eat a piece of real high-cocoa dark chocolate.</p>

<p>Ice cream</p> 	<p>Most commercial ice cream is loaded with sugar. It is also high in calories.</p> <p>Alternative:</p> <p>Make your own ice cream but use healthier ingredients.</p>
<p>Fizzy and energy drinks</p> 	<p>These drinks contain a lot of sugar.</p> <p>Alternative:</p> <p>Drink water, mineral water or tea instead.</p> <p>Water is the best choice as it has no calories and contains no sugars that can damage teeth.</p>
<p>Fruit juices</p> 	<p>They contain as much sugar as Coke or Pepsi.</p> <p>Alternative:</p> <ul style="list-style-type: none"> • fresh juice mixed with water
<p>Pizza</p> 	<p>The dough is made from highly refined wheat flour.</p> <p>Meats on them are usually processed.</p> <p>Pizza is also extremely high in calories.</p> <p>Alternative:</p> <ul style="list-style-type: none"> • wholegrain homemade pizzas with healthy ingredients on the top
<p>Fries</p> 	<p>They are high in calories.</p> <p>These foods contain large amounts of acrylamides= carcinogenic substances that form when potatoes are fried.</p> <p>Alternative:</p> <ul style="list-style-type: none"> • boiled or baked potatoes

Fast food can lead to obesity, high blood pressure, diabetes and coronary heart diseases.

The typical fast food meal is a hamburger, french fries, cola but also kebabs.

In Britain it is fish and chips.

Every day about 50 million people eat at McDonald's.

Fast food is a major contributor to the obesity epidemic.

HEALTHY EATING TIPS

Eat at least one dark green and one orange vegetable every day. The more vegetables the better. Use a big variety of them. Choose vegetables prepared with little or no added fat, sugar or salt. Eat plenty of fruit of all colours.



Have vegetables and fruit more often than juice. Have 500 ml of milk every day for adequate vitamin D. Have meat alternatives such as beans, lentils and tofu often. Eat fish at least twice a week. Use healthy oils. Limit butter.

Avoid trans fats.

Avoid sugary drinks. Drink water and tea.

Drink just one glass of fresh juice every day.

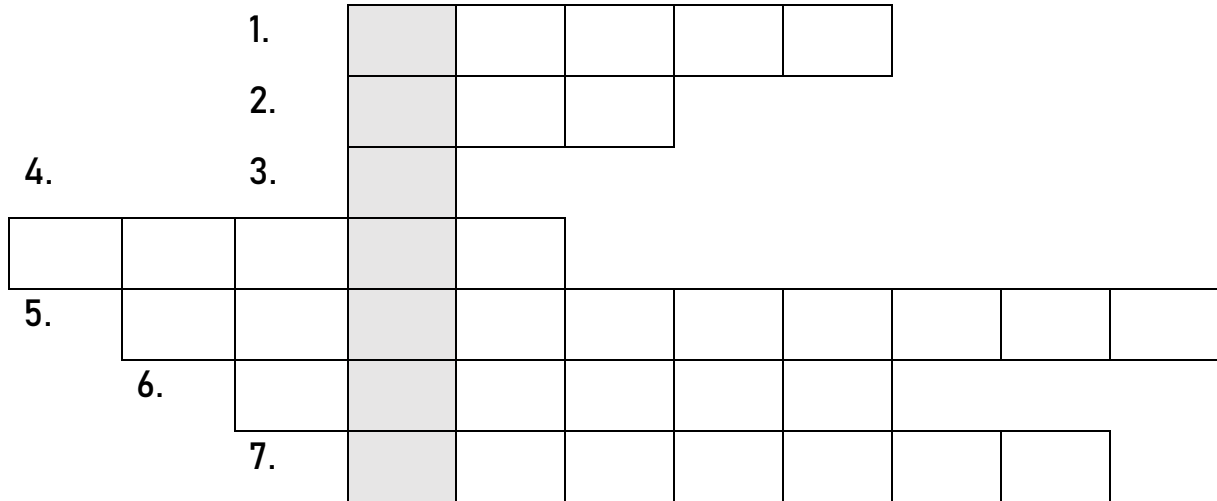
Eat whole grains bread, pasta and rice.

Limit white rice and bread. Avoid bacon and processed meat.

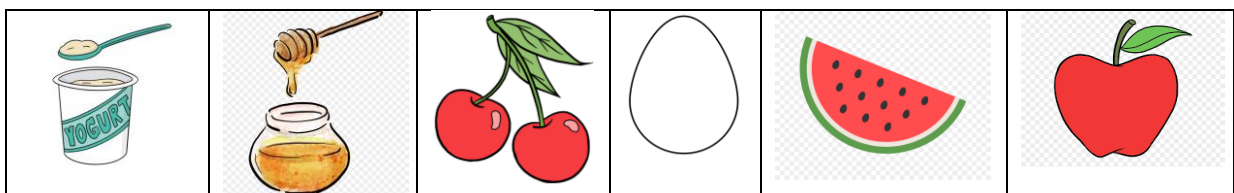

For a meat course prefer fish and poultry.



crossword
HEALTHY FOOD

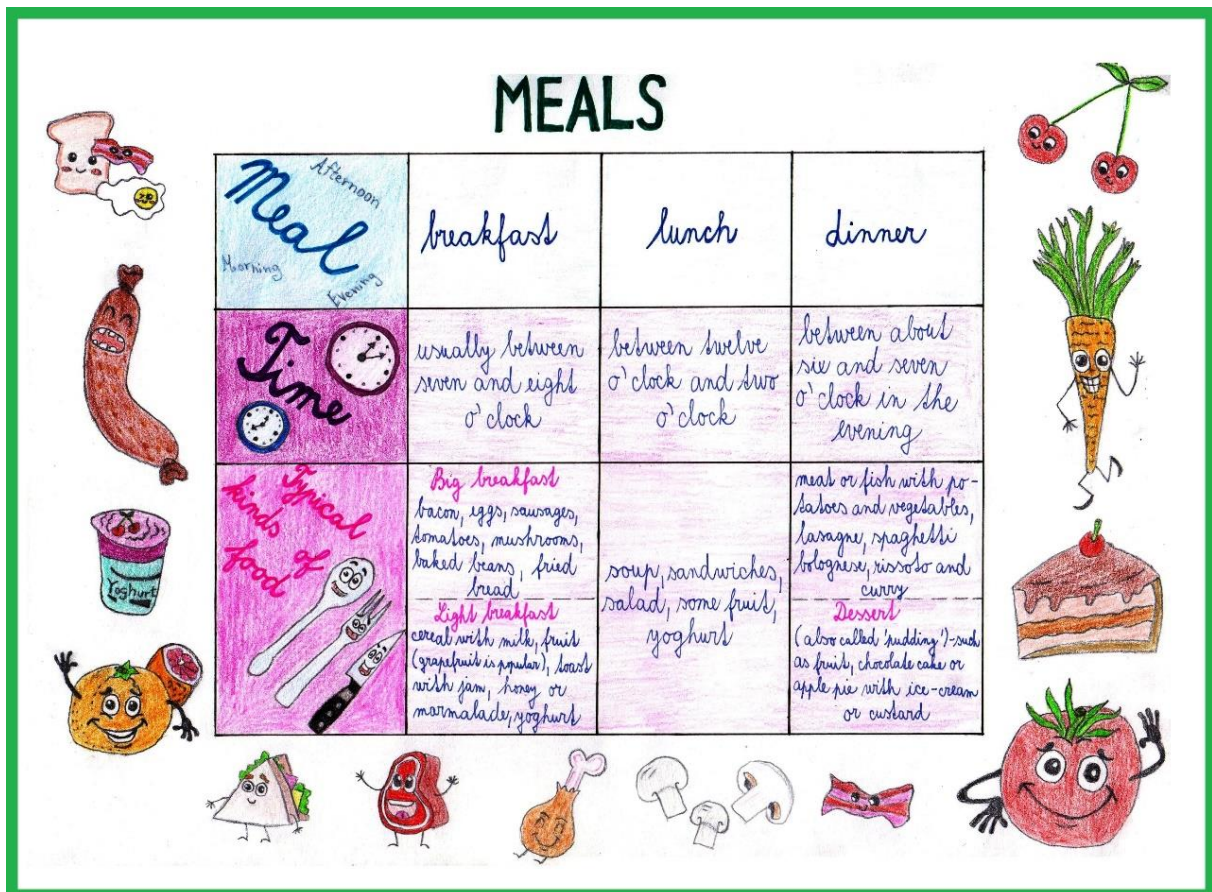


1. Bees work hard for it, you enjoy it because it's sweet!
2. Side by side with bacon, it's the best breakfast.
3. -
4. One a day, keeps the doctor away.
5. Big and tasty, green and red.
6. Red, tasty sisters.
7. White and tasty for breakfast, with or without fruit in it.

Don't give up just because you think you're trying and you don't see the results that you want.

If you don't have what you want, work harder.



SELF-ESTEEM

As a teen, you're going through lots of changes in your body.

It's not always easy to like every part of your looks.

When you get stuck on the negatives,

it can really bring down your self-esteem.

Make a goal for yourself and change what you can.

If you want to get fit, make a plan to exercise every day and eat healthy.

Don't give up before you reach your goal.

A positive, optimistic attitude can help people

develop strong self-esteem.

People who believe in themselves

are able to recognize mistakes better.

Learn from them, and bounce back from disappointment.

BASKETBALL



Basketball is a sport played on a rectangular court and at each end of it there is 45 cm wide hoop fixed on a panel.

Two teams of five players compete over four quarters of 10 minutes each. A 15-minute halftime takes place between the second and the third quarter. The objective of both teams is to put the ball through the opponents' hoop to score as many points as possible.

A scored shot called a field goal is worth 2 points or 3 if the player has thrown the ball from outside the three-point arc. The team with the highest score at the end of play wins the game. In case of a tie the teams play 5-minute rounds in overtime until one team wins.

To get the ball across the court players can only move while dribbling or pass the ball. They are only allowed to use their hands.



In case of illegal contact, players can be sanctioned by fouls. The sanction can be a turnover or free shots for the opponent. Free throws are shot from a line placed near the edge of the key and are worth one point. The key also called free-throw lane is the rectangular area drawn beneath both hoops. During time-out the coach may make substitutions, and there is no limit to the number of players that can be substituted.

Uhorokoman

ZAČIATOK



**NO
CHIPSY**

KONIEC

Uhorokoman sa zmenil na hrúškomanu. Spolu s Uhorokomanom učili deti zdravo jesť.

TOMATO, CUCUMBER, AVOCADO SALAD

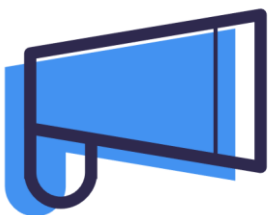


Ingredients

- 1 cup chopped cherry tomatoes
- 1 cucumber – peeled and diced
- 1 avocado – diced
- 200g feta cheese – cubed
- 1 red onion
- 2 tbs olive oil
- black pepper, salt
- lemon juice

Instructions

1. Cut cherry tomatoes in half.
2. Peel one cucumber and dice it.
3. Peel avocado and dice it.
4. Cube feta.
5. Mince the red onion.
6. Put the vegetable and feta into a bowl.
7. Whisk together olive oil, lemon juice and black pepper.
8. Pour over the salad.
9. Toss gently so the feta and avocado don't break up.
10. Serve immediately.



Forget about getting skinny.

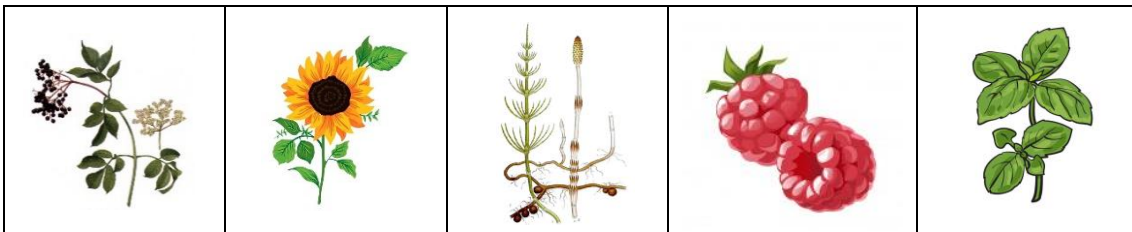
Eat well and exercise
and your body will
take care of the rest.



crossword
HERBS

1									
2									
3									
4									
5									

1. It is a plant with the word 'horse' in its name.
2. This plant looks like dark grapes, but much smaller.
3. It is a plant with pink fruit which ripens in summer.
4. This plant is used in the Italian cuisine.
5. This plant can't live without the sun!



HERBS

Herbs are plants that can treat health problems.

Parsley, sage, bay leaves, peppermint, oregano and rosemary are common and most useful herbs.

Herbs can boost psychological health, reduce the risk of cancer, regulate bowel movement, fight infections. They are rich in antioxidants. They support cardiovascular health, a flawless skin and healthy bones. If you wish to improve your psychological





health, incorporate rosemary into your diet. It is ideal for the brain. It improves memory. Parsley is highly packed with apigenin. Its consuming can reduce chances of cancerous cells and tumours in your body. It can kill various germs and bacteria that are responsible for infections such as the common cold, flu, frequent stomach complications, etc. You can combat these draining health issues by consuming anise – a sweet and aromatic seed.

Basil leaves are also known to help maintain blood pressure levels. Consuming basil essential oil can lower cholesterol, triglyceride and blood glucose. People with certain food allergies are advised to incorporate oregano into their diet. It has plenty of antibacterial and anti-fungal properties.

Sage can treat emotional problems and can fight symptoms of depression. Inhaling its aroma is known to relieve your stress levels. The amount of calcium found in parsley and basil is also effective to maintain healthy teeth.



Unscramble the herbs

1. SATEVI _____
2. EYAORRSM _____
3. WAYORR _____
4. BAREENV _____
5. SYRALPE _____
6. SBIAL _____
7. MHEYT _____
8. LRNEEDAV _____
9. AROFNSF _____
10. EAGS _____
11. NMIT _____
12. ONRGEOA _____



LET'S MAKE A HERB HEAD

Instructions:

We need:

- a plastic bottle
- different colour bottle caps
- glue and soil
- herb seeds



Cut the plastic bottle into halves.



Glue bottle caps on the bottom part of the bottle to make eyes and nose.



Fill it with soil.



Sprinkle some herb seeds onto the soil.



Put your new pot on a warm and light windowsill.
Water every day.
After a week the herb hair should grow.

FOOTBALL GAME

Play this game in pairs.

Each player draws a 'goal', 7 squares by 4 squares.

In secret, each player draws:

a **goal keeper** (5 squares) and
two defenders (two squares each).

Take turns to 'shoot' at the goal.



example

	1	2	3	4	5	6	7
a							
b							
c							
d							

A: D3

B: Saved by a defender!

A: B6

B: Saved by the goalkeeper

A: C2

B: Goal!



Being active and eating nutritious food helps you to keep fit, healthy and full of energy. It improves your posture, keeps your mind alert.

It maintains a healthy weight, reduces stress, boosts confidence and self-esteem. Everyone should be active every day in as many ways as possible. Not being active can lead to an 'energy imbalance' when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems. Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports. Trying something new can be a challenge – just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!

Kids aged between 5 and 12 years need at least 60 minutes of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once – doing different activities throughout the day all adds up.

Moderate activities: Walking fast, Bike riding, Skateboarding, Dancing...

Vigorous activities: Organised sports (football, volleyball, basketball), Running, Chasing, Swimming, Skipping...

RIDDLE 3:

You can eat me in the evening, but never in the morning.

What am I?

HINT: it's the name of a meal.

FITNESS FACTS

Exercise boosts brainpower and performance.

It lets you eat more.

Movement melts away stress.

Fitness pumps up your heart and helps avoid disease.

It can build relationships.

Before we start exercise we need to warm up our muscles.

We can jog, walk or skip for few minutes.

Then we should do some stretching to avoid injuries.

During exercise breathe slowly and deeply.

Muscles need oxygen to work well.

After exercise drink water to put back the water that you lost by sweating and walk for a few minute to cool down your muscles.

WATER POLO



Water polo is a competitive sport played in the water between two teams. Each team consists of 7 players – 6 field players who can participate in offensive and defensive roles and 1 goalkeeper. The game is divided in four periods, each lasting 6-8 minutes. During them, the teams try to score by throwing the ball into the opposing team's goal. The team with the biggest score wins the game.

FOOTBALL FANS

Use these words to complete the story:

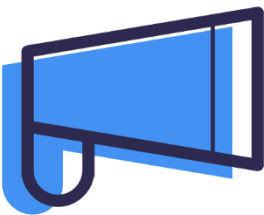
players, foul, referee, kitchen, stadium, crowd, highlights, pitch, penalty, won, match

- 1 John and his dad decided to go to a football
- 2 They got to the at ten to three.
- 3 The came onto the and the game started.
- 4 Manchester scored the first goal and the cheered.
- 5 In the second half there was a by a Manchester player and the gave a penalty to Chelsea.
- 6 The Manchester goalkeeper saved the
- 7 Manchester the game one-nil.
- 8 When they got home, John's mum was in the
- 9 John and his dad took their supper into the sitting room and watched the of the game on TV.



Find the name for

1. a person who teaches a sport
2. a person who makes certain that the sport rules are followed
3. an act against the rules of a sport
4. an advantage given to a team when the opposing team breaks a rule ..

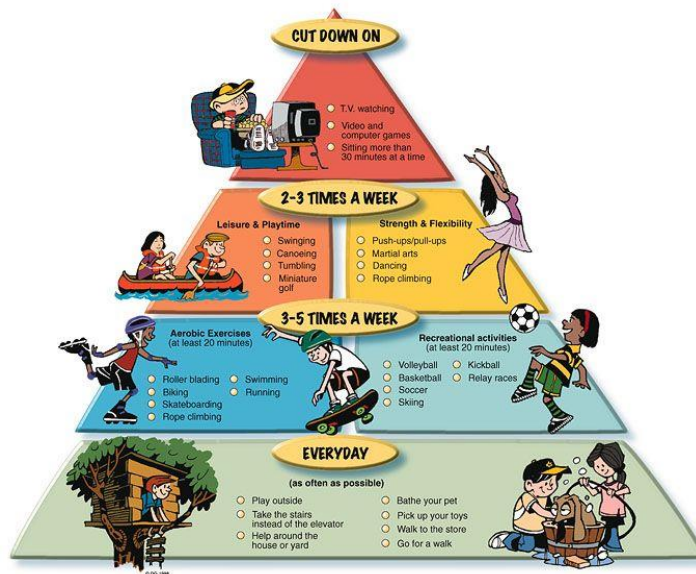


Nothing will happen if you just wish for it.

A healthy lifestyle requires work,
and no one is going to do it for you.

Climb your own ladder to success. With your
hands in your pockets you can't climb.

THE ACTIVITY PYRAMIDE



The bottom of the pyramid are the day-to-day activities and should be done as often as possible.

These are considered light physical activities.

Recreational and aerobic activities dominate the second level.

You should do these activities from three to five times a week.

The third level is leisure activities and exercises for strength and flexibility.

These should be done two or three times a week.

The top tier should be done minimally.

RIDDLE 4:

What is it that you can't hold for more than a few seconds?

HINT: Take it deep as you think.

VITAMINOMAN

1
ZŠ sv. Andreja Svorada a Benedikta Skalité

2
Vitaminoman, help me.
I call you for duel Chocolate.

3
Help, me.
I am not coward. I will fight.

4
Let's fight.
Fine. No chance for you.

5
Great. He caught himself into his own trap.

6
THE END
Look how small is Mr. Chocolate.
The problem is solved.
Kids will eat food with lots of vitamins again.



**TEENS
and
SLEEP**

Sleep is food for the brain.

Skipping sleep can be harmful .

Teens need about 8 to 10 hours of sleep.

Not getting enough sleep can:

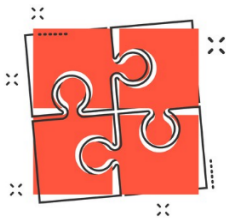
- Limit your ability to learn, listen, concentrate and solve problems You may even forget important information like names, numbers...
- Lack of sleep can contribute to acne and other skin problems
- Lead to aggressive behavior such as yelling at your friends

If you want to sleep well:

- Don't eat, drink, or exercise within a few hours of your bedtime.
- Don't leave your homework for the last minute.
- Try to avoid the TV, computer, mobile in the hour before you go to bed.



Nothing worth having
is ever easy to come by.
There may be some hard decisions
and a lot of discipline,

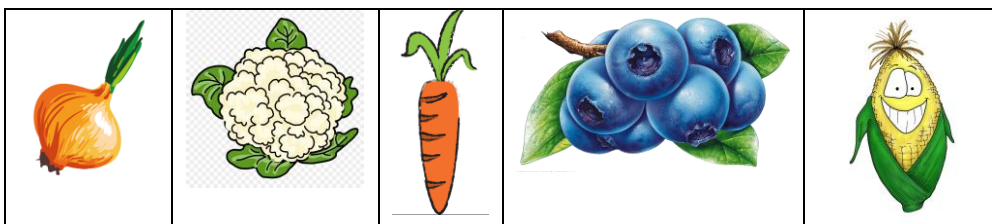


PUZZLE

fruit and vegetables

1.														
			2.											
			3.											
			4.											
5.														

1. What is big and white on the inside but green on the other side?
2. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What is it?
3. A fruit with the name of a colour in it.
4. Take off my skin and I will not cry, but you will. What am I?
5. What is orange and its name sounds like a parrot?



CHALLENGE FOR YOU

Diet

Eat vegetables with your dinner.

Eat two/three pieces of fruit a day.

Eat protein with breakfast.

Drink water instead of sweetened drinks.

Eat 'healthy food' instead of 'unhealthy food'.

Give up cakes, chocolate and drinking fizzy drinks.

You are allowed one day off per week to enjoy an occasional treat.

TRY TO substitute:



- biscuits by rice cake, oat cake,
- cakes by fruit muffins,
- chocolate by lower sugar jelly,
- donut by wholemeal scones,
- cola by unsweetened fruit juice diluted with water,
- crisps by wholemeal breadsticks,
- ice cream by lower fat frozen

yogurt or by ice cubes from frozen fruit juice,

- milk shake by fruit smoothie,
- sweets by dried fruit and nuts.

Eating fast food won't make you fast at all!



When no one thinks
you can do something,
prove them
how wrong they are.

Exercise

Run for 5 minutes four/five days a week.

At least ones a week go for an hour cycle.

Do a body weight circuit twice/three times per week.

Use the stairs instead of the elevator.

Get over 6000 steps every day on your pedometer.



Reduce Screen Time

Sitting for hours watching television screens, mobiles and computers can create bad habits that sap energy and draw life from our bodies.

Get outside for some fresh air and some sunlight.

RIDDLE 5:

I like food, but water kills me. What am I?

HINT: It might be something that water can remove or extinguish.

GRILLED CHICKEN SALAD



Ingredients

- chicken breast, marinated
- fresh pineapple chopped
- red pepper chopped
- mango chopped
- avocado chopped
- shredded carrots
- shredded purple cabbage
- sliced almonds

Instructions

1. Combine ingredients for marinade; pour over chicken breast and marinate overnight.
2. Grill the chicken.
3. Assemble salad with pineapple, red pepper, mango, avocado, carrots, cabbage, almonds, and chicken breast.

Marinade

- 2 tbsp orange juice
- 1 tbsp olive oil
- 1 tsp lime juice
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 clove garlic minced
- tsp ginger

Dressing

- 1/4 c. olive oil
- 2 Tbsp. lime juice
- 1 Tbsp. honey
- 1 tsp. dijon mustard
- 1/4 tsp. ginger
- 1/4 tsp. garlic powder
- 1/8 tsp. pepper
- pinch of allspice

4. Combine ingredients for dressing; shake well.
5. Pour dressing over salad as desired.

RESISTANCE TRAINING

Warm Up:

Gentle pulse raiser to increase blood flow and increase heart rate, mobility type exercises to open up the joints and push them through a wide range of motion.

5 minutes: Marching on the spot, jogging on the spot, jumping jacks, swinging arms forward/back, circles with hips

Main Circuit

Perform as a circuit and work on each exercise for 30 seconds.

Do three repetitions of the circuit.

It is important to cool down after exercise and stretch properly. Shake out the arms and legs, move around and gradually let the heart rate fall down.

Stretch the main muscles in the leg, the hamstrings, the calf and the quadriceps.

There you have it. Get started and no excuses!



You are mentally and physically stronger than you ever thought possible, but you won't ever figure that out until you put yourself in that situation.

1. High knee run



2. Jumping jack



3. Split squat lunge



4. Bodyweight squat



5. Push up



6. Crunches



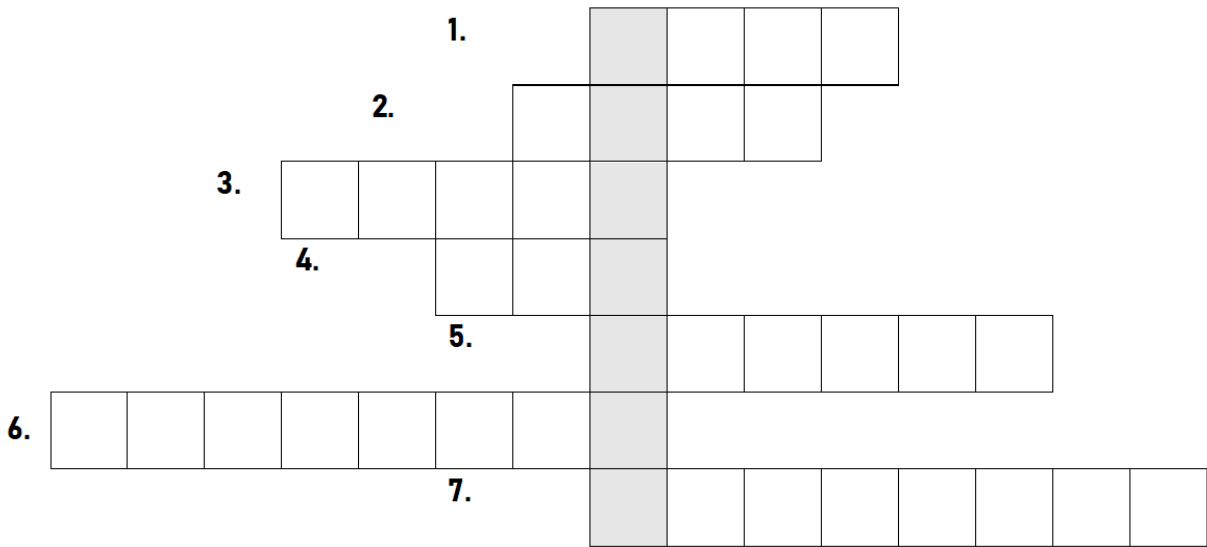
7. Burpees



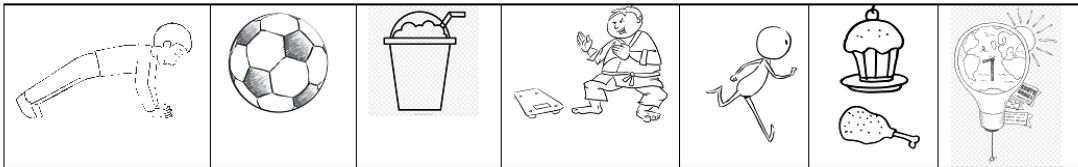


PUZZLE

fruit and vegetables



1. To be healthy means eating healthy
2. When you try to lose weight you need to be on a
3. Healthy activity or
4. For a healthy life we have to every morning.
5. Healthy food gives you
6. At the gym boys need to make some
7. We use fruit to make



RIDDLE 6:

Why did the French fry win the race?

HINT: Think about a place where you can buy it.

TEST YOURSELF

1. How many glasses of water should you drink a day?

a) 2 - 4	b) 8 - 10	c) 4 - 6	d) 6 - 8
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2. How many calories, in average, should a teenage boy eat, per day?

a) 2000 - 2400	b) 1500 - 2000	c) 2400 - 3000	d) 3000 - 3500
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3. How many calories, in average, should a teenage girl eat, per day?

a) 2000 - 2400	b) 1500 - 2000	c) 2400 - 3000	d) 3000 - 3500
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4. How many portions of fruit and vegies is the recommended daily amount?

a) 10	b) 5	c) 7	d) 3
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5. How many hours' sleep is recommended for adults per night?

a) 6	b) 8	c) 9	d) 10
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6. Protein is considered good for

a) iron	b) vitamins	c) helping muscles grow	d) giving energy
---------	-------------	-------------------------	------------------

7. Carbohydrates are considered good for

a) iron	b) vitamins	c) helping muscles grow	d) giving energy
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8. Being overweight can lead to

a) obesity	b) diabetes	c) heart disease	d) all mentioned
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9. How many teaspoons of sugar is in one can of Coca Cola?

a) 12	b) 8	c) 5	d) 3
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10. How many teaspoons of sugar are there in 100 g of raspberries?

a) 1	b) 8	c) 5	d) 3
------	------	------	------

11. How long is the recommended time for exercise?

a) 90	b) 60	c) 45	d) 30
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12. What is the recommended amount of times for exercise per week?

a) 1 x	b) 3 x	c) 5 x	d) 7 x
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13. What percentage of our diet should be made up of sugary food?

a) 12 %	b) 7 %	c) 20 %	d) 5%
---------	--------	---------	-------

14. What percentage of our diet should be made up of fruit and vegies?

a) 15 %	b) 25 %	c) 33 %	d) 52%
---------	---------	---------	--------

15. Dairy is considered good for

a) fibre	b) vitamins	c) calcium- bones, teeth	d) body growth
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RUNNER'S PLAN FOR BEGINNERS



You can't become a good runner
for one day.
Follow this step by step plan.

Week 1

Monday - Run for 1 min. Walk for 2 min. Repeat 10 times.

Tuesday - Walk easy for 30 minutes.

Wednesday - Run for 1 min. Walk for 2 min. Repeat 10 times.

Thursday - Walk easy for 30 minutes.

Friday - Run for 1 min. Walk for 2 min. Repeat 10 times.

Saturday - Run for 1 min. Walk for 2 min. Repeat 10 times.

Week 2

Monday - Run for 2 min. Walk for 1 min. Repeat 10 times.

Tuesday - Walk easy for 30 minutes.

Wednesday - Run for 3 min. Walk for 1 min. Repeat 7 times.

Thursday - Walk easy for 30 minutes.

Friday - Run for 4 min. Walk for 1 min. Repeat 6 times.

Saturday - Run for 6 min. Walk for 1 min. Repeat 4 times.

Week 3

Monday - Run for 5 min. Walk for 1 min. Repeat 5 times.

Tuesday - Walk easy for 30 minutes.

Wednesday - Run for 5 min. Walk for 1 min. Repeat 5 times.

Thursday - Walk easy for 30 minutes.

Friday - Run for 6 min. Walk for 1 min. Repeat 4 times. Run for 2 min.

Saturday - Run for 6 min. Walk for 1 min. Repeat 4 times. Run for 2 min.

FRUIT SALAD WITH SWEET TORTILLAS



Ingredients

- 1 mango diced
- 1 cup diced strawberries
- 1 cup diced pineapple
- 1 cup diced grapes
- 2 tbsp lemon juice
- 1 tsp honey
- poppy seeds

Combine all ingredients in a small mixing bowl.

For tortilla crisps:


1. Brush tortillas with melted butter.
2. Combine cinnamon and sugar.
3. Sprinkle the mixture over melted butter.
4. Cut tortillas into triangles.
5. Bake at 350 degrees for 20 minutes.

RIDDLE 7

I'm excellent to taste, but horrible to smell. What am I?

Hint: It's a body part!

RINGO GAME

<p>Necessary equipment:</p> <p>Circle of rubber.</p> <p>Thickness of 3 cm.</p> <p>Diameter of 17 cm.</p>		<p>Set up:</p> <p>A volleyball court with any surface is fine.</p> <p>Teams can be of mixed gender.</p> <p>Number of players per team from 1 to 6.</p> <p>One or more referees are needed.</p>
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Object of the Game

The aim of the game is to score 15 points.

Team games begin with a serve of the 'ringo' from behind the end line of each team. Serving changes after 3 points have been awarded to a side. When the ring is grabbed the player must immediately throw it over the net. A point is scored if the opponent does not catch the ring.

Scoring

The referee counts the points scored by each team.

Points are scored when:

1. A player does not catch the ring,
2. A player changes the ring from one hand to another,
3. A ring hits the net or doesn't make it to the opposite half of the court,
4. The player loses contact with the ground,
5. The 'ringo' flies vertically,
6. A player makes more than one step forward in the act of throwing,
7. A player holds the ring for longer than 5 seconds.

SOME IDEAS FOR USING FRUIT, VEGIES AND HERBS

Include fruit, vegies and herbs in every meal.

Be creative in how you prepare fruit and vegies.

Add chopped, grated or pureed vegies and herbs to pasta, sauces, meat burgers and soups.

Add fruit to breakfast cereal.

Try corn on the cob; jacket potato topped with cheese; plain popcorn; chopped vegies with salsa, hummus or yoghurt dips; fruit crumble; muffins made with fruit or vegies.

Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.

Add chopped or pureed fruit to plain yoghurts.

Make a fruit smoothie with fresh or frozen fruit.

You can blend it with milk or yoghurt, decorate with fresh herbs.

Chop up some fruit or vegie sticks for the lunchbox.

In summer, freeze fruit on a skewer for a refreshing snack.

Make fruit-based desserts.

Have fresh fruit available at all times as a convenient snack.

Keep the fruit bowl full and have diced fruit in a container in the fridge.



WINTER SPORTS



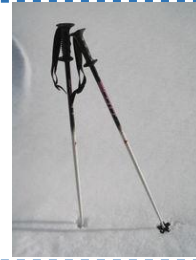
Add to the pictures: poles, ski boots, ski gloves, goggles, helmet, skis, ski binding, ski jacket, ski pants



A



B



C



D



E



F



G



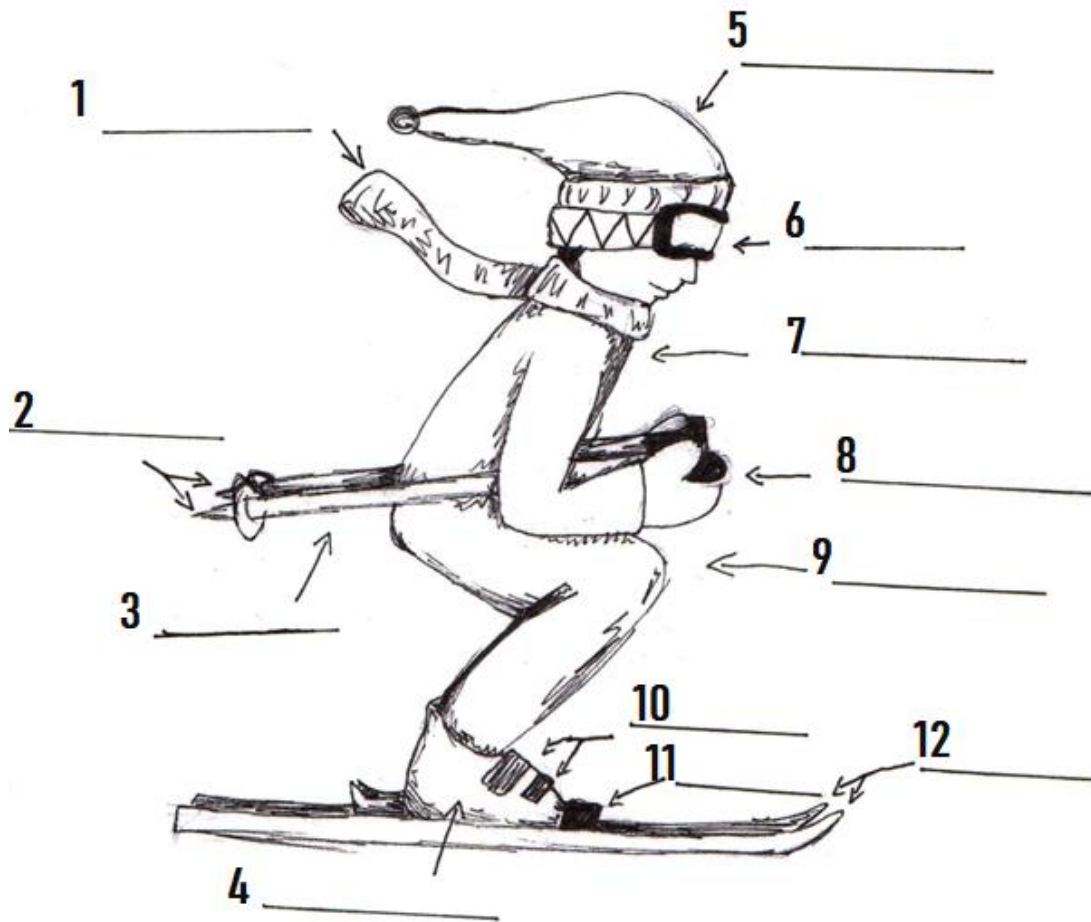
H



I

Many people go to the mountains to ski. Downhill skiing and snowboarding are usually done at a ski resort. Skiers buy a lift ticket and spend the day on the slopes. The lift can be a tow rope or a chair lift. Cross country skiing can be done in open country where there is snow. Skiers wear boots, skis and use poles to guide themselves along the snow trails. Hats and goggles keep heads and faces warm. Children enjoy sledding and ice skating, too.

PRACTICE YOUR SKIING VOCABULARY



UNSCRAMBLE THE PROTEINS

Unscramble the letters to spell these vegetarian sources of protein.

Tuns _____

Esheec _____

Gegs _____

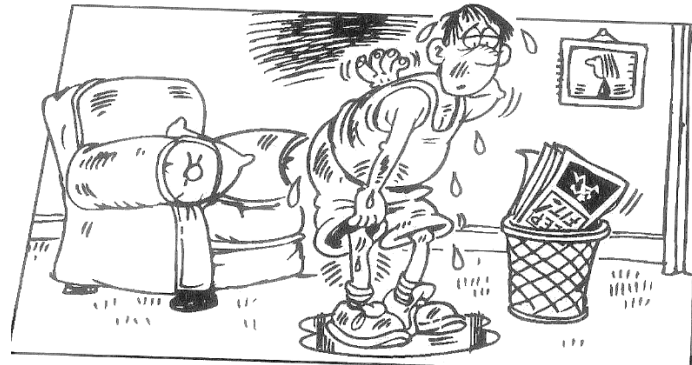
Slintel _____

Sneab _____



Complete the Tony's story
with the right words

mirror
laughed
threw
book
overweight
tripped



back ache
rain
exercise
bit
talking

1 Tony looked at himself in the

2 He was very

3 He had a look at his 'Keep Fit'

4 He decided to take some and go jogging.

5 He started to run along the road, but some boys at him.

6 Two ladies were on the pavement.

7 Tony over the dog's lead.

8 Then the dog Tony.

9 While he was limping home it started to and he got very wet.

10 He was cold and miserable and he had

11 He his 'Keep Fit' book in the bin!

Match these words to their definitions

1 overweight

a the path beside the road

2 miserable

b fat

3 trip

c walk with difficulty

4 pavement

d unhappy

5 limp

e fall over something

Test your knowledge on healthy diet in this quiz

To be healthy we need right 1_____ and 2 _____.

Also our mental and spiritual attitude is very important.

BALANCED DIET helps us maintain a healthy 3 _____ weight and prevent heart disease, 4_____, osteoporosis and diabetes.

Our diet consists of three main food groups: carbohydrates, proteins and

fats.



Carbohydrates give our body 5_____.

We can find them in pasta, rice, 6_____, cereals, fruit and vegetables.

Proteins 7_____and repair our body.

Meat, fish, 8_____, dairy products, beans and peas are rich in proteins.

Fats give us 9_____.

There is a lot of fat in vegetable oils, 10_____ and seeds.

We should also eat a lot of fruit and vegetables because they have fibre, 11_____ and minerals.

Fibre helps to move food through our 12 _____.

Minerals and vitamins have a lot of roles in the body.

We need 13_____ for healthy bones and 14_____for red blood cells.

Vitamins promote normal growth, healthy muscles, bone and tooth formation.

Our bodies need fluids to work properly.

Most of the chemical reactions in our cells need 15_____.

We also need water so that our 16 _____ can carry nutrients around the body.

We lose water all the time through evaporation and urination.

To stay healthy, it is important to replace the water we lose.

We should drink about 17_____ of fluid every day.

We need more fluid when we exercise.

When our bodies do not have enough water, we can become dehydrated and have a 18_____.

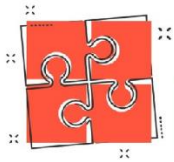


Milk is fluid too. It is a good source of calcium.

It helps to build and maintain healthy 19_____.

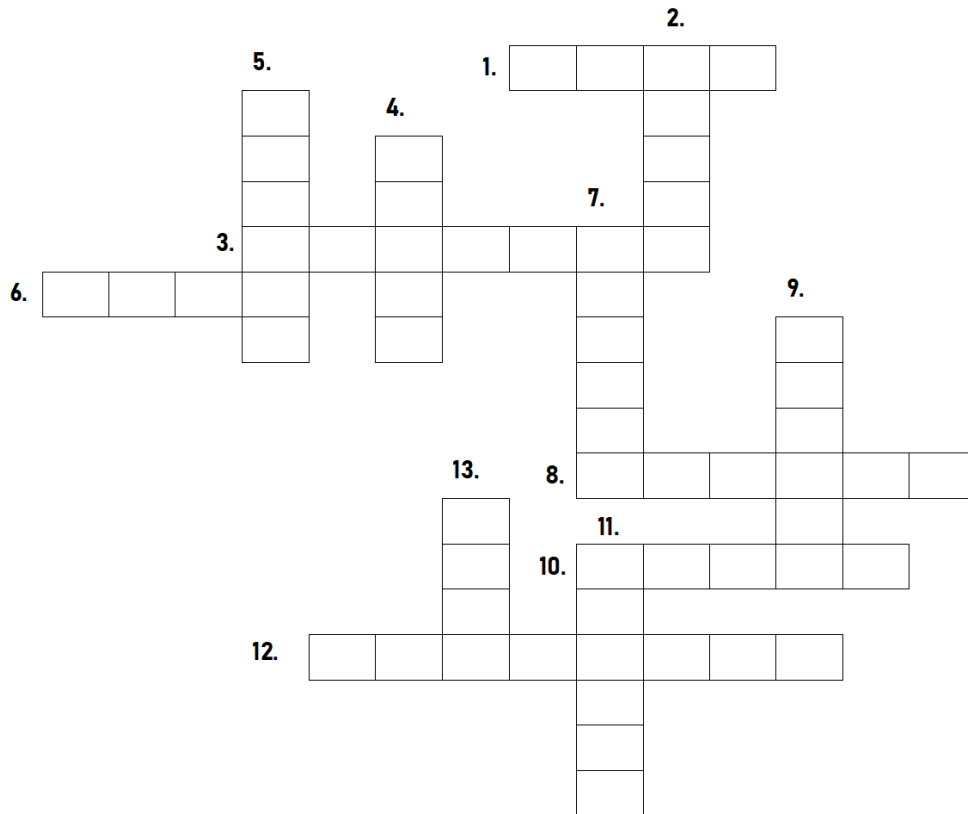
It also contains vitamins and 20_____.

HINTS: potatoes, build, minerals, nuts, intestines, exercise, eggs, calcium, food, iron, water, blood, vitamins, body, 2 litres, energy 2 x, a headache, bones, cancers



PUZZLE

fruit and vegetables



1. Fruit that rhymes with 'bear'.
2. The most popular fruit of all.
3. It's green and wrinkly kind of vegetables.
4. The most important liquid.
5. It can keep vampires away.
6. There is a bird with the same name as this fruit.
7. It is thin, long and orange vegetables.
8. Ketchup is made out of it.
9. French fries can be make of this.
10. It can make you cry.
11. A colour was named after it.
12. Fruit that we have on Christmas table.
13. It is a yellow cereal grain first domesticated by people in Mexico.



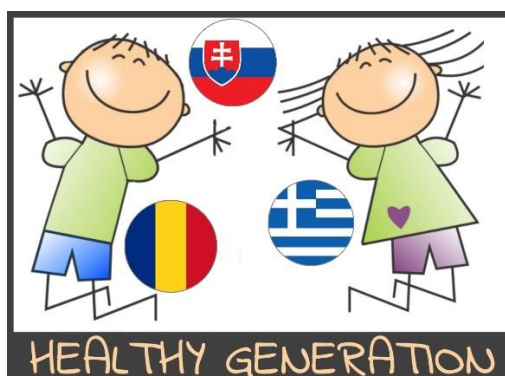
Quiz answers:

1 d 2 c 3 a 4 b 5 b 6 c 7 d 8 d 9 b 10 11 b 12 13 14 15

RIDDLES SOLUTIONS: 1. Egg 2. Fridge 3. Dinner 4. Breath 5. Fire 6. Fast food 7. Tongue

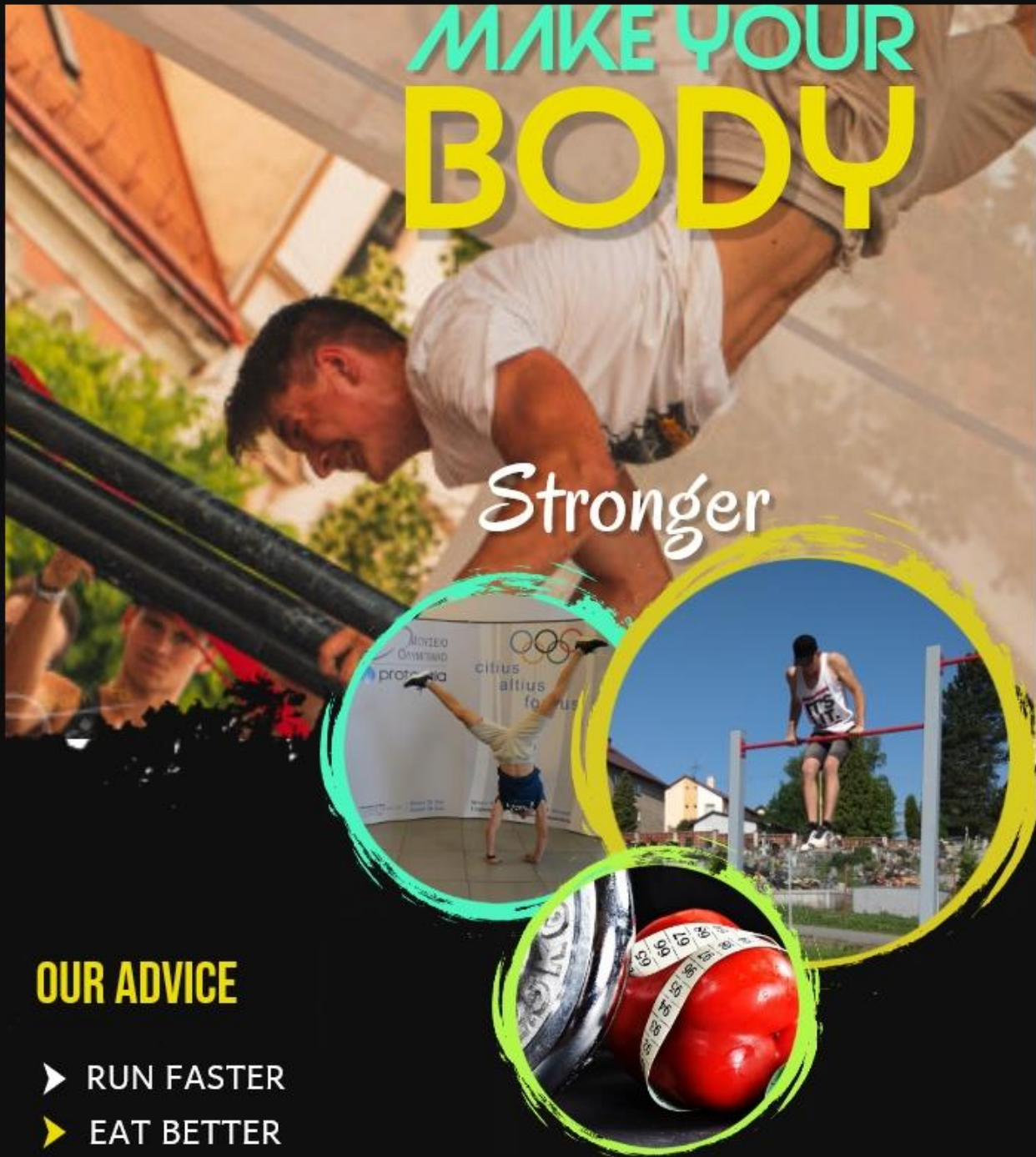
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MAKE YOUR BODY

Stronger

OUR ADVICE

- ▶ RUN FASTER
- ▶ EAT BETTER
- ▶ SLEEP LONGER
- ▶ TRY HARDER
- ▶ AIM HIGHER

2017/2019
Healthy Generation