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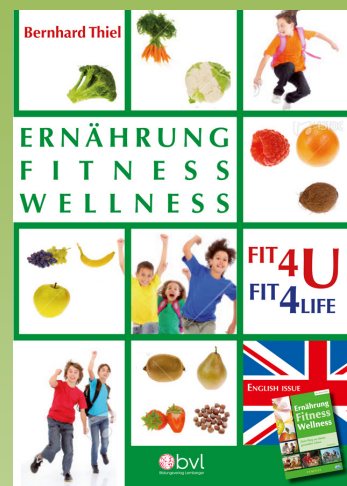
Unterrichtsmaterialien in digitaler und in gedruckter Form

Auszug aus:

Ernährung Fitness Wellness - Fit 4 U - Fit 4 Life

Das komplette Material finden Sie hier:

School-Scout.de



Introduction

Dear teachers,
Dear children,

This folder contains a collection of *tasks* that mainly go with the book “*Ernährung – Fitness – Wellness*”. It *provides* a lot of material for any kind of project work where English as language of instruction is desired. The topics *cover* healthy *nutrition* as well as *approaches* to responsible *consumer habits* which strongly relates to finding one’s personal lifestyle.


Some tasks are directly linked with the modules in the book (see reference boxes). Most of the tasks are new and complement the modules in the book. The folder offers a new variety of methods in consumer education. The basic method is – as it has already been covered in the main book – to give children the chance for individual research in order to understand the principles of keeping fit by oneself. Only if they really understand “*why*” they should do certain things and accordingly avoid *harmful* ways of living, they will be more likely to *adapt* their lifestyle.

You will find all words that are printed in *italic letters* in the glossary at the end of the folder. They are listed in the same order as they *appear* in the text.

The author wishes interesting and successful work as well as a lot of fun while you are doing your individual research!

Vienna, July 2011

Bernhard Thiel, M.Ed., MPOS

 Fill in other words you don't know:

word	translation	chapter


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weight	Gewicht	
measuring tape	Maßband	
sphygmomanometer	Blutdruckmessgerät	
door frame	Türstock	
appropriate	geeignet, passend	
to circulate	zirkulieren, in Umlauf sein	
blood vessels	Blutgefäße	
to contract	hier: zusammenziehen	
to be related to	in Zusammenhang stehen	
cough	Husten	
anxiety	Nervosität	
to increase	erhöhen, steigern	
to seem	scheinen	
to ignore	nicht beachten	
consequences	Folgen	
habit	(Lebens)gewohnheit	
to damage	zerstören	
cardiovascular system	Herz-Kreislauf-System	
to tremble	zittern	
to lose control	die Kontrolle verlieren	
to develop	entwickeln	
dieting	eine Abmagerungskur machen	
psychological background	psychologischer Hintergrund	
to undergo	sich etwas unterziehen, durchmachen	
to vomit	erbrechen	
to deny	leugnen	
suggestion	Vorschlag	
to have an argument with someone	sich mit jemandem streiten	
to draw one's attention	von jemandem die Aufmerksamkeit lenken	
appointment	Termin	
organic fibres	Faserstoffe (Ballaststoffe)	
intestine	Darm	
additives	Zusatzstoffe	
to compensate	ausgleichen	

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1. You are what you eat – Test yourself!

Many people don't know that what they eat has a direct *effect on their health*. You will learn a lot about good ways of keeping yourself fit and healthy. But first do the following test.

 Answer the following questions honestly. *It doesn't make sense if you cheat.*
After ticking the answers, count your points and read below your personal result.

	often	some-times	hardly ever	never
If I am hungry, I just eat what I like or can find at home.	1	2	3	4
I don't like fruits and/or vegetables.	1	2	3	4
If I don't feel well (sad, bored, frustrated), I start to eat sweets.	1	2	3	4
I am used to eating late in the evening.	1	2	3	4
I drink <i>beverages</i> that contain sugar, such as Coke, Sprite, Ice tea or energy drinks.	1	2	3	4
I eat a lot of meat, ham, sausages and bacon.	1	2	3	4
My life is stressful.	1	2	3	4
I don't eat regularly.	1	2	3	4
I watch TV or play on the computer.	1	2	3	4
I don't like any outdoor activities such as sports or games with my friends.	1	2	3	4
I forget to drink more than one and a half litre of water a day.	1	2	3	4
I easily get <i>infections</i> like the cold or the <i>flu</i> .	1	2	3	4
I easily get stomach-aches.	1	2	3	4
I feel tired. I don't know what to do with my day.	1	2	3	4

Less than 30 points	From 31 to 44 points	More than 45 points
Your body is crying for help. Maybe you have overweight and you often feel tired. You should think about your personal lifestyle.	You are on a good path to a healthy lifestyle. But there are some things you might have to change to keep yourself fit.	Congratulations! You already know a lot about the way you keep your body fit. This folder will show you that you are on the right way.

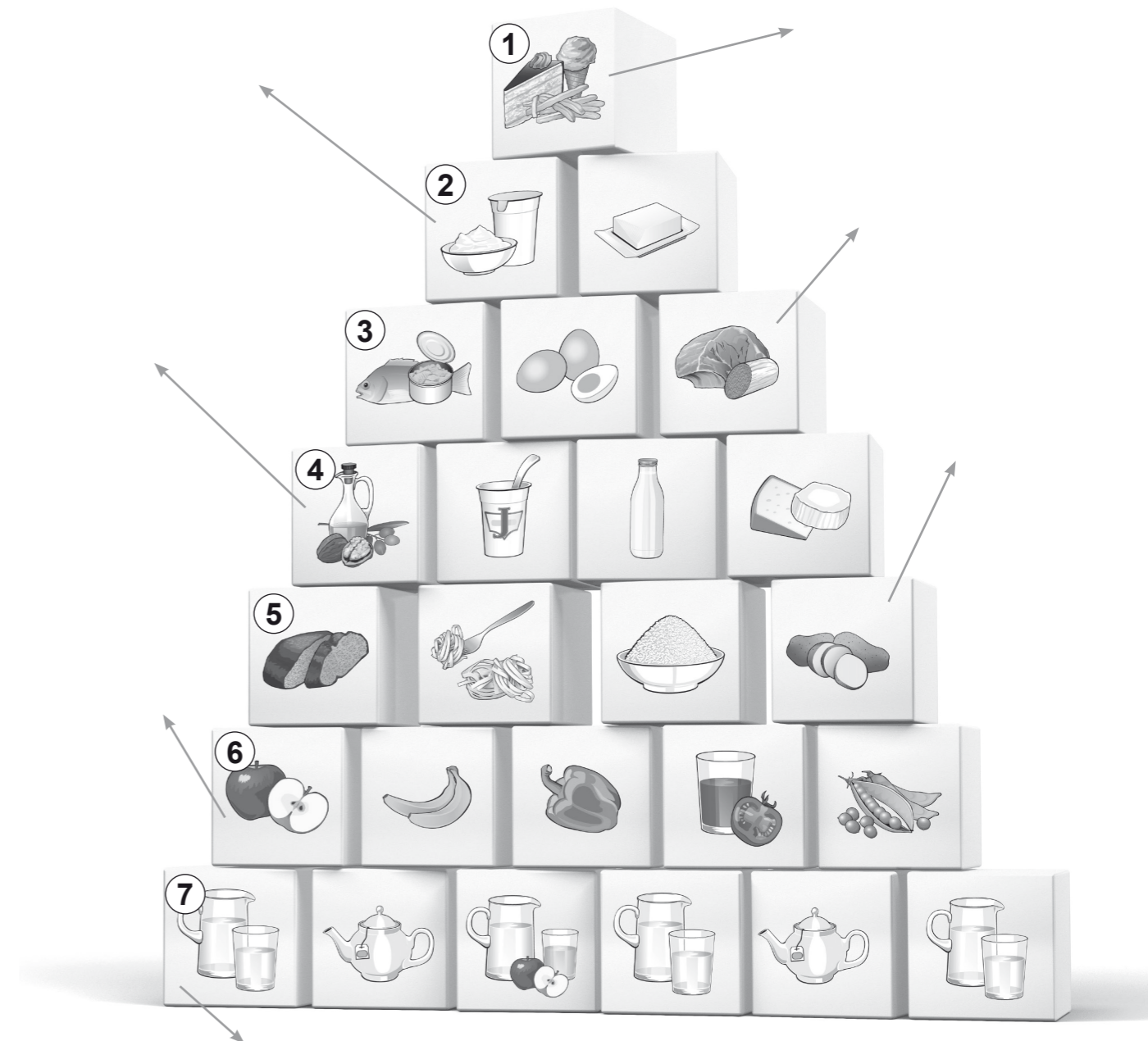
delicious	köstlich	
nutrients	Nährstoffe	
to sprinkle	beträufeln, benetzen	
to chop	hacken	
necessary	notwendig	
to stew	dünsten	
to steam	dämpfen	
to sweat	hier: anschwitzen, glasig anrösten	
to spread over	verteilen über	
to melt	schmelzen	
emblems	Markenzeichen	
fast food chains	Fast Food Ketten	
chart	Tabelle	
to arrange	zusammenstellen	
seasonal fruits and vegetables	Obst und Gemüse der Saison	
advantages	Vorteile	
to harm	schaden	
environment	Umwelt	
to harvest	ernten	
ripe	reif	
polite	höflich	
selling unit	Verkaufseinheit	
heart beats	Herzschläge	
index	Zeigefinger	
to multiply	multiplizieren	
to suffer from an illness	An einer Krankheit leiden	
nutrition facts	Nährwertangaben	
to guess	raten	
calculator	Rechner	
scale	Waage	
height	Größe	

harmful	schädlich	
to eliminate	zerstören	
carbohydrates	Kohlenhydrate	
daily food consumption	täglicher Nahrungsverzehr	
ingredients	Inhaltsstoffe	
brain	Gehirn	
to stir	umrühren	
protein	Eiweiß	
to consist of	bestehen aus	
poultry	Geflügel	
beef	Rindfleisch	
dairy products	Milchprodukte	
seeds	Samen (Kerne)	
legumes	Hülsenfrüchte	
immune system	Abwehrsystem	
to recommend	empfehlen	
saturated/unsaturated fats	gesättigte/ungesättigte Fette	
to increase a risk	ein Risiko erhöhen	
to lower a risk	ein Risiko senken	
to recognize	erkennen	
liquid	flüssig	
constitution of hormones	Aufbau von Hormonen	
protection	Schutz	
kidneys	Nieren	
sources	Quellen	
small quantities	kleine Mengen	
properly	ordentlich	
to avoid	vermeiden	
juicer	Entsafter	
to add	hinzufügen	

2. What does healthy nutrition mean??

How do you manage your nutrition? What food do you choose to keep your body fit and healthy? The picture shows what *selection* of food will *maintain* your health.

✎ Take a dictionary and find the words for the food examples in the pyramid.




✎ Fill in the correct numbers you see on the left hand side in the food pyramid.

You can find **carbohydrates** on level and .

You can find **fats** on level .


You find **proteins** on level .

3. How to store healthy products?

 You can see a grid with different foodstuffs. Put the right word on the top of each column. Look up any words in the dictionary that you don't know.

Odd man out: In each column there is a single item that doesn't fit with the others. Cross out the wrong word.

vegetables fruits dairy products cereal products beverages				
apples	bread	tomatoes	juices	cheese
bananas	muesli	peppers	water	yogurt
oranges	beans	broccoli	herbal tea	cream
plums	rice	cherries	fruit tea	tofu
cucumbers	pasta	cauliflower	oil	milk

 Where should you store the products you buy? Match the examples with the *suitable storage condition*.

wholemeal bread

cereals

yogurt

sweet cheese

potatoes


tea bags

apples

rice

- cool and dry
- room temperature and dry
- fridge
- room temperature and dry
- cool and dry
- room temperature and dry
- fridge
- room temperature and dry

22. Glossary

 Fill in the number of the chapter where you can find the word in italic letters.

word	translation	chapter
tasks	Aufgaben	
to provide	bieten	
to cover	behandeln	
nutrition	Ernährung	
approach	Zugang	
consumer	Verbraucher	
harmful	schädlich	
to adapt	anpassen	
to appear	auftauchen, erscheinen	
It has an effect on...	Es hat eine Auswirkung auf...	
health	Gesundheit	
It doesn't make sense...	Es ergibt keinen Sinn...	
to cheat	schummeln	
beverages	Getränke	
to contain	enthalten	
infections	Infektionskrankheiten	
flu	Grippe	
selection	Auswahl	
to maintain	aufrecht erhalten	
pattern	Muster	
suitable	geeignet	
storage condition	Lagerbedingung	
to store	lagern	
to absorb	aufnehmen	
saliva	Speichel	
acid	Säure	
to break down	hier: verdauen	
responsible	verantwortlich	
substances	Flüssigkeiten	

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