**UČIVO NA TÝDEN 28. 5. - 3. 6. 2020**

**zašlete mi fotografii vypracovaného úkolu na email do úterý 2. 6. 2020**

**1) POSLECHNI SI VIDEO A DOPLŇ CHYBĚJÍCÍ SLOVA DO TABULKY**

**Video:** [**How to create a Healthy plate**](https://www.youtube.com/watch?v=Gmh_xMMJ2Pw)

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**What´s healthy plate? 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Simply use a 2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plate for children and 3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plate for adult.**

**First, divide the plate in half and fill one of them with 4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. There are two types of vegetables, 5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like potatoes, peas, or plantains and 6\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like 7\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, jicama, cucumbers, carrots, or salad. If you have 8\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, fill half your plate with 9\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetables, then fill 1/4 with whole grains or starches like 10\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, corn, beans, or whole wheat 11\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**In the other quarter add some lean protein like 12\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, grilled fish, or chicken.**

**To complete your meal add a drink like 13\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_coffee, tea, or glass of milk, but remember that drinking eight 14\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of milk affects your 15\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ just as it would if you ate another tortilla or a slice of bread. Or, you can choose water with a 16\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**How to create your plate is up to you.**