

Pozdravljeni osmošolci!

Začenjamo zadnji teden v maju in nadaljujemo s temo: FOOD FOR THOUGHT.

Prejšnji teden ste se seznanili s tem, kaj mora vsebovati zdrava prehrana.

V besedilih tega tedna boste brali o hitri prehrani, izvedeli nekaj o zgodovini hamburgerjev in motnjah prehranjevanja.

Ko boste prebirali besedila, si boste **nove besede iz vseh besedil in nalog** tega tedna izpisovali in seveda tudi poiskali njihov pomen v slovarju. **Zapisali jih boste na List za odgovore, ki mi ga boste z rešitvami nalog poslali do konca tedna.**

Read some interesting facts about junk food.

Preberi nekaj zanimivosti o hitri prehrani.

- Junk food is not only the fast food and beverages that you can get at fast food restaurants.
- Junk food includes all the foods that have little nutritional value, for example, cakes, salty and sugary snacks and soft drinks.
- A lot of fast food is fried and frying destroys most nutrients that the food had before cooking.
- Even cereals which are considered to be healthy for breakfast fall into the category of fast food items when coated with sugar.
- Most carbonated beverages or soft drinks contain a large amount of sugar. There are ten teaspoons of sugar in a can of cola.
- Most popular fast foods include burgers, fries and pizzas.
- McDonald's, Kentucky Fried Chicken and Pizza Hut are the three most known fast food chains where fast food is sold.
- There are McDonald's restaurants in more than 100 countries around the world and they serve over 40 million customers every day.
- American consumers waste over \$100 billion on fast food every year.

1. Read the paragraphs about the history of hamburgers and put them in the right order.

Preberi besedilo o zgodovini hamburgerjev in odstavke (A – G) uredi v pravilno zaporedje. Rešitev napiši v tabelo na Listu za odgovore. Prvi odgovor je že zapisan.

A What happened next is still a matter of dispute. The spread of the burger happened at the World Fairs. According to some people the first hamburger was served at the 1904 St Louis World's Fair as a sandwich consisting of cooked patty of minced beef placed inside a roll.

B Nowadays hamburgers are usually a feature of fast food restaurants and come in different varieties such as cheeseburgers, fish burgers, chicken burgers and the like and come in different shapes and sizes.

C The origin of the hamburger goes way back to the past. In the middle Ages, the Tartars from Central Asia placed pieces of beef under their saddles while riding a horse. Eventually the meat became tender and ready to be eaten raw.

D Most hamburgers are thin and round, but some fast-food chains, such as Wendy's, sell square-cut hamburgers. A traditional hamburger sandwich consists of one or more cooked patties of ground beef, placed inside a sliced bun. They are often served with lettuce, tomato, onion, pickles, cheese and condiments such as mustard, mayonnaise and ketchup.

E A few centuries later, German immigrants introduced a dish called Hamburg Style Beef to America. Some historians believe that the dish was brought to the seaport city of Hamburg from Russia. It was obviously so good that the German immigrants decided to take that dish with them when they moved to the United States.

F Mass distribution of the fast food hamburger started with White Castle about twenty years later that offered tiny hamburgers for 5 cents. The 1930's also saw the advent of the drive-in. This invention changed the landscape of burgers forever by allowing diners to remain in their cars and created the concept of drive-in service.

G The first McDonald restaurant was opened by Richard and Maurice McDonald in 1940 in California. Their introduction of the quick service system in 1948 established the principles of the modern fast-food restaurant.

A	B	C	D	E	F	G
		1				

2. Read the text about a famous footballer and his daily workout and diet. Complete the text. Choose among the given words.

Smiselno dopolni besedilo. Izbiraj med danimi besedami. Zapiši jih v tabelo na List za odgovore.

expert famous meals rich running snacks strength strict trains

Have you ever wondered about what Cristiano Ronaldo does to keep in shape? What kind of training exercises and drills does he take, in order to always be in top form? Ronaldo is a world **A** football player and professional athlete and he's surrounded by professional fitness coaches and **B** dieticians. He practices around 5 times per week in Real Madrid training camp. On average, he **C** around 3-4 hours per day. His daily practice starts in the morning with **D** which is followed by sprinting drills. Then he does football tactical exercises to improve understanding with his teammates. He also works out in gym to develop specific muscles and body **E**. This great workout routine works well because of Ronaldo's **F** diet that he follows. He pays great attention to what he eats and always has six **G** per day. He avoids foods and drinks with lots of sugar and never **H** between meals. Ronaldo's lunch is a low calorie meal but **I** in vitamins proteins and minerals. Chicken breasts, green beans, rice and a piece of fruit is Ronaldo's dinner menu. How can he do that? The answer is simple. Ronaldo's secret recipe is a strong motivation and discipline.

3. Read the descriptions of eating disorders. Match the three most common eating disorders with their descriptions.

Motnje prehranjevanja poveži z ustreznimi opisi (A – C). Zapiši jih na List za odgovore k ustreznim črkam (A –C).

Anorexia

Bulimia

Binge eating

A People have a twisted view of their body and are obsessed with thin figure. They hardly eat at all or restrict their food intake by fasting or excessive exercise. People suffering for this disorder see themselves as extremely overweight even if they are already underweight. They are obsessed with work and become very sensitive and irritable. They avoid hanging out with friends pass all family celebrations when food is involved.

B People with this eating disorder overeat and then try to force themselves to throw up or exaggerate in exercising to prevent gain weight. A person is diagnosed with this eating disorder if he overeats and vomits regularly, at least twice a week for a couple of months. Sometimes people even binge and then feel ashamed and anxious and need to compensate by eating diuretic pills or excessive exercising.

C People who suffer from this eating disorder have episodes of uncontrollable eating but don't try to compensate by purging the food. During these episodes they eat enormous amounts of food and eventually gain weight. They are depressed and ashamed about their weight problem. People suffering from this eating disorder may be aware of their problem but feel unable to control them.

4. Connect warning signs with the three eating disorders.

Spodaj je navedenih več opozorilnih znakov za različne motnje prehranjevanja. Številke pred njimi zapiši v stolpce k ustreznim motnjam na List za odgovore. Prvi odgovor je že zapisan.

ANOREXIA	BULIMIA	BINGE EATING
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- 1 always going to the bathroom immediately after a meal
- 2 binge and later throw up
- 3 cutting food into tiny pieces
- 4 eating even when full
- 5 extreme calorie counting
- 6 fasting
- 7 large amounts of food missing
- 8 picky eating
- 9 stuffing with food when nobody is around
- 10 unexplained weight loss
- 11 using laxatives on a daily basis

5. Choose the correct word to complete the sentences.

Izberi ustrezno besedo in jo zapiši na List za odgovore.

1. Veal chops can be _____ and subtle when cooked properly.

- tough
- loose
- tender

2. Can you go to the grocer's and buy a jar of _____?

- pickles
- eggs
- flowers

3. The hot dog is usually topped with _____.

- mustard
- yoghurt
- garlic

4. Nobody can _____ that drinking plenty of water is essential for our health.

- revise
- discover
- dispute

5. The master put a _____ on his horse and rode away.

- saddle
- horseshoe
- boot

6. Waiters often complain that it's hard to please _____.

- diners
- menus
- dishes

7. Agricultural food _____ is held annually in August, Gornja Radgona, Slovenia.

- service
- fair
- growth

8. _____ such as sauces, butters, salad dressings are added to food to give it more flavour.

- Condiments
- Spices
- Liquids

9. One of the significant _____ of the medieval castles was a drawbridge.

- material
- feature
- side

10. The _____ of black and white television in the 50s made people less active.

- end
- content
- advent