

4  Przeczytaj informacje o trzech osobach. W zeszycie zaznacz, które zdania są prawdziwe (P), a które fałszywe (F). Uzasadnij swój wybór.

- 1 Gemma eats too much junk food.
- 2 Gemma likes snacks.
- 3 Mike eats sweets to put on weight.
- 4 Gemma and Mike aren't happy with their bodies.
- 5 Anya doesn't have time to pack her lunch for work.
- 6 Anya usually leaves her office to have lunch.

1 Gemma: I'm a little overweight. I don't have much fast food or sweets, but I work from home and often eat between meals. I'd like to stop putting on weight.

2 Mike: I've taken up rowing recently and realised how unfit I am! I get tired pretty quickly. To keep going, I usually have a bar of chocolate, but it gives me strength for a short time. I want to be strong!

3 Anya: I work in a busy office where I hardly have time to go out and grab something to eat. I try to pack my lunch bag, but I don't have any ideas for meals and don't want to live on sandwiches only.

5  Przeczytaj porady żywieniowe A-D zamieszczone poniżej. W zeszycie uzupełnij luki w notatce zgodnie z treścią tekstu.

- Produkty zawierające dużo ¹ _____ dają tylko chwilowy zaszyk energii.
- Zastąp smażone potrawy ² _____. Unikaj ³ _____ i niezdrowego jedzenia.
- ⁴ _____ stanowią zdrową i nietuczącą przekąskę.
- Aby przygotować dobry obiad do pracy, zacznij od znalezienia ⁵ _____

6 Przeczytaj ponownie informacje o osobach z zadania 4. oraz porady z zadania 5. Przyporządkuj każdej osobie odpowiednią poradę. Jedna z nich nie pasuje do żadnej osoby.

A Most athletes eat food with a lot of complex carbohydrates in it, like for example pasta. The energy from such carbohydrates burns off slowly, not like sugary things that give a burst of energy, but then you feel weak again.

B Change your diet completely and start your day in a healthy way: some grapefruit and yoghurt will make you energetic. Also, no fried food, so bake your fish or chicken for lunch (you can find some simple and healthy recipes online). Avoid sweets and junk food and take up some sport.

C You need to make sure that your little snacks aren't too fattening. Keep a lot of fruit and vegetables at home, especially carrots. When you need a break, have some veggies instead of the usual snacks.

D Make some effort! First, find simple and healthy recipes. Make a list of food to buy. Then go shopping and buy enough food for the whole week. This way you will always have something to take for lunch.