1. This is a healthy lifestyle. Ovo je zdrav stil života.

1. This is an unhealthy lifestyle.

 Ovo je nezdrav stil života.

* 1. This is a healthy lifestyle. Ovo je zdrav stil života.

* 1. This is an unhealthy lifestyle. Ovo je nezdrav stil života.

**a) Match**

**and read.**

Poveži i pročitaj.

2



1. do sport jesti prerađenu hranu

**Look at the pictures and circle the correct answer.**

**Explain why in Croatian.**

Pogledaj

slike i zaokruži točan odgovor. Objasni

zašto

na hrvatskom jeziku

.

1

**3**

**A**

**FOOD FOR THOUGHT**

1

1. do gardening provoditi vrijeme ispred ekrana
2. spend time outdoors jesti masnu hranu
3. eat processed food baviti se sportom
4. eat fatty food raditi u vrtu
5. cook with fresh ingredients kuhati sa svježim namirnicama
6. spend time indoors provoditi vrijeme na otvorenom
7. spend time in front of the screen provoditi vrijeme u zatvorenom

**b) Translate the phrases into English.**

 Prevedi fraze na engleski jezik.

1. jesti prerađenu hranu \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. jesti masnu hranu \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. baviti se sportom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. raditi u vrtu \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. kuhati sa svježim namirnicama \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. provoditi vrijeme na otvorenom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. provoditi vrijeme u zatvorenom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. provoditi vrijeme ispred ekrana \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**c) Sort out the phrases in English. What is healthy, and what unhealthy for people?**

 Razvrstaj fraze na engleskom jeziku. Što je zdravo, a što nezdravo za ljude?

HEALTHY UNHEALTHY zdravo nezdravo

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**d) Write three things that you often, sometimes or never do.**

 Napiši tri stvari koje radiš često, ponekad ili nikad ne radiš.



1. I **often** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I **sometimes** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I **never** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**a) Read about Carl,**

**Zo**

**e**

**and Antoine**

**.**

P

r

očitaj o

Carlu, Zo

e

i Antoin

e

u

.

3



I often eat too many sweets and **junk food.**

Često jedem previše slatkiša i **nezdrave hrane**.

I have some **weight** **problems**.

Imam **problema s težinom**.

I don’t do any sports.

Ne bavim se nikakvim sportom.

That’s why I am doing some gardening now.

Zato sada radim u vrtu.

In this way I am spending time outdoors and helping my parents.

Na taj način provodim vrijeme na otvorenom i pomažem svojim roditeljima. Carl,12

I often eat processed food, and I want to change it.

Često jedem prerađenu hranu i želim to promijeniti. That’s why I am learning to cook now!

Zato sada učim kuhati!

I am using simple, fresh ingredients.

Koristim jednostavne, svježe namirnice.

I don’t eat fatty food.

Ne jedem masnu hranu.

It is never too early to learn to cook and start **watching** your **diet**.

Nikad nije prerano učiti kuhati i početi paziti na svoju prehranu.

Antoine,15

I spend a lot of time indoors.

Provodim dosta vremena u zatvorenom prostoru.

I play video games every day.

Igram videoigrice svaki dan.

I know it’s not good for my health.

Znam da to nije dobro za moje zdravlje.

So I am **experimenting** with new activities.

Zbog toga eksperimentiram s novim aktivnostima.

At the moment I am learning to play the drums.

Trenutno učim svirati bubnjeve.

I am trying something new these days.

Pokušavam nešto novo ovih dana.

Zoe, 12

1. **Read the text again and answer the questions. Circle the correct name.**

 Pročitaj tekst ponovo i odgovori na pitanja. Zaokruži točno ime.

|  |  |  |  |
| --- | --- | --- | --- |
| 1 Who is playing an instrument?  Tko svira instrument?   | Carl  | Antoine  | Zoe  |
| 2 Who is helping others?  Tko pomaže drugima?   | Carl  | Antoine  | Zoe  |
| 3 Who is watching his diet?  | Carl  | Antoine  | Zoe  |

 Tko pazi na svoju prehranu?

1. **Who is talking? Read the sentences, and write the correct name on the line.**

 **Write: Carl, Antoine or Zoe. Exercise 3 a) can help you.**

 Tko govori? Pročitaj rečenice i napiši točno ime na crtu. Napiši: Carl, Antoine ili Zoe.

 Zadatak 3. a) može ti pomoći.

|  |  |
| --- | --- |
| 1 I am trying something new these days.  Pokušavam nešto novo ovih dana.   | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| 2 I often eat too many sweets and junk food. Često jedem previše slatkiša i nezdrave hrane.   | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| 3 It is never too early to learn to cook. Nikad nije prerano učiti kuhati.   | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| 4 I play video games every day.  Igram videogrice svaki dan.   | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| 5 I am doing some gardening now.  Sada radim u vrtu.   | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| 6 I am learning to cook now.  Sada učim kuhati.   | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| 7 At the moment I am learning to play the drums.  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |

 Trenutno učim svirati bubnjeve.

#   GRAMMAR! PRESENT SIMPLE VS PRESENT CONTINUOUS



Kada upotrijebiti present simple, a kada present continuous?

 LOOK AND READ!

 POGLEDAJ I PROČITAJ!

 **PRESENT SIMPLE PRESENT CONTINUOUS**

 I rarely **do** sports. I **am doing** some gardening now.

 Rijetko se bavim sportom. Radim u vrtu sada.

 I often **eat** processed food. I **am cooking** now.

 Često jedem prerađenu hranu. Kuham sada.

 Every day I **watch** TV for a few hours. I **am spending** more time outdoors these days.

 Svaki dan gledam TV po nekoliko sati. Provodim više vremena vani ovih dana.

1. **Read the sentences carefully. Pay attention to the coloured words. Circle the correct verb tense.**

Pažljivo pročitaj rečenice. Obrati pažnju na obojene riječi. Zaokruži točno glagolsko vrijeme.

* 1. Carl rarely **does** / **is doing** any sports.
	2. He **helps** / **is helping** his parents in the garden these days.
	3. He **works** / is **working** in the garden now.
	4. My brothers **watch** / **are watching** TV every day.
	5. They often **play** / **are playing** video games.
	6. They never **spend** / **are spending** time outdoors.

1. **Listen to Ben’s mum. Read the sentences and tick (**✓**) the correct answeres**

Poslušaj Benovu mamu. Pročitaj rečenice i kvačicom označi (✓) točne odgovore.

I am Ben's mum. I go to work every day. I come home at 7 o'clock. It is Saturday. We are all at home now. We are spending time together. I am cooking dinner and Ben is helping me.



* + 1. Ben’s mum goes to work every day. \_\_\_\_\_\_\_\_\_\_\_\_
		2. She comes home at 5 o’clock. \_\_\_\_\_\_\_\_\_\_\_\_
		3. It is Sunday. \_\_\_\_\_\_\_\_\_\_\_\_
		4. Mum is cooking dinner. \_\_\_\_\_\_\_\_\_\_\_\_
		5. Ben isn’t helping his mum. \_\_\_\_\_\_\_\_\_\_\_\_