**A balanced diet**

* eat different kinds of food
* eat the right amounts of food
* include five groups of food
* fruit and vegetables 50%, rich in vitamins and minerals
* protein 25%
* grains and dairy 25%, rich in calcium and protein
* eat enough fish, sea food
* eat lean meat (beef and chicken)
* eat whole grain products (brown bread, brown rice)

Fruit and vegetables 50% Protein 25%



 Grains and dairy 25%

-If you want to be healthy, you should eat …

-Don’t skip breakfast because …

-Try to eat …

-You should also …

-You shouldn't forget to …

**SPEAKING TIPS**



**Govorenje: samovrednovanje**

|  |  |  |
| --- | --- | --- |
| **Balanced diet** |  👍 |  👎 |
| Pravilno **izgovaram** i **naglašavam** riječi i točno **intoniram** rečenice. |  |  |
| Govorim **tečno** i bez čestih zastajkivanja.  |  |  |
| Koristim širok raspon riječi i **nove riječi**. |  |  |
| Koristim točan **poredak** **riječi**  u rečenici i poštujem **gramatička** **pravila**: Present Simple / Present Continuous / komparaciju pridjeva i množinu imenica. |  |  |
| Opisujem **sve važne** **karakteristike** zdrave prehrane. |  |  |
| Svaka je rečenica **razumljiva.** |  |  |