

**PRIPRAVE ZA POUK NA DALJAVO, 9. razred**  
**14. ura (teden 30. 11. – 4. 12.)**

**NAČINI PRIPRAVE HRANE IN ZDRAV ŽIVLJENJSKI SLOG**

1. V zvezek napiši naslov **WAYS OF PREPARING FOOD** in (čez celo stran) prepisi spodnjo tabelo:

		A	B	C
Way of preparing food:	Translation:	What kind of food do we use?	What kitchen utensils and equipment do we use?	Is it healthy or unhealthy? Why?
<b>STEAM</b>	kuhati na pari	(We can steam) vegetables	(We need / use:) a big pot, boiling water, a steamer	It is healthy because we keep the vitamins in.
<b>BOIL</b>	vreti			
<b>FRY</b>	cvreti			
<b>ROAST</b>	peči (meso) v pečici			
<b>BAKE</b>	peči v pečici			
<b>GRILL</b>	peči na žaru			

**Izpolni razpredelnico.**

**Pomoč:**

V stolpec A zapiši, katero hrano pripravljamo na takšen način.

V stolpec B napiši, kaj potrebujemo, da lahko pripravimo hrano (ponev, vrelo vodo, pečico, ogenj/vročino...).

V stolpcu C razmisli, ali je takšen način priprave hrane zdrav ali ne, ter to (na kratko) razloži.

Pomagaj si s primerom (steam), ki je že rešen.

## 2. Nadaljuj v učbeniku na str. 61, naloga 7.

- Najprej vidiš **slike** z različnimi načini priprave hrane, ki si jih pravkar spoznal-a in opisala v zgornji tabeli. Preberi, kaj piše pod njimi.
- Nato **preberi vprašanja in možne odgovore**, na katera bo odgovarjala Estelle, izkušena strokovnjakinja za fitness in učiteljica plesa.
- Pomen novih / neznanih **besed preveri v slovarju** ter prevode zapiši kar v učbenik.
- Sedaj **poslušaj posnetek** [Interview with Estelle Matthews](#) in obkroži pravilne odgovore. (Rešitve preveri spodaj)

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### REŠITVE:

Za tiste, ki potrebujete pomoč, so tu rešitve. Ni pa nujno, da imate vsi napisano to in samo to.

Way of preparing food:	Translation:	What kind of food do we use?	What kitchen utensils and equipment do we use?	Is it healthy or unhealthy? Why?
<b>STEAM</b>	kuhati na pari	We can steam vegetables.	We need / use: a big pot, boiling water, a steamer	It is healthy because we keep the vitamins.
<b>BOIL</b>	vreti	We can boil pasta, rice, vegetables, eggs...	a pot or a saucepan, boiling water	It is kind of healthy but not as healthy as steaming.
<b>FRY</b>	cvreti	We can fry potatoes (chips), onion rings...	a frying pan, oil	It is unhealthy because we use too much oil.
<b>ROAST</b>	pečiti (meso) v pečici	chicken, pork, all kinds of meat	We roast in an oven. We use hot air for roasting.	In a way it is healthy because we use hot air for roasting, but it is also unhealthy because the food roasts itself in its own grease.
<b>BAKE</b>	pečiti v pečici	cake, cookies, lasagne...	We roast in an oven. We use hot air for baking.	It is healthy because we only use for air.
<b>GRILL</b>	pečiti na žaru	sausages, steaks, meat, vegetables	We use a grill.	It is healthy because the grease can go out of the meat but on the other hand, vegetables can lose the vitamins when overheating.

### Uč. str. 61/naloga 7:

Odgovori: 1. a, 2. b, 3. c, 4. b, 5 wholemeal bread, fish, eggs, fruits, hamburger, fresh fruit, 6. c, 7. a, 8. b, 9. a, 10. b, 11. c.