

II Liceum Ogólnokształcące
im. K.K. Baczyńskiego
w Radomsku



THE Reader Health

Editor in chief:
Paulina Kil IB

Helping hands:
Agnieszka Łęgowik
Natalia Król
Anna Huddani
Marta Kujc

Content:

- Quizzes
- Crosswords
- Healthy Lifestyle Principles
- Diaries of healthily and unhealthily living people and much more...



Bloody escape

Your body needs it every day. You see it in wounds – red, rare liquid. Pulsating heart pushes it to all cells. What is it? Something that provides you with normal life.

But what if you have an accident? You'll have big trouble to find help for yourself quickly. Another people's help can rescue your life.

You feel a short prickle and then you see your blood filling a pellucid sack. It is an amazing feeling. Just the awareness that your blood will flow inside blood vessels is unknown for a human.

Blood donation is the best way to keep a healthy, strong organism. If you want to help, you should think about this type of help.

The pain is small, the pleasure enormous! (You can get some gifts for example a box of chocolates).

Small inconspicuous friends. Smiling blood cells with their fellows: platelets, plasma and many others are working very hard for your health. Don't forget about this! You must also take care about your small friends. Just try to keep fit and follow a sensible diet.

Paulina Miśkowiec III b



Food for your memory

High school = attending classes, doing homework and a lot to learn by heart. You usually have to try and find time for every activities not only learning. If you still learn, you don't think about your portions of food. It's wrong. Without healthy diet, you cannot memorize anything!

It's time to break your casual habits! Just believe it! Let's start eating something which can improve your memory. There are 2 snacks which you can get prepared at home in short time and eat at school every day:

- **Nut cookies:** first you must mince two bananas, add one egg and one glass of oat flakes. After 30 minutes add coarsely chopped dactyls (a handful), a few drops of olive oil and a spoon of honey. Put it on an oiled backing mold and bake over 20 minutes at 180°C;

- **Surimi salad:** you must cut 3 cooked eggs, and one cucumber, finely chopped bunch of dill and one bag of surimi. Put everything into a bowl, add a can of maize. Then we must bring together 3 spoons of yoghurt and mayonnaise and salt with pepper. At the end mix everything.

Try to drink more water, green tea, and fresh fruit juice. It's important to take up sport and cut down on fatty food. The basic thing is to get enough sleep and take things easy. After, all your brain will assimilate knowledge.

Paulina Miśkowiec III b



You are what you eat

A reasonable diet is the key to success when trying to keep fit and healthy. Apart from regular exercise our body needs particular amount of vitamins, minerals, protein, fat and carbohydrates. Here there is a short list of products and combinations which could be included in your menu:

Honey

It makes our skin healthy and helps our digestive system to consume. It prevents us from cancer and has antiseptic and antibacterial functions, as well. Honey included in our diet lowers our blood pressure and has great influence on our immune system.

Nuts

They have great influence on our brain and nervous system. They help our memory and make us concentrate much easier. Due to this fact we learn more effectively. They calm us down and make us stronger. Vitamin E, which is included in nuts, affects correct work of muscles.

Fruits & vegetables

We all know how important they are and should not forget about them in our diet. These are the best sources of vitamin essential for staying healthy:

Vitamin A (included in carrots or tomatoes) provides good eyesight, healthy skin and hair. Yeasts with vitamin D are essential for proper growth of our bones. Vitamin K (brussels sprouts, cauliflower lettuce, cress) makes cuts heal up properly, takes part in building bones and also has antibacterial and antiseptic function. Vitamin C and these from group B protect our immune system and build enzymes vital for our body's metabolism.

Fish

Fish consists mainly of proteins and omega-3 fatty acid, which works as antidepressant. Fish improve our memory abilities, eyesight and have antiphlogistic function. They also improve our nervous and immune system.



Undoubtedly, there are much more products with similar meaning for our health which are skipped in this article. However, we have to remember (before going on a diet) that we have to provide our body with everything it needs. Lack of only one of essentials may have bad influence on our health so stay open-minded and take care of yourself.

Agata Zienkiewicz III b

GMO - is it healthy?

In the following article I will try to discuss the issue of genetically modified food. I am not an expert in this case, so I beg your forbearance. Personally, I am not against GMO. I will try to look at it as a young, forward-looking man.

First of all, GMO, as almost everything, has advantages and disadvantages:

Advantages	Disadvantages
economic benefits	new allergens
smaller areas of crops	allergies
elimination of hunger	environmental hazards
edible vaccines	short period of testing
reduced consumption of fertilizers	

We can hear very often, especially on TV, that GMO is bad, unhealthy and we should not go in that direction. I've always tried to solve who are those who talk like that. Monsters? We know the situation of people in Africa. They suffer from hunger. GMO is salvation from them. In the future, we might be able to take medicine by consuming G.M. tomato or cucumber. Biotechnologists are even able to make fruit or vegetable with bigger amount of vitamins than these natural ones. It is impressive.

So? Why do we grumble? I think that we are scared of such food, but it is justified. We can worry about something that we don't know. Genetically modified organism is able to dominate and deny other species because of its resistance to weather, vermins and hard soil conditions. It can produce new allergens...Yes, but the level of developed technology is very big. Maybe someone just doesn't want to open the way to GMO in our houses? One thing is certain. We have to

test it more, examine it and improve our methods. Maybe we will be able to make GMO that don't have any defects? Who knows? Oh... and we don't know the future, perhaps mother nature will trick us and there will be no other choice apart from GMO? Think about that.



Hubert Nowakowski | d

Dieting

Nowadays being on a diet is really fashionable. Young women are trying to imitate models who sometimes are really unhealthy thin. Ladies all over the world are looking for a fast and not demanding way to get skinny. But many of them have no idea that each person should have a different diet. This is very important, because each of us responds to diet in a distinct way. That is why before choosing a diet every person should go to a dietician. In the last years man also have started to take care about their look and weight. A good thing is that many boys have just started to go to a gym.

Exercise are great for our body and with appropriate diet they can make us slim and fit. To sum up, we should take care about our body but in a suitable way. Chasing perfection is a source of serious health problems. A right diet and consistent practice is a perfect combination. These two things are the best way to be in a dreamed shape.

Karolina Weiss I d

How to live a healthy life?

There is something about cooking and eating outdoors that makes the food extra special. I know the winter isn't a good season to get fresh vegetables or fruits. However, in supermarkets you often find not bad-looking vegetables and not too expensive ones. More and more people are paying attention to their lifestyle. It is really important.

Would you like to be healthy and lead a healthy lifestyle? You should know some important information. If you know these rules, you will be happier. For example:

- keep a healthy diet;
- exercise a lot;
- eat lots of vegetables and fruits;
- try to limit sweets, crisps and cola;
- think positively;
- smile all the time;
- don't be nervous;
- don't eat fast food;
- sleep well.



You will notice that you won't feel ill so often. Why should you wait? Wear a tracksuit, go to the gym, get unhealthy food out of your fridge and enjoy your new, better life.

Remember "You are what you eat".

Kasia Kowalska I e

How to be fit and have wanted figure:

- If you train at the gym:

- Divide your training into 3 days doing 2 parts of body muscles (chest & biceps; back & triceps; biceps & legs) – you can add your belly training to any day.
- Do 3-4 exercises with 4 series each for chest, 3 ex., 3 ser. on biceps; 4 ex., 4 ser. for back, 3 ex. 3 ser. for triceps; 3 ex., 4 ser. for biceps, 4-5 ex., 4 ser. for legs. Each series should consist of 10-15 repetitions. Try to choose optimal load, so that you can feel hard work of your muscles.



- Your diet is the most important, even more than training itself, whether you visit the gym or not. People who want to gain the muscle weight should provide their organism with up to 150 grams of proteins every day. The best source is meat, especially chicken and beef; try also cottage cheese – good before sleeping.

Good diet should include healthy carbohydrates (replace potatoes with rice or groats), eat porridge and 2-3 cooked eggs for breakfast. You should eat 5-6 meals a day. Drink plenty of water instead of sweet drinks.

- Put away any sweets. You can eat them only just after the training, but in reasonable amount (e.g. one chocolate bar)
- If you want to burn fat to have slim figure, you'd better do cardio training (running, cycling, fast walk). It shouldn't last longer than 30 minutes but you must end it with high pulse (130-160 beats per minute). It's a good idea to change the rates of running or cycling during the training. Cardio gives incredibly good effects.



Kuba Kaczmarek III d

Sport challenges

Do you want to start a sport activity? Do you want to be athletic and fit? Do you try but still cannot achieve anything? I know your problem. You do want but your motivation suffices for max. one week. I've got a great solution! Find Ewa Chodakowska's or Ania Lewandowska's (Healthy Plan by Ann) profiles on Facebook.

The girls are amazing and inspiring! They are professional personal instructors. Ania is the World Champion of Karate, Ewa has her own fitness club and she has published about 10 training DVDs. She's 'The Coach of Polish Women'. These two girls started their sport challenges: Ania for one month and Ewa for half a year. They suggest bill of fare rich in vitamins, fruits and vegetables. Meals are easy to prepare, everything to be done at home.



The girls, which is the most important, set the training plans: for every day different exercises to make your body perfect. You don't have to worry: exercises are easy for starting days, but if you want, you can make them more difficult by increasing the number and quality of repetitions. You don't need professional sport equipment. You train at home, on your own floor and you only need a pair of trainers. The girls take care of motivation, too. They share lots of motivating photos or videos on their walls. You just have to start and do what they advise. Ania and Ewa are the professionals, you are in good hands ;).

I wish you a lot of purpose. Fingers crossed! Best of luck!

Maja Kędra III d

Stress

People think that stress in their life is something bad. Not always. Think about it!

If you must learn to pass an important exam, stress helps you to focus, just like in other big action. For example, you play a football match, it's the 90th minute. You have the ball and you are going 1 to 1 with the goalkeeper. If you don't score, your team will lose the cup. In this situation stress stimulates your brain to fast thinking. Finally, you find the escape, pass the goalkeeper and score a goal. Isn't that fantastic? Of course it is.



However, stress is also a bad thing in our life. If you are stressed, you try to blame your family, friends, sometimes strangers for no reason. It's annoying, but true. We must control this without pharmacology, because it leads us to addiction, liver problems, etc. Sometimes stress leads us to self-destruction, especially in teenagers' habitat. So the moral of this article is: we must control the volume of stress in our life. It's not easy, but should help.

Marcin Magier I d

Sport is fantastic !

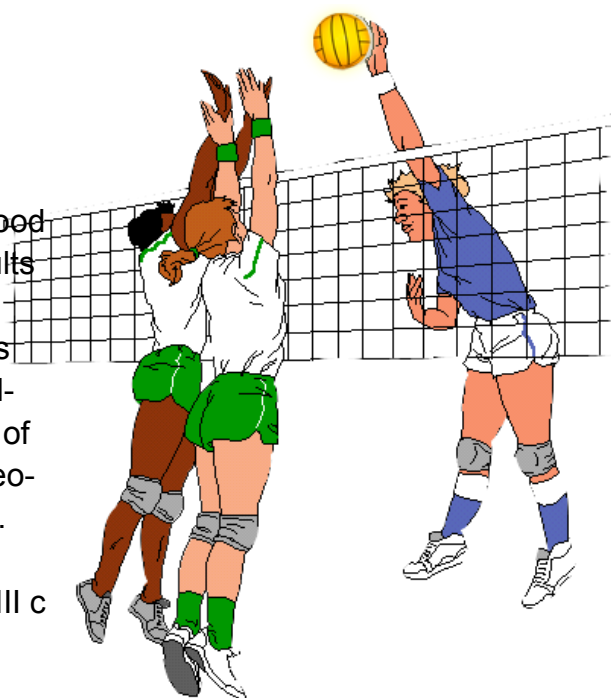
Everybody wants to be healthy. Can we do something for our health?

Yes, I think that sport training is a very good idea. Students want to have very good results at school, but we can't learn all the time.

Are you a student, teacher or priest? This isn't important. You can train basketball, volleyball, football or athletics. The advantage of sport is that we can train sport with other people. This can help deepen our relationships.

What do you think of sport?

Michał Pietruszka III c



Is there something more valuable than our health?

Nowadays, in times of rush and stress, it is very important to care about our body. On TV, radio and other mass media we hear millions of 'gold tips' on how to keep fit and stay healthy. Unfortunately, most of them are only slogans and an average person who is not a dietitian doesn't understand what they mean. In my opinion, there are a few rules which we should obey to keep in shape.

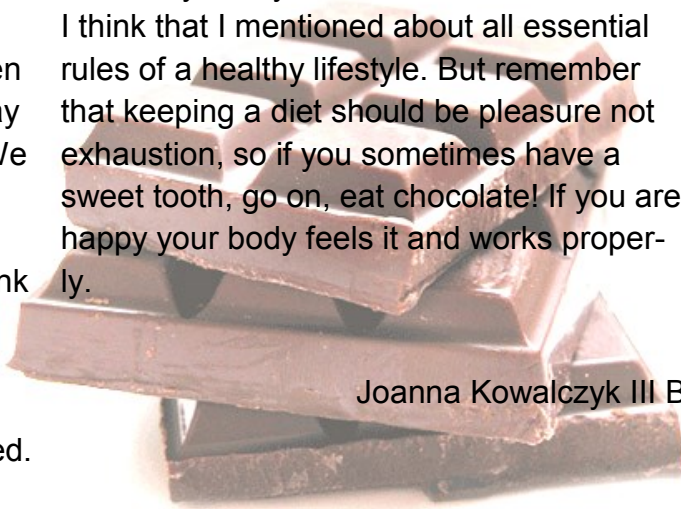
First of all, our meals should contain a lot of fibre, fruit and vegetables and low-fat dairy products. They ought to give us enough vitamins and minerals necessary for our organism. Very important is also eating often but in smaller amounts (5 to 6 meals a day on average) and not eating after 7p.m.! We can't forget about the water- it is a basic product of a healthy diet, we should drink about 1,5- 2 liters of water each day. I think I don't have to remind you that we must avoid fatty and sugary dishes, which are called 'empty calories'. Smoking, drinking alcohol and other drugs are also prohibited.

The next, but no less essential rule is doing exercises. It is irreplaceable. There are a lot of ways to keep in shape. Some people like running, other going to the gym or doing exercise at home. Each of these forms is good, and it is meaningless what kind of sport we choose. Everyone should find something for themselves.

A balanced diet and exercise will not help us if we don't have enough sleep. During the sleep our brain is resting and our organism is regenerating. So, it is a basic element in healthy lifestyle.

I think that I mentioned about all essential rules of a healthy lifestyle. But remember that keeping a diet should be pleasure not exhaustion, so if you sometimes have a sweet tooth, go on, eat chocolate! If you are happy your body feels it and works properly.

Joanna Kowalczyk III B



HOW TO HANDLE FRUIT AND VEGETABLES?

Everybody knows that fruit and vegetables are very healthy and they should be a base for any diet. But are we sure for 100% that the products which we buy on markets or a greengrocer's, are going to have a good influence on our health and body? How should we choose the right ones? Then how to prepare them?

1. It is very important to choose the right place where we buy fruit and vegetables.

We should do it in previously checked places, where we are guaranteed that these products are free of harmful, chemical substances. We also should notice, where the products are stored – in boxes, on shelves or in the fridge.

2. Before you buy any fruit, you should look at it carefully in order to conclude whether it is fresh or not.

3. Before eating, fruit and vegetables should be washed very carefully, because you can expect a very dangerous germs on them.

4. Remember, that vegetables don't lose vitamins or other important elements when you steam them. Don't boil or fry them – very high temperature and fat cause vegetables to lose what is beneficial for our organism.

But eating fruit and vegetables is not the only thing we should do to keep fit and be a healthy person. We have to exercise regularly, remember about drinking water (not fizzy drinks) and spend more time in the fresh air.

Anna Kowalik IIIB

A FEW STEPS TO A HEALTHY LIFE

Being healthy isn't just about fruit and jogging. It takes a lot of time if we want our life to be healthy, but this is a stage with a few little steps. But why don't you try?

First, we can try eating fruit, vegetables and proteins. Then McDonalds and KFCs don't exist for us.. And you must go away from every other greasy meal. A healthy lifestyle not only protects our body against diseases,

but we feel better too. All meals should be regular, at an established time. When it isn't new anymore and we get used to it, maybe it's time

for the next step?

Stop thinking about sport like work for fatty guys, that is something everyone can do. Everybody is different and should find what's best for themselves. It can be jogging, yoga or volleyball. Start to play once or twice a week. That should be positive and bring a smile to your face.

That will be a good start to live in a healthy way. We begin to feel any significant changes after a week. We can lose nothing, maybe just our old lifestyle. So why don't we try?

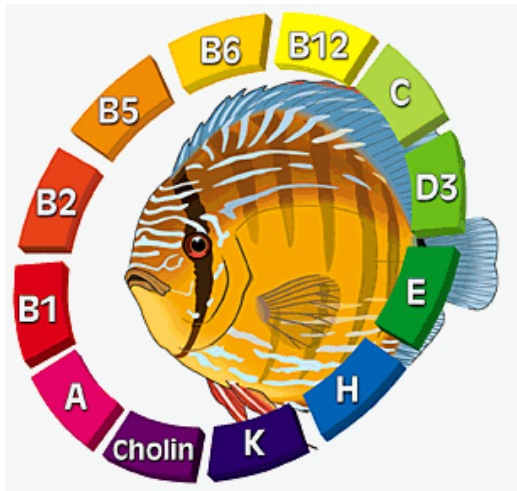
The new year has already begun, but it is never too late to change. Let's start with ourselves.

Olivia Komorowska IA



Vitamin diet

Students very often eat too many candies. Bad nutrition affects physical



development. Students' diet should be rich in fruit: apple, pear, strawberry, orange, banana, apricot, kiwi or mango and vegetables: tomato, cucumber, broccoli, corn, carrot and minerals. Frequent eating of snacks or candy leads to obesity. Students should eat marine fish, nuts and seeds. The right selection of products is important for young people. Students don't eat much fish. It is very sad. Grown-up people should teach kids what to eat.

Klaudia Stępień IA

Something about healthy lifestyle

We eat anything and at any time of day. We don't think about the consequences. We should eat more vegetables and fruit, our last meal should be at 6-7p.m. Also we should do exercise every day, drink 1,5 liters of water. I have for you some easy exercise and recipe to prepare something for dinner.

Exercise - Squats.

We start with 30 squats and on the second and third day increase by about 5 squats. On day four we take a break. Our legs and bottom will be strengthened.



Dinner

Components(for 1 person)

- $\frac{3}{4}$ glass of pasta
- $\frac{1}{4}$ of red paprika
- 1 big clove of garlic
- 100 g of spinach
- 1 tablespoon of grated cheese
- a pinch of pepper
- a pinch of
- salt

Preparation

Boil pasta al. dente. Cut paprika and garlic into cubes. Simmer paprika, spinach, garlic with a tablespoon of oil on the frying pan. Simmer all for about 15-20 minutes. In the end, add a pinch of pepper and salt, and combine it all with pasta.

Enjoy your meal !

Olivia Komorowska I A

The role of stress in our life

Stress - a disease of the twenty-first century. It can affect anyone. The long-term stress eventually leads to disturbances in the functioning of the body. This can manifest as depression, neurosis or somatic disease.

Changes in our body caused by stress occur at three levels:

Physiological: there is rapid pulse, dilated pupils, heart palpitations, sweating, stiff neck, dry mouth, increased sweating, feeling of alternating hot and cold.

Psychological: hostility, suspiciousness, irritability, anxiety, apathy, fear, anger attacks, loneliness, difficulty making decisions.

Behavioral (changes in behavior): nervous tics, loss of appetite or a feeling of constant hunger, irritability, sleep disturbances, sudden outbursts of anger or crying, alcohol abuse, excessive smoking, conflictuality, lowered productivity.

Dr Hans Selye distinguished two types of stress:

Eustress (good stress) - its operation despite the momentary discomfort leads to the development of personality. Stimulus kicks us out of the comfort zone and stimulates action.

Distress (bad stress) - when the stress is so severe or lasts so long that it causes disorganization of action.

Stress = disease

Stress impairs all the physiological processes of the body, interfering with its proper functioning, as a result there can occur many diseases requiring therapeutic measures.

- enteritis
- rheumatic disease
- digestive disorders
- metabolism
- osteoporosis
- allergic reactions
- arteriosclerosis
- hypercoagulability
- diabetes

Examples of coping with stress.

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Take a long bath.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.



Stress



Modern life is full of hassles and frustrations. For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad.

In small doses, it can motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.

Symptoms of Stress:

- MIND
 - Worrying
 - Nightmare
 - Indecisions
 - Impaired judgement
- EMOTIONS
 - Depression
 - Irritability
 - Loss of confidence
 - Apathy
- BEHAVIOR
 - Loss of appetite
 - Restlessness
 - Insomnia

If you have a problem with being stressed...

- **Stay calm.** Do not rush yourself and then start to panic. This will only add to your stress level. Just take it slow and be steady. Take deep breathes! Breathing will physically and emotionally relax your body.

Exercise regularly: Get on the treadmill, run a mile or go for a walk.

Try to relax: Listen to your favorite music, take a long bath, watch a romantic movie.

Get enough sleep: Students should sleep at least 7 to 8 hours a day.

Have fun. Take a step back and remember to have fun with friends. It can be helpful to have a group study session. It will be entertaining and instructional at the same time.

Karolina Rogulka, IIA based on www.oursoulcentre.ca



Being fit

Being fit is becoming more and more popular among people. That is noticeable on the Internet, on TV or in newspapers. Everybody desires a beautiful body and good frame of mind but not everyone does something to gain this goal. I would like to introduce a young woman and present her healthy daily routine.

She lives in Germany, she also studies and works there. After the eight-hour sleep she wakes up at 6 a.m. and starts training. In the morning she works on the main parts of body for 1h. After the workout she prepares breakfast. She eats an oatmeal with yoghurt, berries and nuts. Green tea and protein shake are always in her menu: for breakfast, lunch, dinner and supper. At 8 a.m. she starts classes at university. Meanwhile she eats lunch (about 12 o'clock). Fish and vegetables with rice are source of proteins, vitamins and carbohydrates which give her power for the rest of the day. She drinks 1,5l of water a day because it cleans her organism of toxins. At 4 p.m. she drinks a protein shake and goes to the gym where she trains different parts of her body for two hours. She usually meets there with her friends and they motivate each other. According to her, after an effort a protein meal is the best for building muscles so she eats eggs, white cheese or chicken. After the last workout she relaxes and takes a bath. She loves reading cookbooks and preparing suppers for her family. She never eats chips, crisps, ice cream and fast food. Instead of unhealthy snacks, she eat nuts, dried fruits, chocolate with 90% of cacao.

She is addicted to being healthy and she wants to popularize a healthy lifestyle on her blog. She has millions of followers and I presume she has an influence on many readers.

OLA SUPLIKA IID

LET'S FACE OUR UNHEALTHY HABITS!

We are in the midst of an obesity epidemic and what I'd like to do is to criticize our unhealthy eating habits which are common nowadays. What I have noticed is that people get fat because of ignorance and laziness. It's easy to gain weight because of lack of time and mood swings as well.

Firstly, we eat too much fast food. We can buy it everywhere even at a petrol station or in a school shop.

Secondly, we eat irregularly and we love sugar-sweetened drinks and we ignore the fact that our body needs water! If we drink only junk drinks we don't provide our body what's really important. We should drink 1.5liter of water per day, it's our obligation.



Let's start off with drinking 100- percent fruit juices! Enrich your diet of vegetables, yoghurts, nuts, dairy products, whole grains and you'll see a difference.

In spite of that people want to look good, many of them still

-snack between meals,

-don't do any exercises

-pass meals with hope for being slim and with unawareness they slow down their metabolism

-don't eat dinner or eat sandwiches for dinner.

In relation to the last point- we should avoid eating bread in the evening because these are carbohydrates with high caloric value.

Cheer up, you can still change your eating habits.

Remember: unhealthy eating and physical

inactivity lead to death. I'm serious!

Our diet is too high in saturated fat, sodium, sugar and grains. As many as 29% Polish 11-year-olds are overweight. This info I found in reports of WHO.

However, we have a bigger access to healthy food nowadays so why don't we seize the opportunities?

All things considered, I hope that my note will have an influence on you. Your life is in your hands!

Let's face it!

Ola

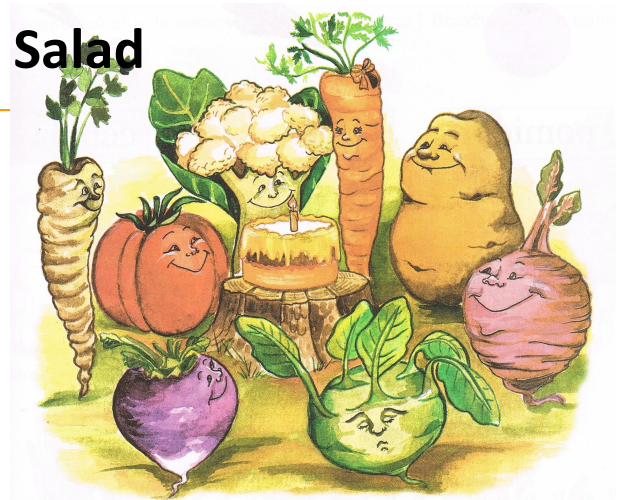
Vegetable Salad

Ingredients:

- 4 potatoes
- 2 eggs
- 3 cucumbers
- 1 apple
- 1 can of peas
- 1 can of corn
- 6 radishes
- 2 tomatoes
- 1 big natural yogurt
- a pinch of salt and pepper

Preparing

Wash all the vegetables. Cook the potatoes and the eggs. Peel the potatoes, the eggs



and the apple.

After that chop everything and put it into a bowl. Mix the ingredients. Open the cans and dry the peas and the corn, next put them into the bowl as well. Mix everything. Pour the yogurt over the salad. At the end, season the salad with salt and pepper. Mix again. The salad is ready.

Bon appetit!

Dominika Bracka II E

Quizzes!

Check how healthy your life is.

HEALTH, HEALTH AND HEALTH

1. How often should we eat fruity things for breakfast?
a) Every day
b) Once a week
c) Never

2. How often should we eat fruits and vegetables?
a) Once a day
b) Once a week
c) At least twice a day

3. How important is healthy food for you?
a) I don't like healthy food.
b) I eat healthy food every day.
c) I don't care.

4. How can we call a person who doesn't eat meat?
a) Vegetarian.
b) Herbivore.
c) I don't know.

5. How many meals should we eat a day?
a) One.
b) Three.
c) Small meals, but more than five.

6. Which meal is the most important for you?
a) Breakfast.
b) Lunch.
c) Dinner.

7. What is anorexia?
a) Obesity.
b) Gluttony.
c) Illness, reluctance to eat.

8. To be healthy, you have to:
a) Have a lot of friends.
b) Drink alcohol.
c) Eat healthy food.

9. Why do you eat salad?
a) Because it is green and looks really good.
b) It is really healthy.
c) I don't eat salad.

10. How many liters should you drink every day?
a) 5 liters.
b) 2 liters.
c) 1 liter.

ANSWERS: 1a, 2c, 3b, 4a, 5c, 6a, 7c, 8c, 9b, 10b.

D.G. 1D

Healthy lifestyle

How many times a week do you exercise?

- a) 0 b) 1-2 c) 3-4 d) 5-6 every day

How many meals do you eat a day?

- a) 2 b) 3 c) 4 d) 5

How often do you eat fruit?

- a) seldom b) often c) I don't eat fruit d) every day

How much sweets do you eat?

- a) little b) a lot c) I don't like sweets

What drinks do you drink?

- a) mineral water b) still water c) cola , Fanta Sprite d) fruit juice

How many hours do you sleep?

- a) 8 b) 6-7 c) 4-5 d) 9-10

Do you exercise when you have PE?

- a) yes b) no

Points for each option (a,b,c,d) in each question:

a) 0-0-1-3-2-4-4

b) 1-1-3-0-4-3-0

c) 2-3-0-4-1-1

d) 4-4-4-4-2

You can get maximum 28 points.

If you have ;

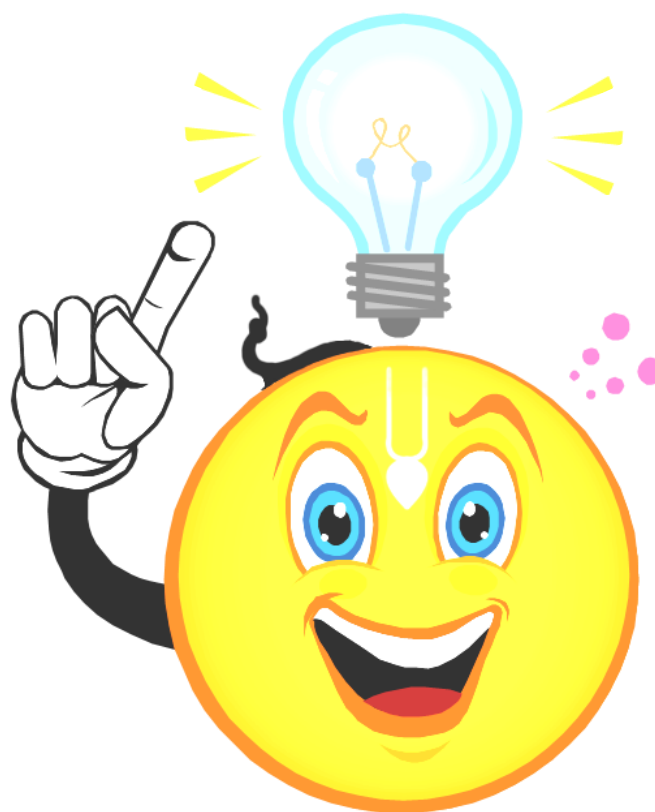
28-23 points, you have a perfect healthy lifestyle

22-16 points, you lead a good lifestyle

15-10 points, you need to work on you

9-0 points, you need to consult your doctor

When you lead a healthy lifestyle, you'll live longer and won't get sick.



Ola Tatara II a

Quiz

1. Which is the healthiest?

- a) chips
- b) an apple
- c) water

2. What has the biggest amount of vitamin C:

- a) lemon
- b) peach
- c) blackcurrant.

3. Vegetarianism is:

- a) a diet
- b) not eating meat
- c) a healthy meal.

4. Poles prefer:

- a) an apple
- b) a pear
- c) grapes

5. Does water fatten?

- a) Of course.
- b) No. Water doesn't have calories.
- c) A little.

6. If I drink water, will I lose weight?

- a) Yes, if I don't eat much.
- b) Water doesn't have calories.
- c) Water doesn't have calories, but it won't make me lose weight.

7. Sport is an important element of:

- a) Healthy life
- b) Unhealthy life

8. If I don't eat a healthy meal:

- a) I will die
- b) Everything will be alright
- c) I should eat more fruit and vegetables.

9. I didn't eat minimum three meals a day. What then?

- a) I will have nausea.
- b) I will be ill
- c) I will have no energy.

1. B. 2. C 3. B 4. A 5. B 6. A 7. A 8. C 9. C 10. B

10-8 – You're an expert of a healthy lifestyle.

4-7 - You have to read more about a healthy lifestyle.

3-0 - Poorly... You have to read and find out more about being healthy.

Malwina Gałwiazek, kl. II E

Healthy living?

1. Do you eat breakfast?

- Yes, always, because it is the most important meal.
- Sometimes I forget about it.
- Never. I hate eating in the morning.

2. When do you eat the last meal?

- Two hours before sleep.
- I don't eat after 6 p.m.
- Sometimes I eat in bed, 5 minutes before sleep.

3. How many liters of water do you drink a day?

- About 2-3 litres
- 0,5-1 litres
- I hate water. I prefer fruit juice or fizzy drinks

4. What's your healthy snack?

- apple, banana, carrots, grape
- dark chocolate
- chips, sweets, lollipops

5. How many meals do you eat a day?

- 4-5
- I eat 3 meals a day
- I eat all day.

6. Your typical dinner is:

- vegetable and steamed chicken
- potatoes, fatty meat and salad
- hamburger and chips

7. Do you exercise during the day?

- Yes, of course! Exercise is good for health.
- I walk a lot. For example to school and back.
- Pffff.... I prefer watching TV and playing computer games.

8. What do you think has the most vitamin C?

- Blackcurrant
- Lemon
- Banana

9. Is fast food healthy?

- No, even salads are too full of calories.
- From time to time I can eat fast food, but it is not healthy.
- Yes, if I drink cola afterwards

10. What is the best way to relax?

- Exercise or walk

• Meeting with friends

• Watching TV or playing computer games

11. The best sweet is:

- Fruit sorbet
- Peanut butter
- White chocolate

12. What do you need most when you grow?

- Proteins
- Vitamins
- Calories

13. How many times a day do you brush your teeth?

- After every meal
- At least twice a day
- It is a waste of time

14. You know what overeating is?

- I eat in moderation.
- Sometimes I eat too much.
- Yes, this happens often to me.

15. How many portions of fruit and vegetables do you eat per day?

- Five – three
- I try to eat at least one piece of fruit or vegetable.
- I hate fruit.

Scoring.

- 2 points
- 1 point
- 0 point

Count the points and check it out!

30-25 You eat healthy food and you have excellent knowledge of healthy living.

24-15 You live in a healthy way but you have to work on habits or expand your knowledge.

14-... Your knowledge is unsatisfactory. Perhaps you are trying to live a healthy life but you aren't doing it well. Work on yourself. **Healthy living pays off.**

Aleksandra Kluszczyńska II d

The rules of healthy life

The seven rules of healthy life:

1. Drink a lot of water! You should drink about 2 liters of fluids. The best fluids are: mineral water, tea and fruit juice.
2. Eat regularly. Try to eat meals at a fixed time of a day.
3. Eat a lot of fruit and vegetables. You will provide your organism with vitamins.
4. Avoid salt. Salt retains water in your organism.
5. Avoid alcohol and drugs.
6. Eat fish at least once a week. Fish contain fatty acids, vitamin D and B12.
7. You should know what you eat - read the labels on packages. Think when you shop.

Malwina Gałwiazek II E

RULES!

YOU SHALL!
YOU WILL!
YOU MUST!

principles

Drinciples

Keep fit- Healthy nutrition rules:

1. Try to eat heterogeneous dishes.
2. Train often and regularly (try to train every part of your body) for example, for half an hour a day.
3. Remember to drink water (about 2 liters a day).
4. Drink every day at least 2 big glasses of milk, yogurt or kefir.
5. Don't eat large quantities of meat (try to limit it).
6. Eat colorfully - eat a lot of fruits and vegetables (remember to choose fresh fruits). If you want, you can make some juice or vegetable cocktail.
7. Limit salt, oil, sugar, sweets and spices. If you want, eat something sweet, you can make fruit cocktail with sour cream. Instead of fried dishes, you can eat steamed ones.
8. Remember to eat full-grain products regularly.
9. Alcohol is your enemy, so try not to drink it or only in small quantities.
10. Eat fish quite often.
11. Eat bigger breakfast and smaller meals during the day.
12. Don't eat at night. Try to eat 3-4 hours before you go to bed.
13. Chew your food slowly. Try to enjoy the taste.

Weronika Mala I e

RULES

1. YOU CAN....
2. YOU CAN'T
3. YOU CAN
4. YOU CAN

10 RULES OF A HEALTHY DIET

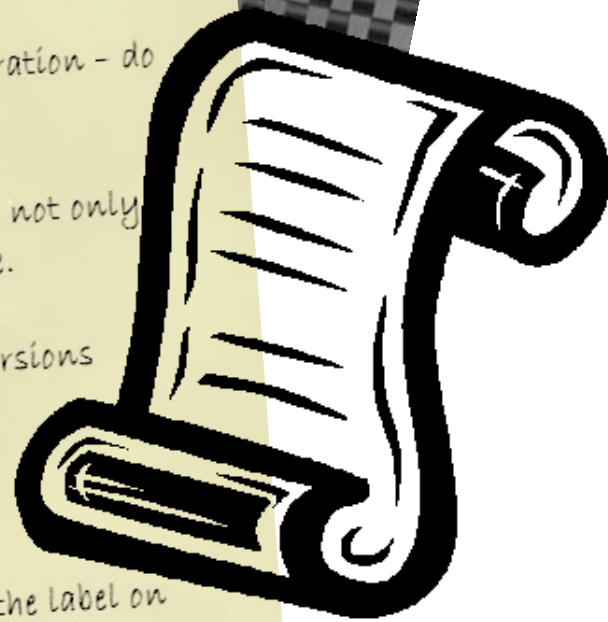
1. Eat 5 meals a day.
2. Eat your meals regularly.
3. Eat less but more often.
4. Eat the last meal two hours before going to sleep.
5. Eat fruit and vegetables.
6. Drink at least one and a half litres of water.
7. Drop eating junk food and sweets.
8. Eat variety of products which are valuable.
9. Don't eat too much meat.
10. Don't drink alcohol.

Natalia Bakiewicz IA

10 principles of healthy nutrition

1. Eat regularly.
2. Vegetables are not your enemy.
3. Everything is for people, but in moderation - do not gorge on candy.
4. Avoid alcohol and cigarettes.
5. Take care of what you eat. It must be not only delicious, but also pleasing to the eye.
Apparently we also eat with eyes.
6. Fast food substitutes healthier versions prepared on your own.
7. Use herbs and limit salt.
8. Drink a lot of fluids.
9. Use olive oil.
10. Know what you are eating - read the label on the packaging.

Justyna Kornicka IB



The Polish food

Traditional Polish food is regarded to be unhealthy. We spend most important holidays such as Christmas and Easter sitting at the table and eating fatty dishes.

Polish meals are considered to be greasy and containing a lot of cholesterol - that is why so many people die of heart attacks and strokes. It is said that women "kill" their husbands with frying pans, which is true, because our diet is mainly fixed on fried meat such as pork chops, fish or greasy beef sauce. We do not eat steamed vegetables or fish as we consider them to be tasteless. The worst thing happen during Christmas and Easter when we spend whole days sitting at tables and eating cakes, chicken, soups and traditional Polish „bigos” which is fried sour cabbage with sausage. After two-day holidays we put on weight of around 2 or 3 kilos, feel exhausted and unhappy.



Fortunately, it is widely discussed at school, on TV, in newspapers and internet and

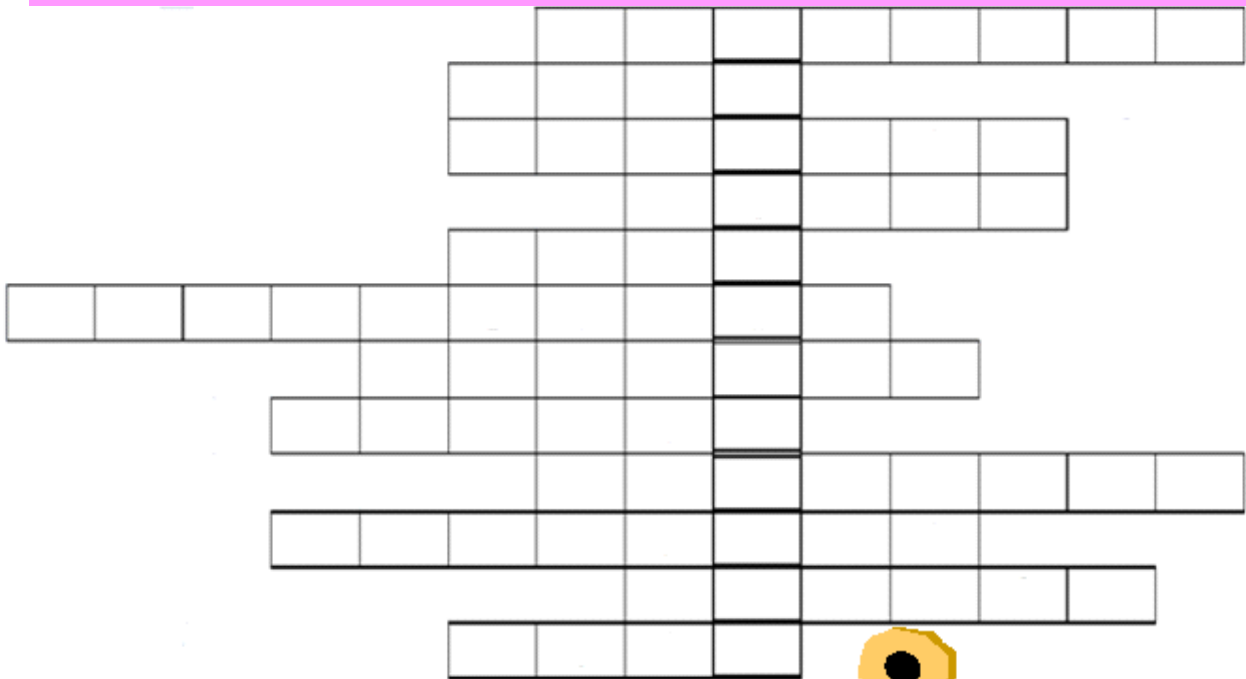
Poles are becoming more and more aware of the problem and begin to pay attention to what they eat. We introduce into our daily diet healthy and nutritious products such as olive oil, fish, eat more vegetables. To sum up, traditional Polish food causes a lot of heart diseases and together with sedentary way of spending free time are the reasons of many health problems.



To my relief, the Poles are becoming more and more aware of the problem and try to do some things to improve our eating habits.

Małgorzata Świdorska III B

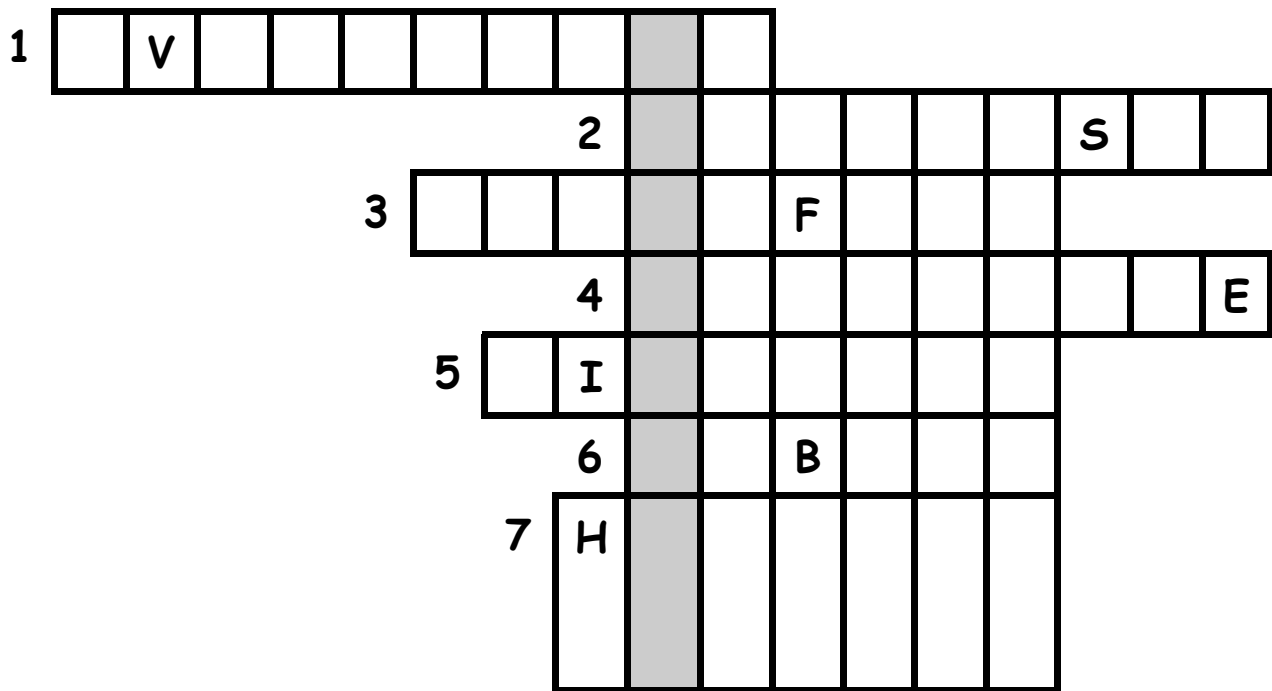
Force your brain to make an effort!



1. It's an attribute of a person who keeps fit.
2. It's a number of meals which we should eat during the day.
3. It dissolves in fat, for example A,D,E,K.
4. We need at least 8 hours a day of it.
5. If you want to lose on weight go on a ...
6. It's a condition when we weigh too much.
7. It's a sport discipline which unwinds legs' muscles, and we can do it everywhere.
8. It's a sport discipline in which each player uses a racquet.
9. It's a result of not taking care of our health.
10. We must avoid this. It's very unhealthy kind of food.
11. It's a person. We go to him when we are sick.
12. It's a place where we can swim.



Karolina Gal, Kinga Wolska IE



1. Unhealthy food and inactive lifestyle can make you ...
2. If you want to stay fit and healthy, you should do regular ...
3. The most important meal of the day ...
4. Your health and well-being depends on your healthy and active ...
5. Substances, which are contained in many products (e.g. in vegetables or fruits) and help you keep healthy.
6. Giving up bad ... like for example smoking or drinking alcohol is important for healthy lifestyle.
7. Regular check-ups are as important as taking care about ...

Marta Płomińska III c



CROSSWORD PUZZLE

1.											
2.											
3.											
4.											
5.											
6.											

1. You should have regular ... to check your state of health.

2. You have to drink 1,5 liters of it daily.

3. You can do it before school, it's morning exercise.

4. To be as fit as a ...

5. It's very healthy. It's for example an apple or an orange.

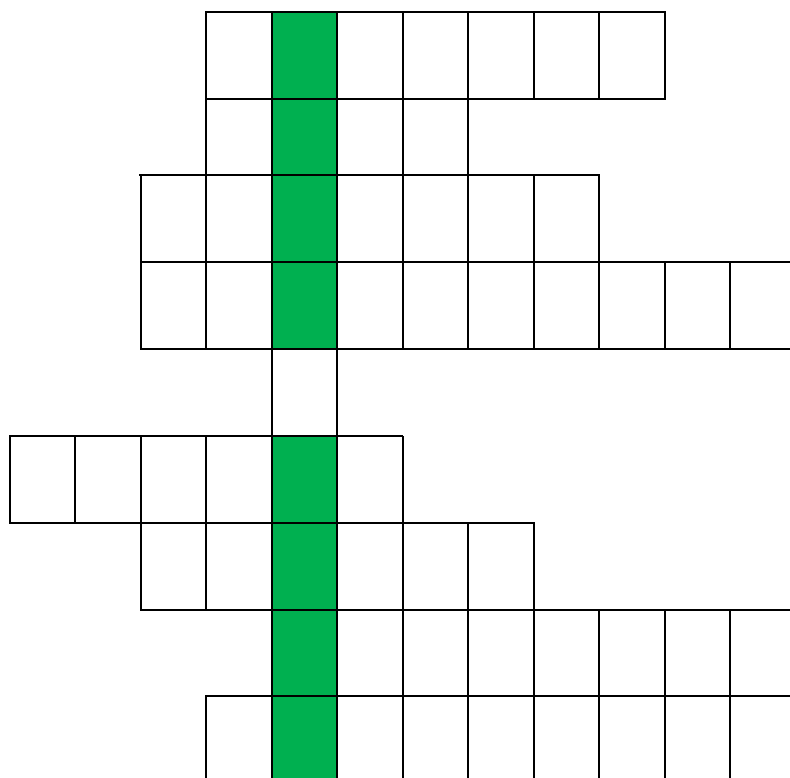
6. You must take care of it. You have to wash your hands, wash yourself and brush your teeth.

So to take care of it you must:

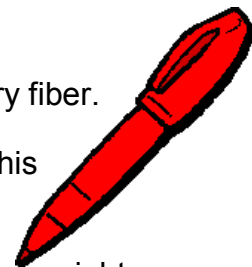
- eat healthy products
- reduce amount of sweets and fat-food
- sleep regularly
- play sports
- spend a lot of time outside
- and LOVE LIFE !



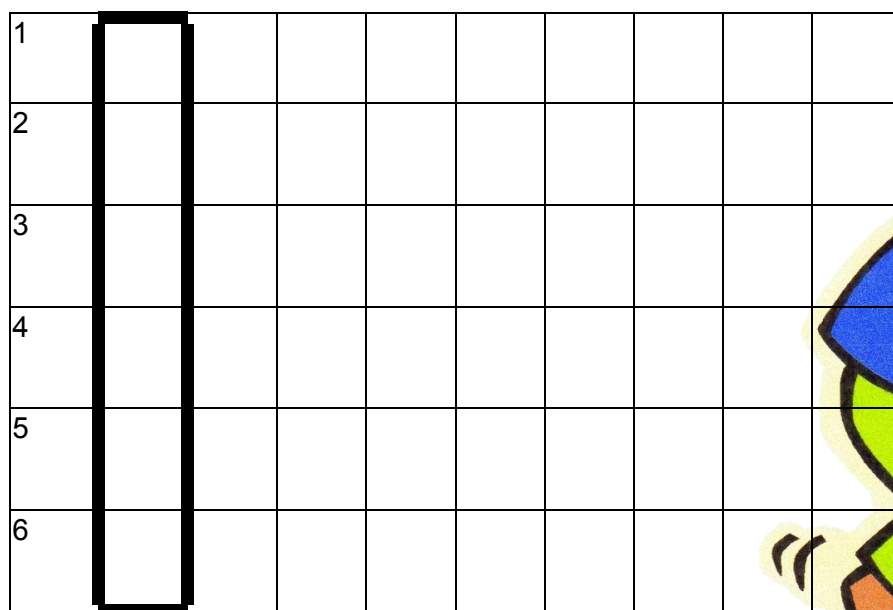
Julka Łodyga IE



- They contain the most dietary fiber.
- Mariusz Pudzianowski and his friends... out in the gym.
- The best sport to keep normal weight.
- If we want to feel healthy, we should eat a lot of ...
- „Być zdrowym jak ryba” in English: „be as fit as a ...”
- Joe ... - creator of combination of six exercises to have a muscled stomach.
- It is very unhealthy in big amounts.
- ... lifestyle can be a reason of being overweight or obese.



Krzysztof Sabela IIA



- If you are sick you go to ...
- It is one of the most important organs, and it can be associated with love.
- It can be protection for example against smallpox or tuberculosis
- If you get hurt, you can ...
- if you have a ... you go to the dentist
- It is a vehicle for people with disabilities.



The password is:

MaTT

Diary pages

Kodrab, 23.06.2013

10.30 p.m.

I got up at 7 a.m. and I ate breakfast. It was delicious! These were sandwiches with blueberry jam and cocoa. Then I went to school, where I ate an apple. Because today is Tuesday, I had two lessons of PE. We played volleyball for two hours. I love it! When I got home, I went with my dog for a walk. Next, I ate dinner: steamed chicken with vegetables from the pan. I started to do homework and when I finished I thought, 'The weather is so beautiful. I'll go for a bike ride.' And so I did. When I came back, I ate an afternoon snack: a grain cookie. At 6 p.m. I helped my mom. We made supper: Greek salad with croutons. At 8 p.m. I took a shower. At the end of the day I read a book 'Move Them Horizon'. Now I will go to sleep because I'm tired.

Katarzyna Piotrowska I B



7th February 2014

It was an ordinary day. I got up and got dressed. My mother prepared for me oatmeal with desiccated cranberries. Delicious and healthy! Ten minutes later, I went to school. School was boring. Physics teacher had got ill and cancelled the lesson. During the break, me and Ola were eating vegetables, salad with lettuce, tomato, cucumber and corn. Mom called me and she said that later we were going shopping.

When I returned home, I ate dinner. My mother had prepared salmon in dill sauce. At 4 p.m. me and my parents went to the supermarket. I bought mineral water for me and my mom bought a lot of vegetables. We remember that healthy nutrition is very important.

When I returned home, I did my homework. Later, I went jogging. At 7 p.m. I ate an omelet with vegetables and I watched TV. Later, I took a shower and read a book. I'm going to sleep now.

Good night!

Karolina Depta IB

Saturday, 18.05.13

Dear diary,

The day as every day, just me and my training. I got up, as usual, at six o'clock and took a shower. Later, I had breakfast. I ate bread with cheese, salad and tomato, and I drank a glass of orange juice. I love this kind of juice! After that, I went running in the park. It took me about an hour. Then I had lunch. I prepared fish with rice and vegetable salad. After all of that, I watched TV and read a book. When it was about five o'clock, I did exercises with Ewa Chodakowska. I admire this woman. She has the energy!

Meanwhile, I ate two bananas and yoghurt. After that, I took a shower and met my friends in the club. It was great! Finally, when I went home, I prepared dinner. I ate bread with cottage cheese and tomato, and I drank green tea. Later, I went to bed and I started thinking about the next active day!

I love sports and I'm not going to give it up!

Xoxo and CU later!

Martyna Ressel IB



Diary!

Today was a very active day. I got up at 8 o'clock. I had a shower and ate breakfast. My lovely mum made me two sandwiches with ham, curd cheese and my favourite vegetables: lettuce, cucumber and pepper. Later, I wanted to go running, so I called my best friend, Agnieszka. She hates running because Agnieszka loves sleeping long. Finally, I took a bottle of water and we did some sport.

I came back home at 11.30 am. I had a shower again and before dinner my friends came to me. We planned that after dinner we would go to dance school. I made steamed fish with rice and salad. After that, we went dancing. This experience was amazing. We danced hip-hop. I had a great time, because it was very funny and I spent free time with my best friends. While I was coming back home, my telephone rang.

My friend called to ask me if I would go with her to the swimming pool. I agreed. When I had already come home, mum made me fruit salad. I ate it and I went to gear up for swimming pool. Me and Julia went to the swimming pool at 6 pm for 2 hours. Later I had a shower and ate supper. For supper I had yoghurt with porridge oats and a dried apple. I watched TV with my parents for half an hour. Now I'm going to bed. It was a really tiring day.

Anna Rylik IB

MY (UN)HEALTHY EATING HABITS

My healthy eating habits, to be honest, just don't exist.

I definitely don't look as if I were but I am a terrible glutton. I can even say that I'm a fast food monster. I can't live without sweets! My menu is rather simple – sweets, sweets and once again sweets!

I start my day with eating a plate of chocolate cookies or biscuits; sometimes with half a bar of chocolate or a candy bar. Chocolate gives me the energy until dinner.

For dinner I love eating very fat hamburgers or sausages with fries. My snacks are chips, candies, ice-cream and coca cola. Hmmm... believe me, it's true delight. So as I said, sweets dominate! My eating style could be very simple but there's one person who tries to change my diet – my mom!

Of course my mum thinks that I eat only what she prepares for me, for example, boiled or steamed vegetables, fish, fresh fruit salad, awful spinach and similar things ... I must also eat that but when I eat those meals prepared by my mum I imagine that they are all sweets! It works!

Every day I hear, "You have to eat more vegetables – especially spinach. It is very GOOD AND HEALTHY". No mom.... you are not right... spinach is terrible!

I hope my mom will never find those sweets that I hide under my bed.

I know that I shouldn't eat such unhealthy food, believe me, I know... and I try to change it but it's like an addiction! I'm addicted to sweets!

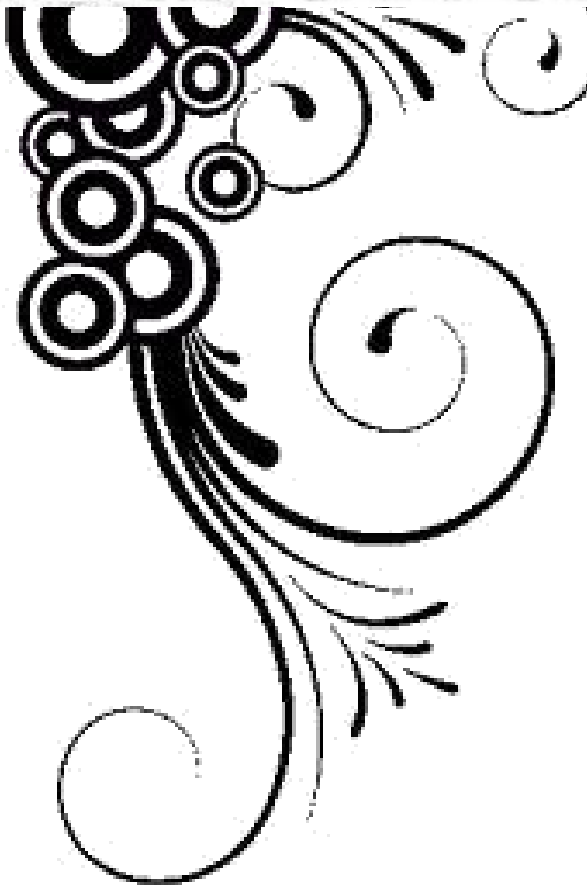
Magda Michon JB



Sunday, 15th February 2014

I woke early in the morning and got straight out of bed. I didn't feel like eating a heavy meal so I prepared chicken salad with green vegetables. After that I was watching comedy "Home Alone" when the doorbell rang. This was my friend, Mary. After a while, she persuaded me to go running at the distance of about 3 km. Then we were completely tired so we went to a café. We ordered fruit salad and glasses of orange juice and we were eating and watching a beautiful sunset. At 6 o'clock I went back home and I started to learn for a biology test.

Dominika Arwar JB



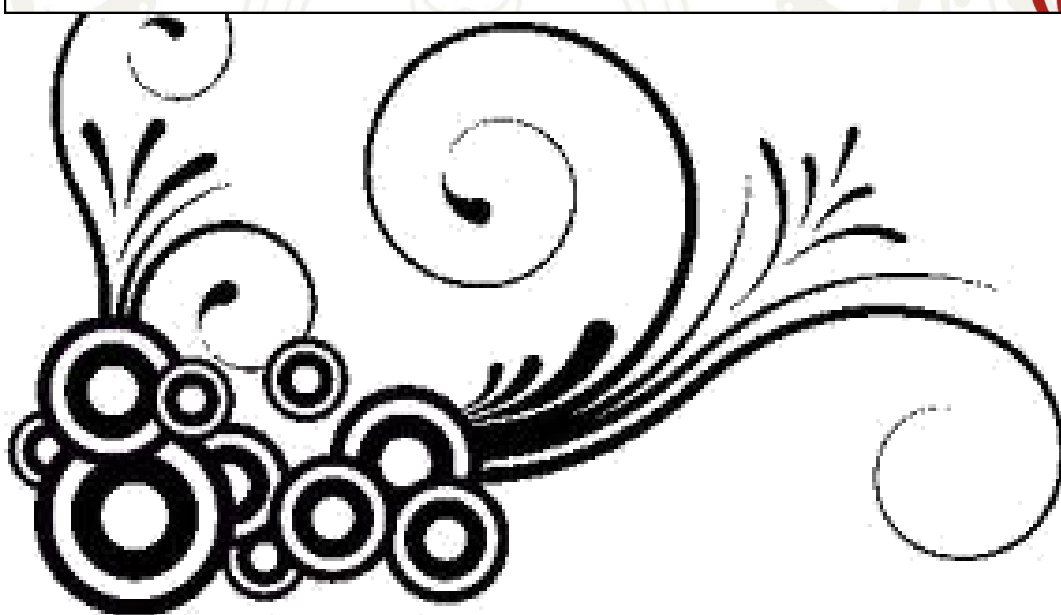


I woke up at 6 o'clock. I washed my teeth and I got dressed. Next, I prepared breakfast myself. I ate dark bread with tomato, cucumber, ham and low fat cheese. After that, I ate an apple and drank a glass of milk. Then I went jogging in the park. Earlier I had done a solid warm-up. I like running around the park alone. I listened to music while I was jogging.

At about 9 o'clock, I went home. I ate two bananas and oranges. Time for the rest. At about 1 o'clock, I ate dinner, which consisted of brown rice, cooked meat and green leafy vegetables. I drank water. At about 3 o'clock, I went swimming in a pool. I swam a lot, because I learned new styles of swimming. I learned a classic style and butterfly. After coming back, I ate dinner: poultry without skin and a lot of fruit and vegetables. Then I played volleyball with the girls. I love volleyball! After intense effort, I drank a lot of water. Then I went for a walk with a friend. On returning, I took a hot shower and went to sleep.

It was an intense and enjoyable day.

Paulina Szczypkowska IB



The fact is that not everybody eats properly, not to mention exercises. We show a few diary pages of such

My "wonderful" day

During the weekend or holiday, I can do what I want. Often I wake up around 12 and I drink cola and eat something sweet. I do not eat breakfast because, in this way, I lose my free time. Later, I turn on the computer and start to play games, after about 4 hours of playing I go out of the house to MacDonald's to eat lunch. I like hamburgers and chicken nuggets. On my way I can smoke a cigarette, because my parents do not see. About 8 p.m. I come home and sit down again in front of the computer and spend time there until the morning. Sometimes I go to the disco and drink with my best friends. I don't take a shower because I don't want to and I'm tired. I love such days. I can laze around and do my favourite things.

Of course this is only a joke, but I think that, UNFORTUNATELY, everyone has done similar things at least once in their lives.

Maciej Bus IID



Saturday, 08.02.2014

I got up at about 1 p.m. For breakfast, I ate yesterday's pizza with double cheese – yummy! I like it so much. At the same time there was a marathon of my favourite television series. Well, I had to see it. After three hours, spent watching and lying down on the couch doing nothing, I got hungry. I ate pasta with cheese and I decided to surf the Internet. After an hour of chatting with friends, I decided that I would start practicing today.

Unfortunately, five minutes later, I couldn't even speak because of breathlessness. I was a little broke. I decided to look for information how to change my lifestyle and decided that I would change everything in my life. From today I'll limit fast-food, I'm starting to do exercise and taking care of myself. In the end, I do not want to have a heart attack at the age of 20.

Paulina Kil IB





Dear Diary!

What about me? So today I got up very early, as always for school :(Now it's the evening and I'm very tired. Last night I couldn't sleep. My stomach hurt a lot. I don't know why? Never mind.

My day started with delicious chocolate cornflakes and a cup of coffee. Then I washed up, got dressed and I took lunch to school – a bag of strawberry cookies, coca-cola and two sandwiches with Nutella, delicious. At school it was boring as always. I got five in biology. I didn't practiced during PE.

Sometimes I don't want to do anything.

After school I went shopping with my mother. I wanted to buy a new pair of skinny jeans, but I didn't find the size that fit me :(I always wore size M. Now size L is too small :O

What is happening to me?

I was sad so I bought a lot of goodies e.g. chips, strawberry ice cream, chocolate and much more. At about 5 o'clock, I watched my favourite program, which I always watch. My best friends: TV and popcorn.

Now I'm sitting and eating delicious candies. I think about those pants all the time. They are very nice. I need them.

STOP!!! Enough!!! I must be slim! My diet is so bad. It makes me feel sick.

Tomorrow I'll run and I'll eat healthily. I need to change something. I know it is so bad. I'm so tired, I'm going to sleep now, but I promise than I'll change it up. Wish me luck.

Love, bye :*

Wiola Komorowska 16

Healthy lifestyle

Healthy lifestyle is one of the most frequently discussed topics. What does it mean for teenagers who only think about going to parties, discos and having fun? Adolescents must be aware of the fact that they cannot ruin their health.

Firstly, enough sleep makes you feel relaxed and get stronger. Of course entertainment is a vital part of our life but we cannot go to parties every day because it ruins our health. Secondly, well-balanced diet provides our body with vitamins, fibres, which are essential to normal development of our body. Eating fast food every day causes obesity and heart problems. We can have a hamburger or chips once a month as it does no harm to our organism, but basing our diet only on junk food can lead to serious health problems, which can be even lethal.



Another way to stay fit is to cut down on stimulants such as coffee, tea or cigarettes, which ruin not only our heart but also lungs, liver and teeth. The only way to live a long life is to take regular exercise. You can choose between going to a fitness club, jogging with friends in the park, using the skipping rope in the house or going to a swimming pool.



Everybody wants to live up to 100. If you are one of those people, you must remember about the balance between various pastimes and taking care of your body via enough sleep, good diet and regular exercise.

Małgorzata Świdorska III B