

My town

I was born in Banovec nad Bebravou.

Hi. My name is Milan Beňadik. I lived a Banovec. We have monuments Ľudovítka Ľhira, Meks. We have shops Takura... In Banoveciach I have many friends.



In Banoveciach lives 20 000 people. In Banoveciach is ice rink Pařík, Normal bath.

↓
Banovec



My town

My name is Rastko. I was born in Bánovce. I live in Bánovce 14 years. In Bánovciach lives 21000 people. In Bánovce were born: Janko Jesenský, Čepčková, Elena. In Bánovciach is Park, Thermal bath, fitness center, ice rink, restaurants, accommodation.



SLOVAKIA

Slovakia is the heart of Europe. In the eighth century, Emperor Charlemagne definitely defeated the Avars, because they threatened the Latin tribes. In 1993, Slovakia became the Slovak Republic. Slovakia is a member of the European Union. Two neighbors are Austria, Poland, Czech Republic, Ukraine and Hungary. A lot of people in Slovakia speak Slovak language. Schools teach in Slovak, English and German language. The currency is Euro.

Slovakia
Slovakia



Teenage health

Young people eat more unhealthy food. They go to a fast foods, restaurants, Mc Donald's. They eat lots of hamburgers, fries, chips, bars of chocolates, cola and a lot of unhealthy food. Than they are fat and sick. They must ^{do} lot of exercise and Tablets.



McDonald's



Only teenagers eat healthy foods. Healthy foods : vegetables, fruits, salads, bread, milky, water, cereals, fish. Than we ate healthy food we will perfect future.

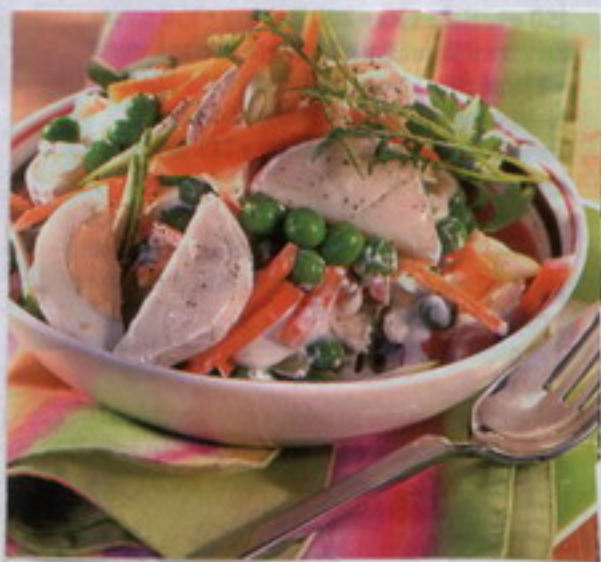
Teenage health

Lot of teenagers are having problems with weight, because they eat all what they like. They should eat healthy food. But they like sandwiches, sweets, hamburgers and more. Lot of them don't like fruit, vegetables or they're vegetarians. Some of them don't eat many food. They eat little. And these are some of teenagers problems. Teenagers and their parents can't do anything with this, till they don't want. I think, sometimes they should eat some food what they don't like. They should eat some healthy food.



TEENAGE HEALTHY

A lot of teenagers eat unhealthy food. Often eat chips, hamburgers, sweet or something like that. Probably more than 50 percent of them drinking and smoking. In their age should eat healthy foods like vegetables and fruit. If they want to live a long time, they should not be smoking. Girls can't keep a lot of diets, because they can become anorexia.



ARE YOU A HEALTHY EATER?

NAME: Carla Bennett

14, from London

BREAKFAST: a bowl of cereals with sugar and milk.

LUNCH: tuna and a salad.

DINNER: fish with a jacket potato and vegetables.

SNACKS: fruit

DRINKS: diet cola, orange juice, milk



NAME: Jacob Curkin

16, from Manchester

BREAKFAST: two slices of toast with butter and marmelade.

LUNCH: a cheese sandwich.

DINNER: chicken with rice.

SNACKS: sweets and cakes.

DRINKS: coffee, milk, lemonade.



Carla says: I'm not a vegetarian, but I don't eat a lot of meat. I prefer fish. I sometimes have a pizza for dinner if I'm in a hurry.

Jacob says: I don't like vegetables very much. I never eat fruit. I usually eat two or three packets of sweets a day.

(A)



(B)



Name: Tom Wether
from London

Teenage Health

Breakfast: four slices of toast
with butter and coffee

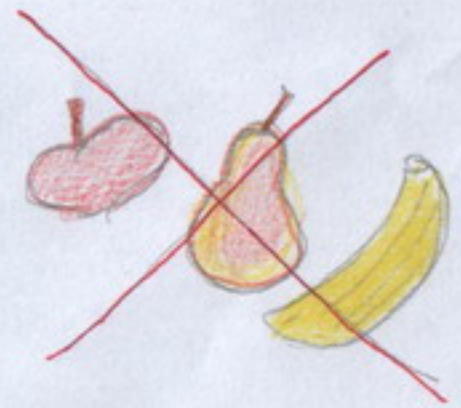
Lunch: a bowl of soup and
hama and salad

Dinner: pasta with tomatoes and
cheese

Snack: crisps, nuts and sweets

Drinks: mineral water, cola

Tom says: I eat anything really. I like
meat, vegetables, sweets, fish, but
I don't like fruit.



What food is healthy?

- Fruit is very healthy because in fruit is lot of vitamins.
- Meat is healthy but only in small amount.
- Vegetables are healthy too, but you can not eat just it.
- Sweets are not healthy but everyone knows it, I think.



About meals

Breakfast should have a lot of complex carbohydrates, roughage, proteins and fibre because it is the most important meal of the day.

You shouldn't miss meals. If you do it for weight, better go exercising. It's easier and healthier.

Rules for eating



1. You should eat a little of each.
2. Your body needs carbohydrates (bread, pasta), proteins (fish, eggs), fibre, vitamins and minerals (fruit, vegetables).
3. Sugar isn't bad for you in a small amount.
4. A balanced diet is 35% carbohydrates, 25% fruit and vegetables, 15-18% protein, 20% fat food and 2-5% sugar.



Are you healthy eater?

- I eat a lot. 😊
- I am a vegetarian. 😊♥
- I love sweets. 😊♥
- I don't eat breakfast. 😊
- I often eat fish. 😊♥
- I like fruit, vegetables. 😊♥
- I drink only water and black coffee. 😊
- I most eat for dinner. 😊♥
- I want to lose weight. 😊

Choose what fits best for you. You can choose more.



Which symbol you have selected the most?

☺ - You are very overeat. Don't eat sweets instead of vegetables and fruit. Do not eat very well. You should try to eat less meat and sweets and more healthier things.

♥ - This is a very good diet. You eat a little of each. I do not know why you did test when you do all what I wrote.

☹ - You almost not eat. I am seriously worried about you. You should read this

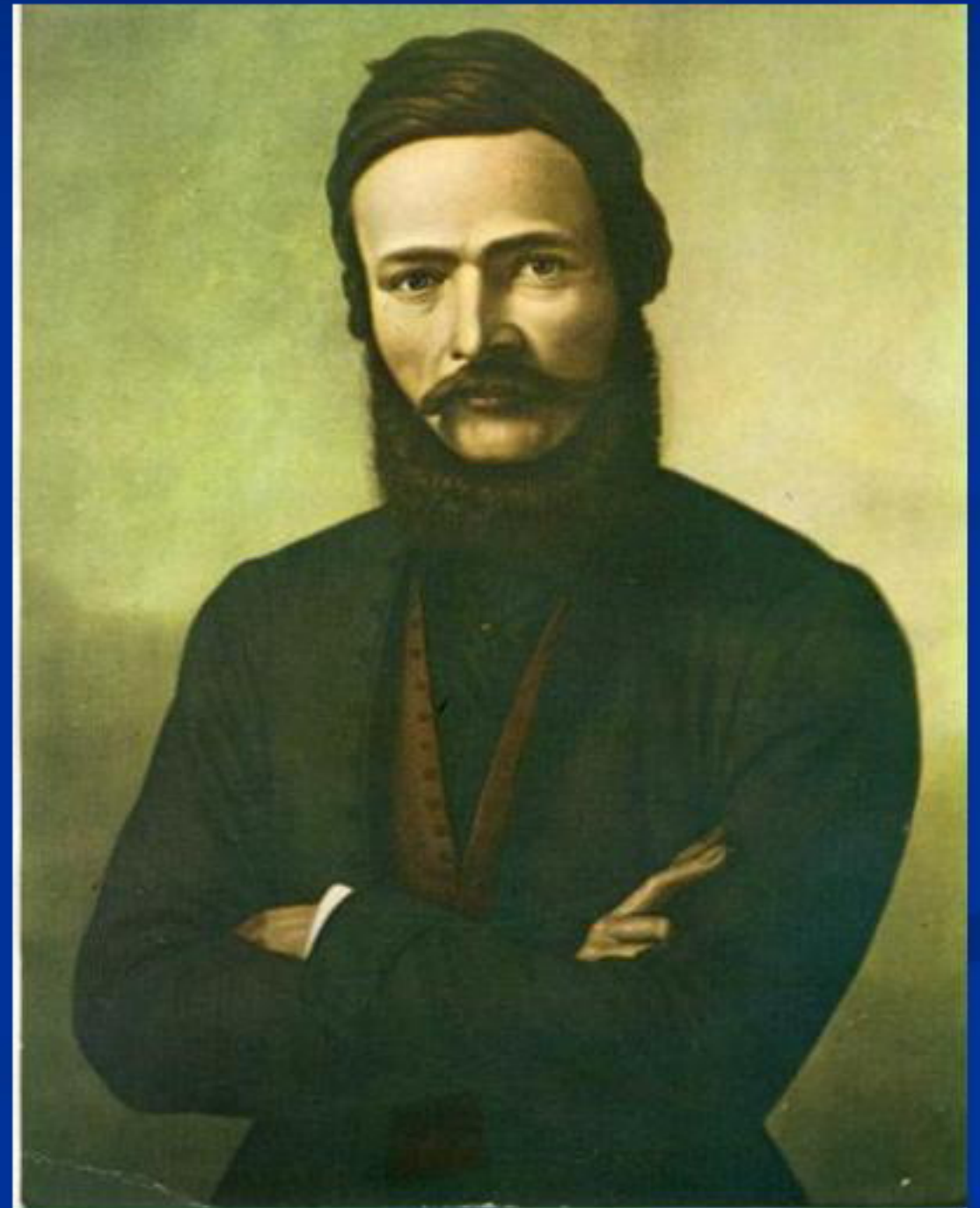
Banovce nad Bebravou

- I was born in Banovce nad Bebravou.
- We have a lot of remains.
- Ludovit Stur, Church....
- and lots of supermarkets: Tesco, Lidl, Kaufland...



Ludovít Štúr

- He was born in Uhrovec and he was author.
- He lived in Modra street.
- And he was died in Modra on 16 of January.



Slovakia

- We have got range with Madarsko, Polsko, Ukrajina, Cesko and Rusko.
- Slovakia is member EU and have euro.
- Here are lot of mountains: Nizke Tatry, Vysoke Tatry, Mala Fatra, Velka Fatra....





Slovakia

Slovakia is the biggest country. A lot of people in Slovakia speak English.

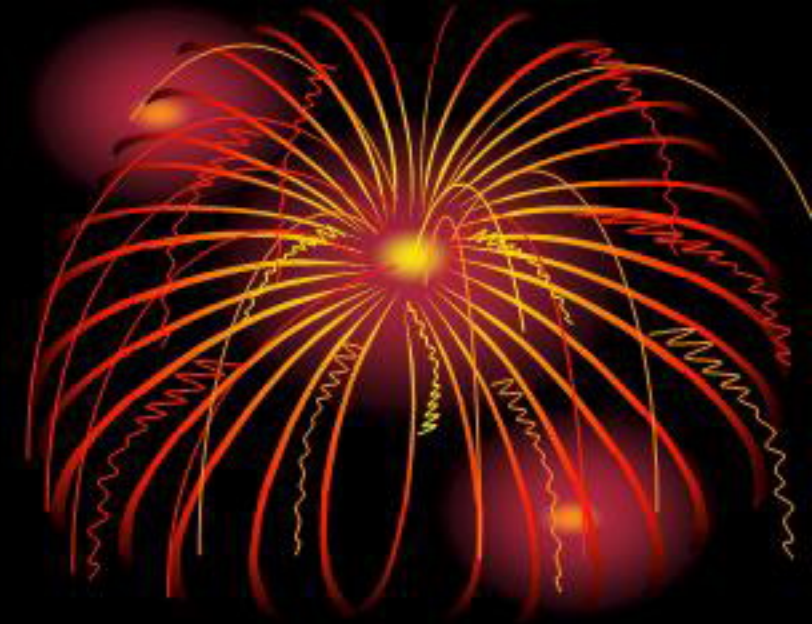
officially name is Slovak Republic



**Bratislava, capital of Slovakia.
Slovaks are friendly.**

The second-largest city of Kosice

The High Tatra Mountains



**The High Tatras are the
most compact mountains
of alpine type in Europe**

**Slovak Republic is a country located
in Central Europe**



**Slovakia neighbour the Czech Republic
Poland, Ukraine, Hungary, Austria**



The largest cities in Slovakia

**Mayor of Bratislava is
Andrej Ďurkovský**



**Bratislava
Košice
Prešov...**

