**POŽIADAVKY NA OPRAVNÚ KOMISIONÁLNU SKÚŠKU**

**Z ANJ v školskom roku 2016/2017**

**SPEAKING**

**KÓPIA: FOOD ALLERGYSB 45 / ex. b Read A PESSIMIST PLAYS A PESSIMIST and talk about Gregory House and Hugh Laurie.**

**WB 24 + Vocabulary bank 154 ex. d Talk about housework in your family, how it is divided among the family members.**

**WB 26 SHOPPING ONLINE by heart like a poem.**

**SB 28 TEENAGERS ANNOYING HABITS in SB + Talk about your and your parents´ annoying habits**

SB 26-27 naučte sa frázy v rešturácii + SB 42-43 naučte frázy v obchode

**WRITING**

1. **Write an essay about BRATISLAVA using pointed out expressions in the text on the page 114 / THE PLACE WHERE I LIVE in WRITING SECTION**
2. **Write an essay about the place you live.**
3. Write an essay about  your last weekend and include

* you went anywhere exciting on Friday night (evening)
* you did anything in the house  (cleaning, etc.) on Saturday morning
* you  studied and when
* you went anywhere nice on Sunday
* you had relaxing weekend at all

1. Write an essay about MY DIET and use these words and expression in it.

* 1 Introduction anout the need to eat
* 2 Healthy and balanced diet
* 3 Favourite food of younf people
* 4 The changing trends of eating habits ( low-fat products with no sugar or cholesterol, skimmed milk, wholesome bread, cutting down meat, etc.)
* 5 My diet and eating habits
* 6 Conclusion - sum up the main ideas

What does a healthy life style mean?

have a regular daily routine, sufficient sleep (dostatocny spanok), take a rest, overwork(prepracovanost), avoid excitement (vyhybat sa rozruseniu), get excited znervoznovat sa , vyrusovat sa) , no smoking, no or little alcohol, healthy, wholesome food (vyvazena strava), be on a diet (mat dietu) , physical training, go in for sports (venovat sa sportom) , go for walks, take a walk, jogging, harden the body(spevnovat si telo)

What is meant by wholesome food? What is your idea of wholesome food?

- enough/a lot of vitamins, eat fruit and raw (surova) vegetables, drink good water

- eat slowly, take time to eat, eat more times a day in small amounts/ v malych mnozstvach, eat at a nicely set table( pri pekne upravenom stole)

- not eat smoked meat (udeniny) and sausages (or a little), not drink spirits (alkoholicke napoje) , little salt and spices, little or no coffeine

- eat preferably lean meat jest prednostne chude maso, fish, poultry (hydina) , cereals, fibrous food (vlakniny), dark bread instead of white flour pastries (pecivo) (rolls/rozky, buns/zemle, cakes/kolace), vegetable oil and butter

- avoid fat meat/ vyhybat sa tucnemu masu , animal fat/zivocisnemu tuku and high calorie dish/vysokokalorickym jedlam

**GRAMMAR**

**IRREGULAR VERBS**

SB 34-35 Revise and Check

SB 50-51 Revise and Check

UČEBNICA 4., 5., a 6. lekcie + WB + GRAMMAR bank + VOCABULARY BANK.

Ak budete mať nejaký problém, kontaktujte ma.

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