

# TAKING CARE OF YOURSELF



MATERIĀLU VEIDOJA: RPAC IZGLĪTĪBAS METODIĶE EVIJA KAŠA  
OKTOBRIS, 2023



# HOW TO STAY FIT?

**Apskati** attēlus. Vai Tu **zini** kā uzturēt sevi labā formā? **Darbojies** ar vārdnīcu, ja nepieciešams. **Pieraksti**.



**get enough sleep**



**have a balanced diet**



**exercise daily**



**drink water**



**don't skip meals**



**do sports**



**don't smoke**



**avoid fast food**

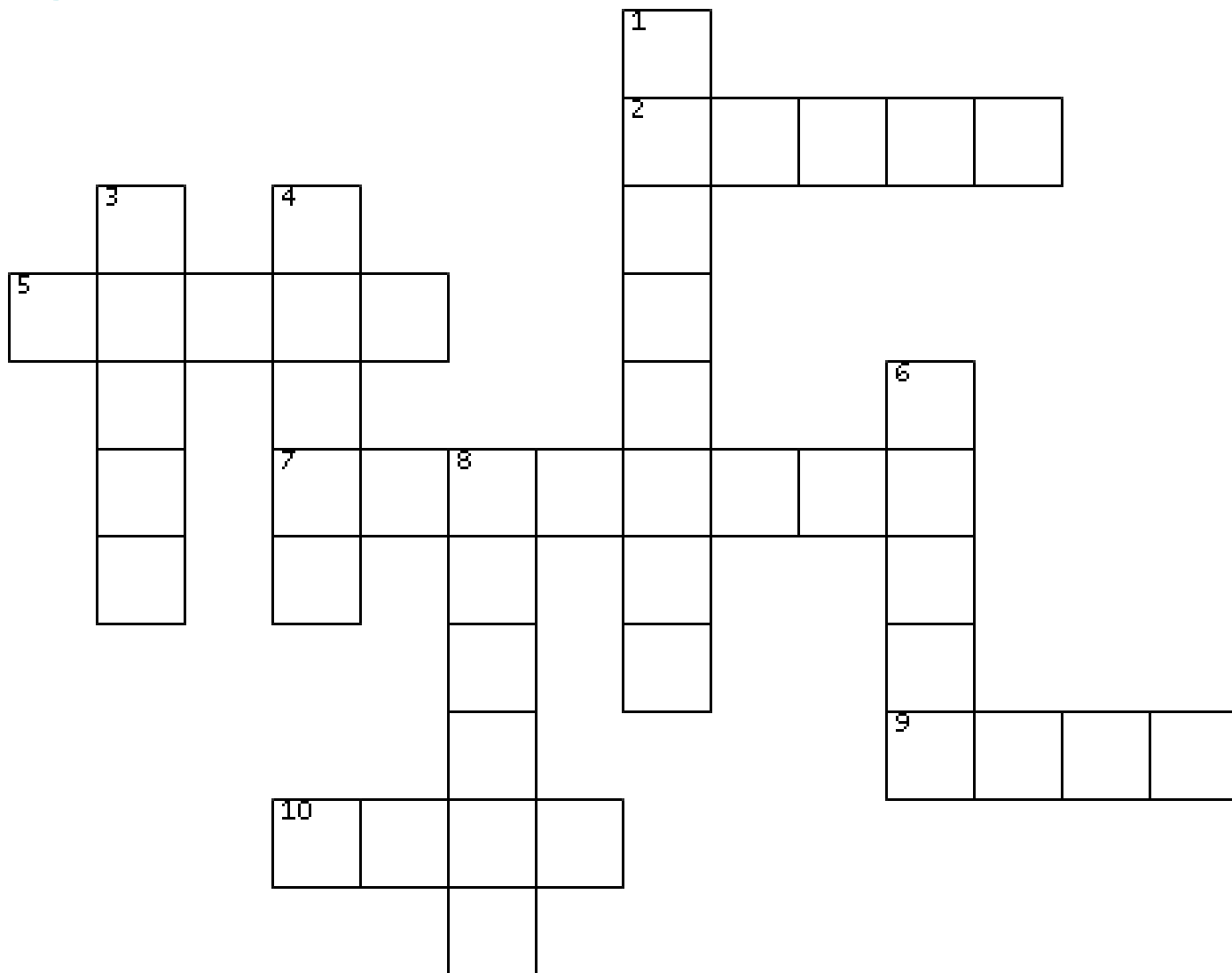


**do yoga**



# HOW TO STAY FIT?

**Atmini** krustvārdu mīklu!



## ACROSS

2. izvairīties
5. katru dienu
7. veikt vingrojumus
9. izlaist
10. joga

## DOWN

1. sabalansēts
3. ūdens
4. miegs
6. maltītes, ēdienreizes
8. pietiekami





# HOW TO STAY FIT?

**Atšifrē** galveno ziņojumu! Burti vārdos ir sajaukti. **Saliec** tos pareizā secībā. **Savieno** ar atbilstošo attēlu.

LPGHEEEONUS

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# ALEX'S PLAN FOR STAYING FIT

**Izlasī** informāciju par Aleksu - ko viņš dara, lai uzturētu sevi formā. **Izpildi** uzdevumus.



Alex is a 16-year-old teenager. He lives in Santorini. It is a Greek island. All his family tries to live healthily. To stay fit, Alex follows a healthy lifestyle.

He drinks plenty of water to keep his body hydrated and does sports to stay active. On top of that, he exercises daily to train his muscles and keep himself in shape. To keep his health in good condition, Alex does not smoke and gets enough sleep each night, giving his body time to rest and recover.

His enthusiasm for a healthy lifestyle helps him to be fit and active, giving him the energy to live life to the fullest.

**Izlasī** jautājumu. **Izvēlies** pareizo atbildi.

**What is Santorini?**

- A) a city
- B) an island
- C) Alex's surname
- D) a river

**How old is Alex?**

- A) He is sixty years old.
- B) He is fifteen years old.
- C) He is sixteen years old.
- D) He is twelve years old.

**What does Alex do to keep his body hydrated?**

- A) He drinks water.
- B) He does sports.
- C) He sleeps a lot.
- D) He exercises daily.

**What does Alex do to train his muscles?**

- A) He gets enough sleep.
- B) He does sports.
- C) He drinks water.
- D) He exercises.

**What does Alex do to give his body time to rest and recover?**

- A) He drinks water.
- B) He does sports.
- C) He gets enough sleep.
- D) He does nothing special.



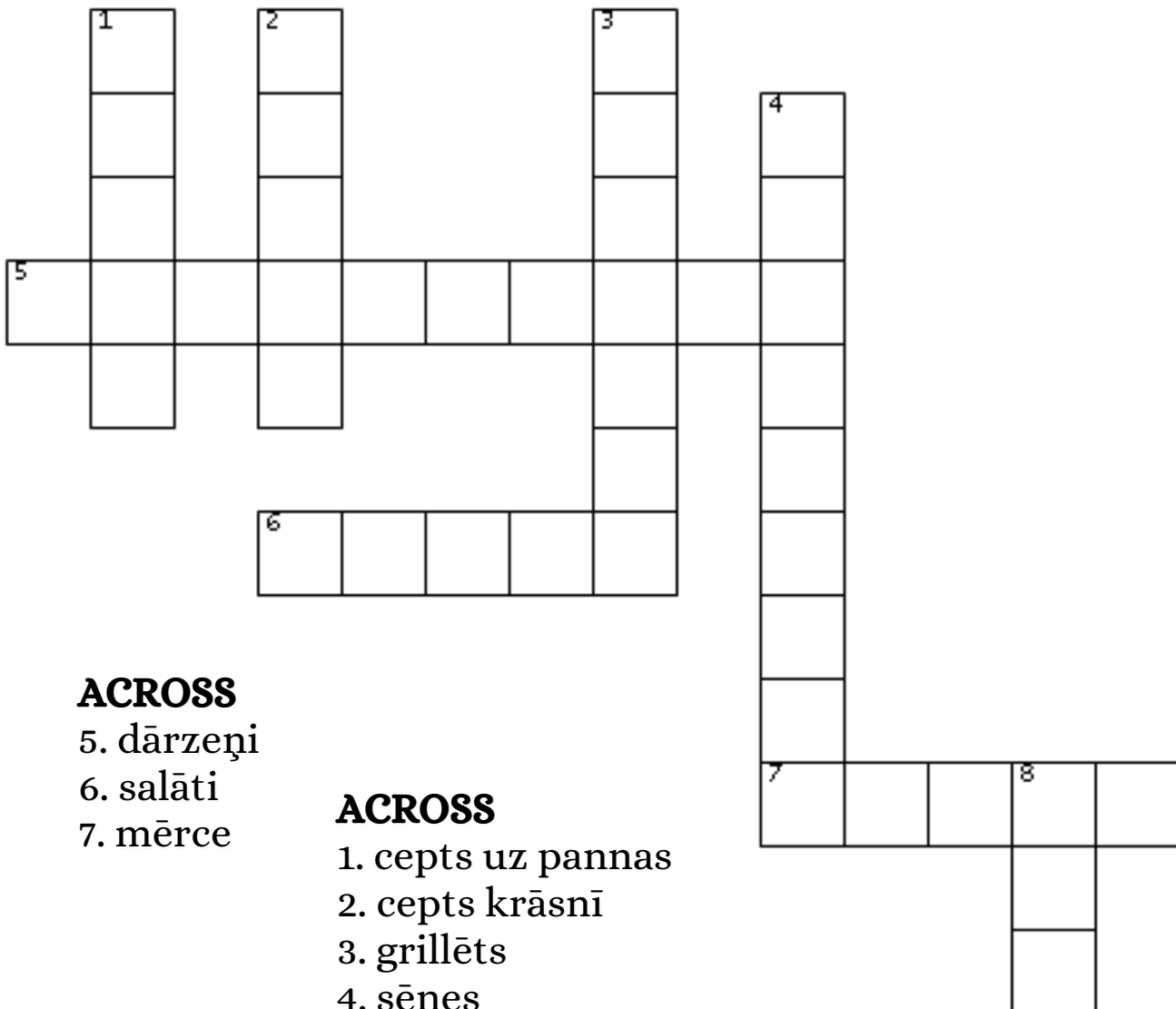
# ALEX'S PLAN FOR STAYING FIT

Apskaties Aleksa ēdienkarti. **Izpildi** uzdevumus.

1. **Atzīmē** vai apgalvojumi ir patiesi (true) vai nepatiesi (false)

1. Alex eats meat on Mondays.
2. He has some fruits on Tuesday.
3. He doesn't eat any vegetables on Wednesdays.
4. He eats fish on Thursdays.
5. He has some meat on Friday.
6. He has some delicious drinks on Saturdays.
7. He doesn't eat potatoes on Sundays.

2. **Aizpildi** krustvārdu mīklu.





# ALEX'S MEAL PLAN

MONDAY

Veggie Omelette



Quinoa salad



Baked salmon with roasted veggies

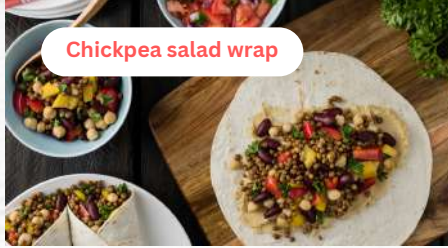


TUESDAY

Oats with fruits



Chickpea salad wrap



Grilled chicken with sweet potato



WEDNESDAY

Spinach and mushroom frittata



Lentil soup with whole wheat bread



Stir-fried tofu with brown rice



THURSDAY

Whole grain toast with avocado



Quinoa and black beans



Baked cod with quinoa and steamed broccoli

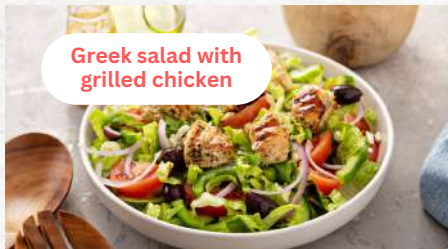


FRIDAY

Green smoothie



Greek salad with grilled chicken



Zucchini noodles with marinara sauce



SATURDAY

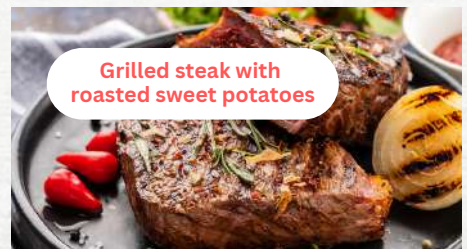
Vegetable scramble



Beef Lasagne



Grilled steak with roasted sweet potatoes

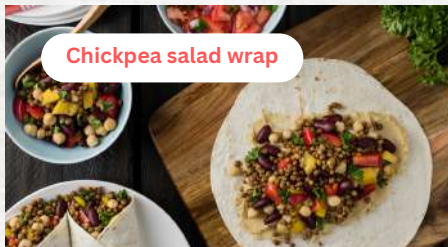


SUNDAY

Oats with fruits



Chickpea salad wrap



Grilled chicken with sweet potato





keep  
**POSITIVE**  
thinking

# YOUR PLAN FOR STAYING FIT

Ko Tu dari, lai saglabātu sevi labā formā? **Atzīmē** (✓) tos attēlus, kas ir patiesi par Tevi. **Uzraksti** teikumus. **Skaties** paraugu.



## Paraugs:

1. I try to exercise daily **because** it helps me to be in good shape.
2. I do not get enough sleep, **because** I have a lot of things to do every day.



**iemesls**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

**Atbildi** uz jautājumiem par sevi.

**What sports do you do?** .....  
(Ar kādiem sporta veidiem Tu nodarbojies?)

**Do you watch sports games on TV?** .....  
(Vai Tu skaties sporta spēles televizorā?)

**Do you think you have a healthy lifestyle?** .....  
(Pēc Tavām domām - vai Tu dzīvo veselīgi?)

**How many hours a night do you usually sleep?** .....  
(Aptuveni cik stundas Tu guli naktī?)

**What food do you like the best?** .....  
(Kāda pārtika Tev garšo vislabāk?)



# Take care of your body

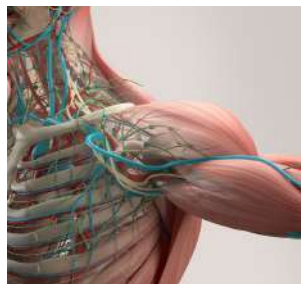


## A HUMAN'S BODY

Cik daudz ķermeņa daļu un orgānu Tu zini angļu valodā? Ja nepieciešams izmanto vārdnīcu. **Iztulko. Pieraksti.**



**bones**



**muscle**



**jaw**



**chin**



**elbow**



**wrist**



**ankle**



**heel**



**wisdom teeth**



**forehead**



**calf**



**pupil**



**palm**



**brain**



**lungs**

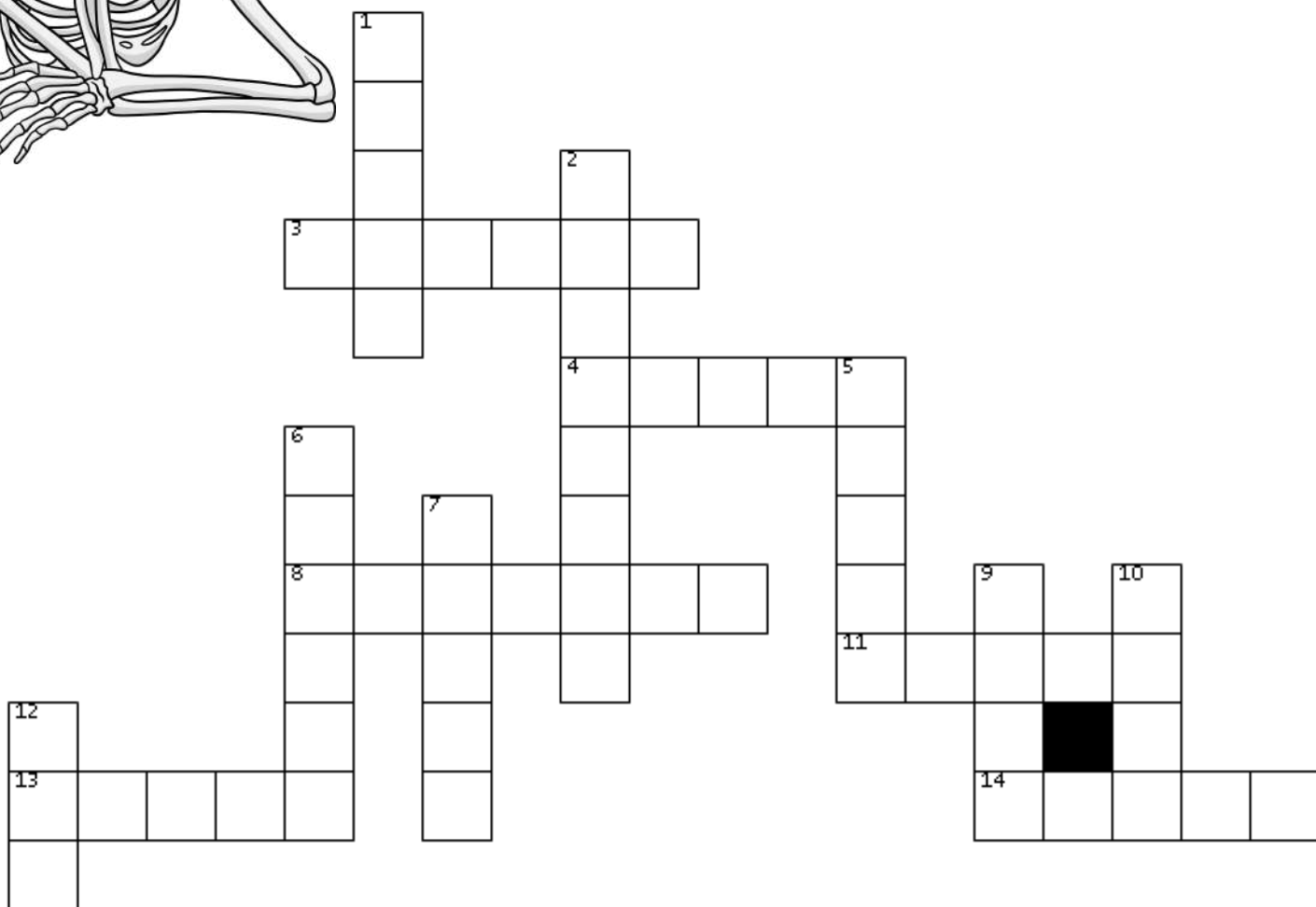


**stomach**



# A HUMAN'S BODY

Atmini krustvārdu mīklu!



## ACROSS

- 3. gudrība
- 4. elkonis
- 8. vēders
- 11. zobi
- 13. potīte
- 14. plaušas

## DOWN

- 1. smadzenes
- 2. piere
- 5. plaukstu locītava
- 6. muskulis
- 7. kauli
- 9. papēdis
- 10. zods
- 12. žoklis



# A HUMAN'S BODY

**Atšifrē** galveno ziņojumu! Burti vārdos ir sajaukti. **Saliec** tos pareizā secībā. **Savieno** ar atbilstošo attēlu.

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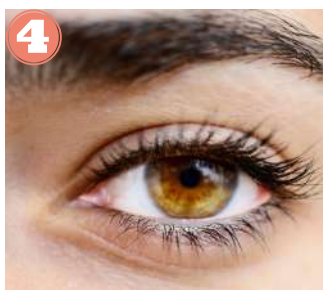
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# OH NO! I HAVE BROKEN MY ARM!

## INJURIES

Dažreiz cilvēki gūst dažādas traumas. Kā to izteikt angļu valodā? **Noskaidro!** Ja nepieciešams **izmanto** vārdnīcu. **Iztulko.**

**Pieraksti.**



**broken**



**sprain**



**bruise**



**cut**



**wound**



**dislocate**



**hurt**



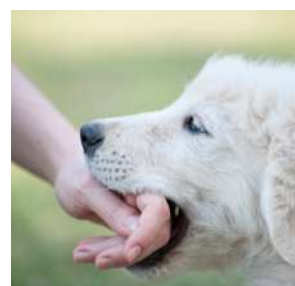
**scratch**



**burn**



**scar**



**bite**



**accident**



**bump**



**splinter**



**sunburn**



**blister**

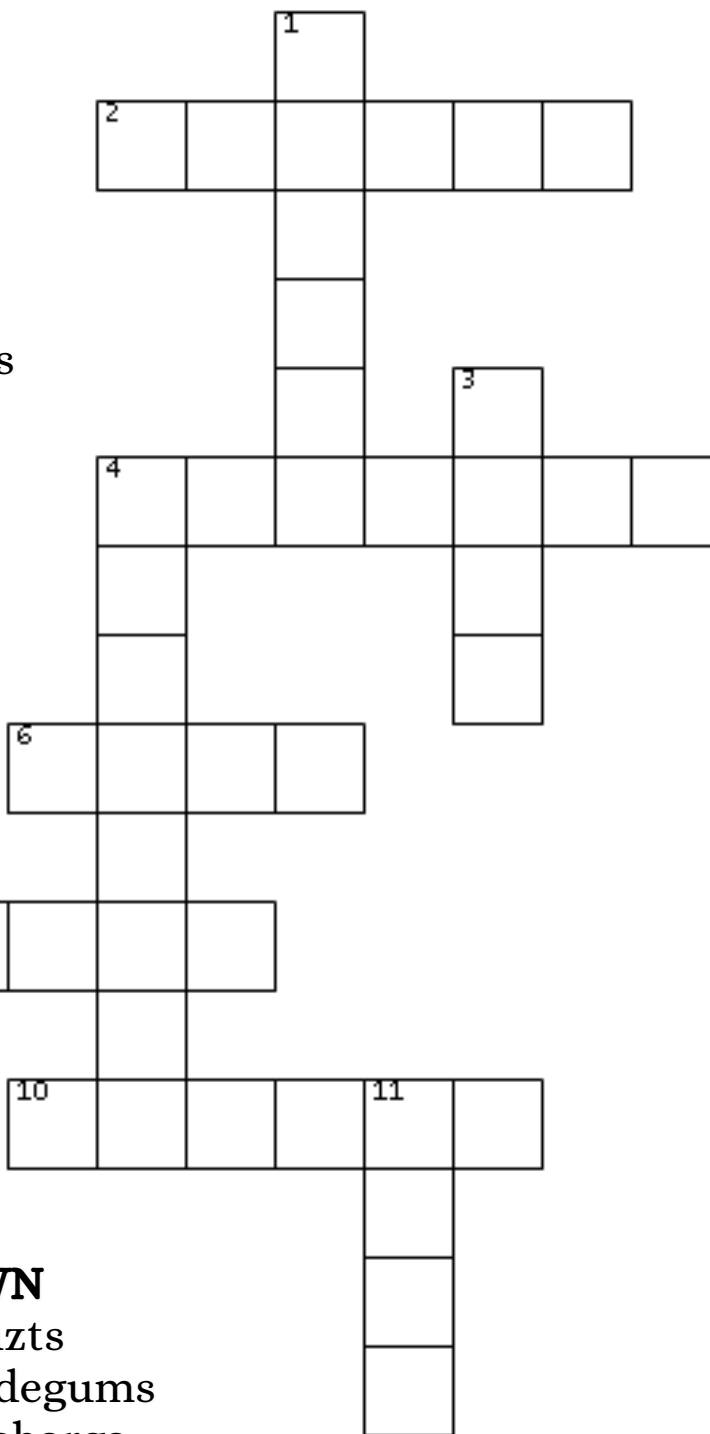
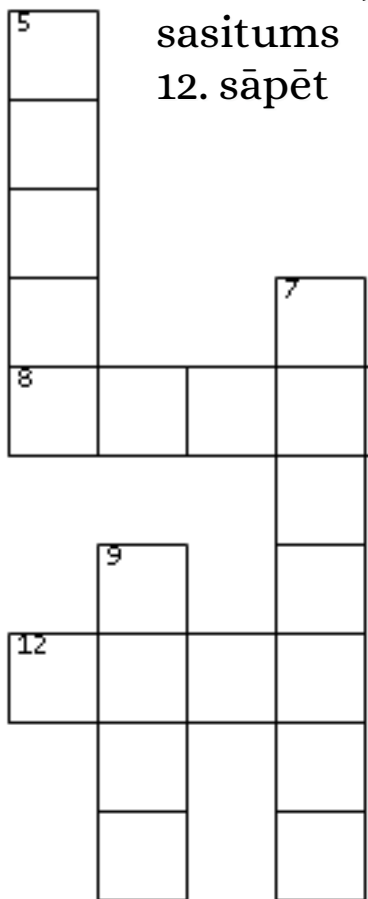


# INJURIES

Atmini krustvārdu mīklu!

## ACROSS

- 2. sastiepums
- 4. saules apdegums
- 6. kodums
- 8. izmežģīt
- 10. zilums, sāsītums
- 12. sāsīt



## DOWN

- 1. laužts
- 3. apdegums
- 4. skabarga
- 5. brūce
- 7. tulzna
- 9. puns
- 11. rēta



# INJURIES

**Atšifrē** galveno ziņojumu! Burti vārdos ir sajaukti.  
**Saliec** tos pareizā secībā. **Savieno** ar atbilstošo attēlu.

ECDTNACI

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# INJURIES

Kas noticis šiem cilvēkiem? **Uzraksti** teikumus. **Skaties** piemēru.  
**Izmanto** dotos vārdus.

**Piemērs:**



**Anna / break her leg**

Anna **has broken** her leg.



**Mark / sprain his leg**

.....  
.....



**Linda / cut her finger**

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.....



**Juana / be in an accident**

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.....



**Rob / scratch his leg**

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**Andrew / dislocate his shoulder**

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**John / hurt his knee**

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.....



**Layla / burn her hand**

.....  
.....



# OLDEST PEOPLE ON OUR PLANET

**Izlasī** informāciju par pasaulē vecākajiem cilvēkiem. **Izpildi** uzdevumus.



**Maria Branyas Morera** (born 4 March 1907) is an American-Spanish woman. Now she is 116 years old. She lives in San Francisco, the USA. As of August 2019, she had 11 grandchildren and 11 great-grandchildren. She still reads newspapers and does crosswords.



**Efrain Antonio Rios Garcia** is a 113-year-old man who lives in Columbia. Rios Garcia was born in the countryside. He married his wife Herminia Uribe in 1935. He has eighteen children. Rios Garcia currently lives with his youngest son in Itagui, Columbia.



**Edna Strickland** was born on 6th March 1911. So, now she is 112 years old. Edna lives in the United Kingdom. She is British. When she was young, Edna was a talented dressmaker. She is currently the oldest known living person in London, and is also the second-oldest known living person in the United Kingdom,

**Atzīmē** vai teikumi ir patiesi (*true*), nepatiesi (*false*), vai arī informācija nav minēta (*not mentioned*).

1. Maria is a hundred and sixty years old.
2. Efrain is a hundred and thirty years old.
3. Edna is a hundred and twelve years old.
4. Maria lives in Spain.
5. Efrain has 16 children.
6. Edna is the oldest person in the UK.
7. Maria was born in the spring.
8. Efrain still lives with his wife Herminia.
9. Edna is still a dressmaker.



# DO YOU TAKE GOOD CARE OF YOURSELF?

Vai Tu labi rūpējies par sevi? **Aizpildi testu un noskaidro!**

## Do you smile a lot?

- a) Yes, I smile all the time.
- b) I only smile when I am happy.
- c) I think I don't smile very often.



## How many hobbies do you have?

- a) I've got lots of hobbies.
- b) One or two.
- c) I don't have any hobbies.



## When do you relax?

- a) in the morning, afternoon and evening.
- b) I relax when I have time.
- c) I never relax. I am always busy.



## How many hours do you sleep at night?

- a) nine to ten hours.
- b) about eight.
- c) less than eight.



## Do you like to exercise?

- a) Yes, it is fun.
- b) Sometimes, when I have time.
- c) I never exercise.



## Do you like puzzles and crosswords?

- a) I love them.
- b) They are okay.
- c) They are boring.



## Which of these things do you do often?

- a) Talk to my family and friends face to face.
- b) Talk to friends online.
- c) Watch TV and play computer games.







# DO YOU TAKE GOOD CARE OF YOURSELF?

**Apskaties**, kuras atbildes Tu visvairāk izvēlēties - A, B vai C.  
**Izlasi** aprakstu.

## Your score:

### Mostly A (lielākoties izvēlēties A atbildes):

You take good care of yourself. You know how to have fun and enjoy life.

### Mostly B (lielākoties izvēlēties B atbildes):

You take care of yourself OK, but can you do more? Try and find more time for yourself.

### Mostly C (lielākoties izvēlēties C atbildes):

You don't take good care of yourself. Try and have more fun.

# THINGS IMPORTANT TO ME

**Apskaties** šo sarakstu. Kas Tev ir vissvarīgākais? **Sarindo** secībā (1.- vissvarīgākais, 10 - mazsvarīgs). **Uzraksti** teikumus par trīs svarīgākajām lietām. **Skaties** paraugu.



• Family

• Friends



• Health



• Where you live



• Money



• Time to relax



• Security



• Education



• Music



• Positivity

### Paraugs:

**Firstly**, the most important thing for me is my family.

(Izmanto vārdus - **firstly** (pirmkārt), **secondly** (otrkārt) un **thirdly** (treškārt))

1.....

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2.....

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3.....

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