

## Observation charts

### 1. Food

#### Worksheet for monitoring the eating regime

Czech student's name: \_\_\_\_\_ Anna Polakova \_\_\_\_\_

Polish / Sicilian student's name: \_\_\_\_\_ Kamil Parzecki \_\_\_\_\_

**Task:** to record the food I eat every day for one week – specify the amount and record everything

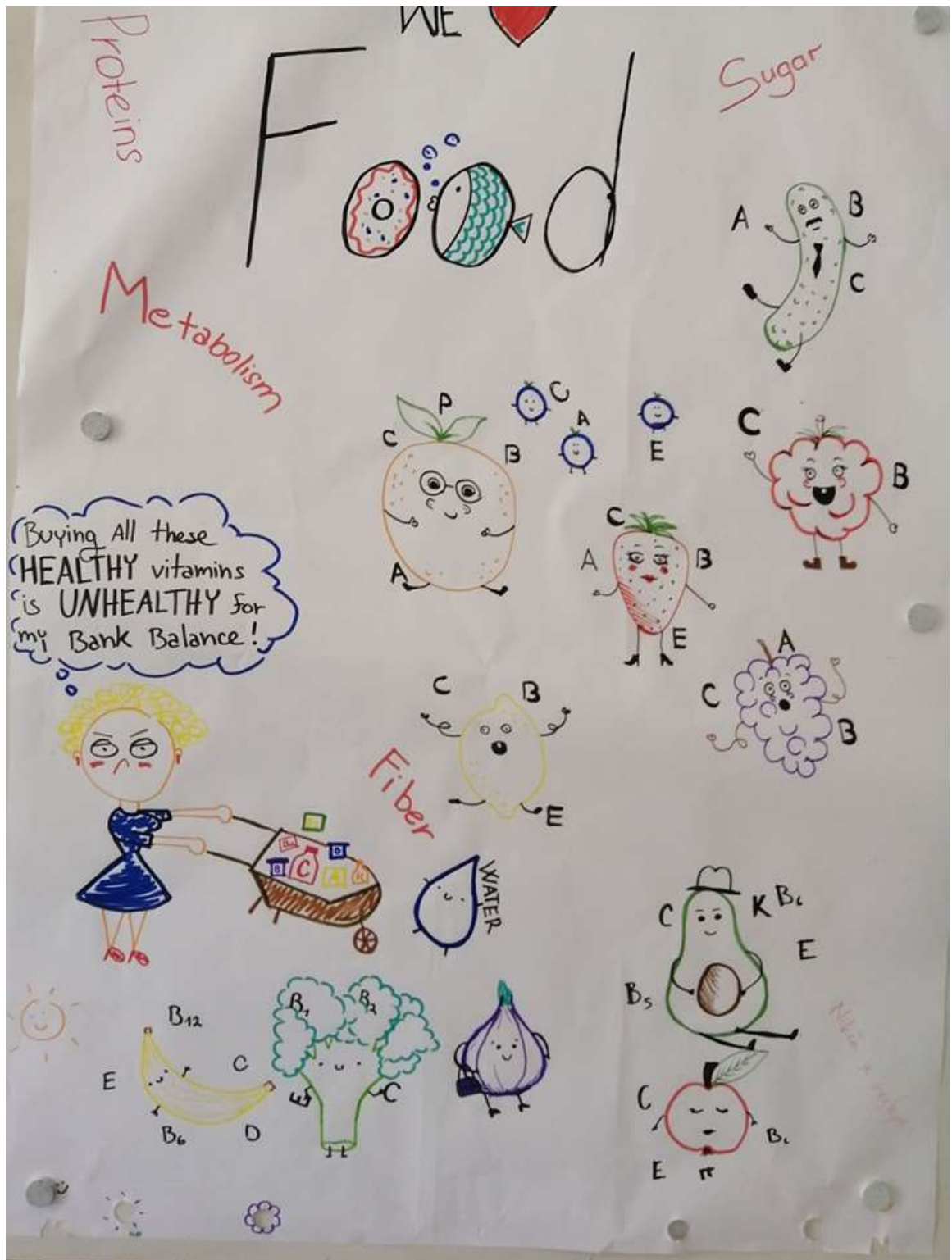
1. Choose one week to record the food you eat every day. The week should be an average, with going to school, doing the activities you normally do at the weekend.
2. Every evening record it into the table.
3. Find out information about the healthy nutrient composition of a day diet plan.
4. Suggest how people can improve their diet.

**Table**

DAY FOOD RECORDING

Monday	Breakfast-Cereals with milk Snack- stick and paprika Lunch- 2x toasts Dinner- bread with cheese and ham
Tuesday	Breakfast- Cereals with milk Snack- banana Lunch- bread with ham Dinner- 5x strips from KFC
Wednesday	Breakfast- Cereals with milk Snack-roll with salad and ham Lunch- baked pasta Dinner- pizza
Thursday	Breakfast- Cereals with milk Snack- pizza and stick Lunch- bread with cheese Dinner- spagetti with tomato
Friday	Breakfast- Cereals with milk Snack- apple Lunch- rice with chicken Dinner- roll with cheese

Saturday	Breakfast- Cereals with milk Snack- nothing Lunch- meat with peas and potato Dinner- pasta with cheese sauce	
Sunday	Breakfast- Cereals with milk Snack- nothing Lunch- fried cheese with potato Dinner- toasts	



## 2. Water intake

Worksheet for monitoring the drinking regime

Czech student's name: \_\_\_\_\_

Polish / Sicilian student's name: \_\_\_\_\_

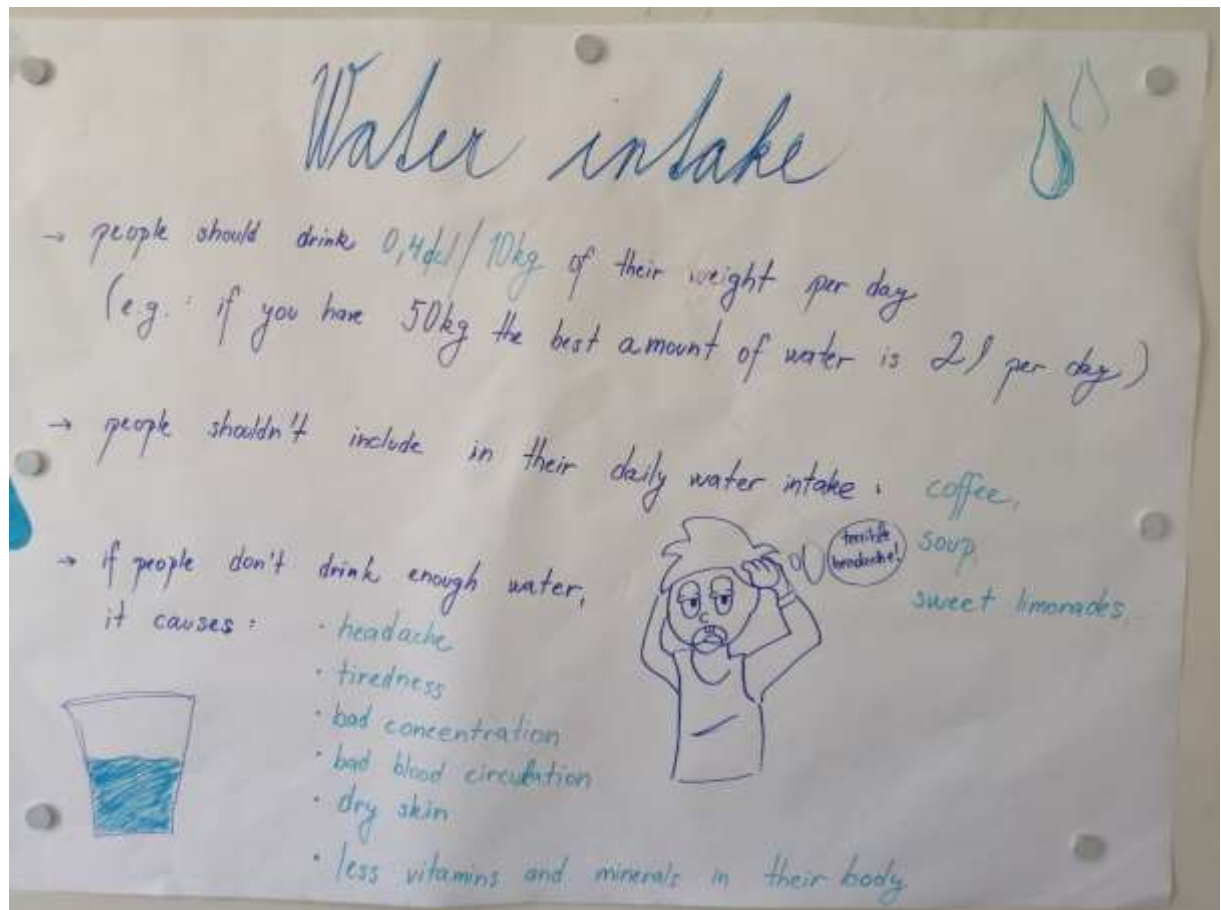
**Task:** to record the amount of drinks – water and other kinds of drinks, including coffee, tea... every day, and in one week - specifying the types of drinks and their amount

1. Choose one week to record the types of drinks and their amount. The week should be an average, with going to school, doing the activities you normally do at the weekend.
2. Every evening record the types and amount.
3. Find out information about how much pure water a person should drink, what causes its deficiency.
4. Suggest how people can improve inadequate water intake?

**Table**

DAY                                      TYPES OF DRINKS AND HOW MUCH                                      HOW MUCH WATER

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



### 3. Regular activity/exercise

#### Worksheet for monitoring the average number of steps per week

Czech student's name: \_\_\_\_\_

Polish / Sicilian student's name: \_\_\_\_\_

**Task:** to record the number of steps I do every day, and in one week – with monitoring the differences between the workday and a weekend

1. Choose one week to carry the pedometer everywhere you go. The week should be an average, with going to school, doing the activities you normally do at the weekend.
2. Every evening record the number of steps into the table.
3. Find out information about how many steps it is necessary to do in a day to keep fit, how many are necessary to lose weight.
4. Suggest how people can improve the situation – how to increase the number of steps.

**Table**

DAY    NUMBER OF STEPS

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

# Steps

1. How many steps is it recommended to make a day to keep fit?

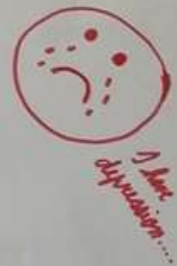
It is 10 000 steps!

2. How many steps is it recommended to make to lose weight?

It is 12 000 and more steps!

3. What does the lack of physical activity cause?

obesity, depression, hypertension,  
dyspnoea, coronary problems  
flabby muscles,  
heart problems,  
diabetes,  
backache



When you are going to walk a lot



You will be  
HAPPY



## 4. Harmful habits

Worksheet for monitoring the harmful habits per week + sleeping regimen

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Czech student's name: \_\_\_\_\_

Polish / Sicilian student's name: \_\_\_\_\_

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**Task:** to record the types and frequency of harmful habits I do every day, and in one week - specifying the types of habits and how often, to record the number of hours I sleep

1. Choose one week to record the types and frequency of doing harmful habits. The week should be an average, with going to school, doing the activities you normally do at the weekend.
2. Every evening record the records them into the table. Every morning record the number of hours you slept.
3. Find out information about what these habits can cause and how much it's good to sleep and why.
4. Suggest how people can get rid of these habits and how people can have enough good sleep.

**Table**

DAY	HARMFUL HABITS AND HOW OFTEN A DAY	HOURS OF SLEEP
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



# Harmful habits....

## WHAT DOES SMOKING CAUSE?

- HEART ATTACK
- CANCER → lungs, tongue, throat
- CLOGGED VESSELS

## WHAT DOES ALCOHOL CAUSE?

- LIVER CIRRHOSIS
- ROAD ACCIDENTS
- NAUSEA
- RED SKIN
- HIGH BLOOD PRESSURE
- STROKE

## WHAT DOES THE LACK OF SLEEP CAUSE?

- DEPRESSIONS
- SLOW DOWN METABOLISM
- HEADACHES
- CHRONIC FATIGUE

## WHAT DOES DIETING CAUSE?

- LOSS OF WEIGHT
- ANOREXIA
- LOSS OF ENERGY

