

## 9 | 3 | Lekcija 3: Ozdravi brzo!

### 9.3 Zadatak 15. Posljedica

Finish the following sentences. What can cause certain pain? Complete the sentences based on your own opinion. The first one is done for you.



|     |                    |                |
|-----|--------------------|----------------|
| Ako | jedem nešto hladno | boli me zub.   |
| Ako |                    | boli me glava. |
| Ako |                    | boli me trbuh. |
| Ako |                    | bole me ruke.  |
| Ako |                    | bole me leđa.  |
| Ako |                    | bole me noge.  |

### 9.3 Zadatak 16. Savjet

 Work with another classmate. If a friend asks you for advice, how would you answer their question? Use the imperative in your answers.

| Što moram raditi kad [...]? |  |
|-----------------------------|--|
| boli me glava               |  |
| boli me zub                 |  |
| boli me trbuh               |  |
| boli me grlo                |  |
| bole me leđa                |  |
| bole me sve kosti           |  |

## 9.3 Zadatak 17. Kako se Matija osjeća?

 Listen to **dialogue one** and answer the questions.



### | Razumijevanje

|   |                                                                             |
|---|-----------------------------------------------------------------------------|
| 1 | Kamo idu Luka, Ines i James?<br>-                                           |
| 2 | Što radi Matija kod kuće?<br>-                                              |
| 3 | Hoće li Matija ići s njima na trčanje?<br>-                                 |
| 4 | Gdje je bila Matija sinoć i tko je bio s njom?<br>-                         |
| 5 | Kako se Matija osjeća?<br>-                                                 |
| 6 | Zašto nju boli trbuh?<br>-                                                  |
| 7 | Koji savjet je Luka dao Matiji? Što ona mora raditi? (savjet = advice)<br>- |

## | Osobna pitanja

|   |                                                  |
|---|--------------------------------------------------|
| 1 | Jedeš li ti nakon večernjeg izlaska?<br>-        |
| 2 | Što jedeš kad si vani ako si gladan/gladna?<br>- |
| 3 | Što ti radiš kad te boli trbuh?<br>-             |
| 4 | Koji savjet imaš za Matiju?<br>-                 |

## 9.3 Zadatak 18. Kako izgleda tvoj dan?

 Before you interview one of your classmates, answer the following questions about yourself.

|   |                                             |
|---|---------------------------------------------|
| 1 | Kako izgleda tvoje jutro?<br>-              |
| 2 | Što radiš navečer kad stigneš kući?<br>-    |
| 3 | Kojim sportom se baviš i koliko često?<br>- |

Interview one of your classmates to see how healthy their lifestyle is in terms of eating and drinking habits. Write down their answers; you will need them later.

## | Reci mi!

|   |                                             |
|---|---------------------------------------------|
| 1 | Što jedeš i piješ za doručak?<br>-          |
| 2 | Što najčešće jedeš za ručak?<br>-           |
| 3 | U koliko sati večeraš? Što jedeš za večeru? |

|   |                                                    |
|---|----------------------------------------------------|
|   | -                                                  |
| 4 | Koliko kave piješ dnevno?                          |
|   | -                                                  |
| 5 | Piješ li dovoljno vode svaki dan?                  |
|   | -                                                  |
| 6 | Vježbaš li?                                        |
|   | -                                                  |
| 7 | Baviš li se sportom? Ako da, kojim i koliko često? |
|   | -                                                  |

## 9.3 Zadatak 19. Lukina preporuka

 Listen to **dialogue two** about Luka's advice for Ines. What does she need to do? What does she need to eat?



### | Razumijevanje

|   |                         |
|---|-------------------------|
| 1 | Što Ines mora piti?     |
|   | -                       |
| 2 | Što Ines ne smije piti? |
|   | -                       |

|   |                                                |
|---|------------------------------------------------|
| 3 | Što mora redovito jesti?<br>-                  |
| 4 | Što Ines ne smije jesti?<br>-                  |
| 5 | Koliko često Ines smije jesti brzu hranu?<br>- |
| 6 | Što Luka radi svako jutro?<br>-                |

## | Lukin jutarnji ritual

Let's look back at the type of smoothies that Luka makes every morning. Answer the following questions. For some questions you might need to do an Internet search.



|   |                                          |
|---|------------------------------------------|
| 1 | Od čega je voćni smoothie?<br>-          |
| 2 | Od čega je zeleni smoothie?<br>-         |
| 3 | Od čega je proteinski smoothie?<br>-     |
| 4 | Piješ li ti smoothie?<br>-               |
| 5 | Tvoje mišljenje: Koji smoothie je dobar? |

|  |   |
|--|---|
|  | - |
|--|---|

Listen to dialogue two again. Write down all the sentences in which Luka gave a certain recommendation to Ines on what she should / shouldn't do. Rewrite only the sentences that are in the imperative form.

|   |  |
|---|--|
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |

Are any of these sentences applicable as a comment to your classmate's answers that you collected earlier? Tell us more about it. An example is provided for you on how to structure your answer.

#### | Moj prijatelj

Moj prijatelj je rekao da on često jede pizzu i hamburger. Moj savjet je - malo je u redu, ali nemoj puno.

#### | Moja prijateljica

Moja prijateljica je rekala da ona često jede pizzu i hamburger. Moj savjet je - malo je u redu, ali nemoj puno.

#### | Moj komentar

→

## 9.3 Zadatak 20. Matijina prehrana

 Listen to the **text** about Matija and her daily habits. Your task is to complete the table with information about her eating and drinking habits. Listen to the text a few times if needed to collect all the information.

#### | Razumijevanje

1

Kako Matija započinje dan? (započinjati = to start)

|    |                                                                 |
|----|-----------------------------------------------------------------|
|    | -                                                               |
| 2  | Što jede za doručak?                                            |
|    | -                                                               |
| 3  | Što pije za doručak?                                            |
|    | -                                                               |
| 4  | Što jede za ručak?                                              |
|    | -                                                               |
| 5  | Što pije za ručak?                                              |
|    | -                                                               |
| 6  | Koliko kava pije dnevno?                                        |
|    | -                                                               |
| 7  | Što jede za večeru?                                             |
|    | -                                                               |
| 8  | Što jede za međuobrok?                                          |
|    | -                                                               |
| 9  | Što voli jesti navečer dok gleda TV?                            |
|    | -                                                               |
| 10 | Što ona rijetko jede?                                           |
|    | -                                                               |
| 11 | Jede li Matija puno ili malo kad je pod stresom i kad puno uči? |
|    | -                                                               |

## | Osobni stav

Go over your answers and discuss with your classmate what changes Matija needs to make to live a healthier life.

|   |                                                      |
|---|------------------------------------------------------|
| 1 | Živi li Matija zdravo ili nezdravo? Zašto to misliš? |
|   | -                                                    |

|   |                     |
|---|---------------------|
| 2 | Za doručak:<br>-    |
| 3 | Za ručak:<br>-      |
| 4 | Za međuobrok:<br>-  |
| 5 | Za večeru:<br>-     |
| 6 | Navečer uz TV:<br>- |

## 9.3 Zadatak 21. Preporuka za Matiju

Look at the following verbs in their form as a command. Use the appropriate one to finish the sentences below.



leži



sijeci



ispeci



reci

### | Rečenice

\_\_\_\_\_ kolač od jabuka.

\_\_\_\_\_ meso i povrće.

\_\_\_\_\_ u 23:00. Nemoj ići u krevet kasno.

\_\_\_\_\_ mi kako živjeti zdravo.

Give some instructions to Matija on how to live a healthier life. Use the following verbs to express how to make these improvements. Write complete sentences, using each verb on the

list below. Also write the reason for your advice. Each verb is already given in the form of a command/recommendation. Here is an example for you on how to structure your sentences.

lezi

peci

jedi

pij

kuhaj

spavaj

## | Moja preporuka

0. **Matija**, ponekad ujutro **napravi** smoothie. To je zdravo. **Nemoj jesti** samo sendvič.

1.

2.

3.

4.

5.

6.

Images used in this document are from [these sources](#).