**JEDÁLNIČEK Meno: Priezvisko: Trieda:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deň** | **Raňajky:** | **Desiata:** | **Obed:** | **Olovrant:** | **Večera:** | **Druhá večera:** |
| **Sobota** | **-** | **-** | **Francúzke zemiaky** | **1 chipsy, cola** | **Pizza, čaj** | **1 chipsy, cola, popcorn** |
| **Nedeľa** |  |  |  |  |  |  |
| **Piatok resp. pondelok** |  |  |  |  |  |  |

**ENERGETICKÁ HODNOTA POTRAVÍN v kJ**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deň** | **Raňajky:** | **Desiata:** | **Obed:** | **Olovrant:** | **Večera:** | **Druhá večera:** |
|  |  |  | **369+500+253=1122**  **1122.2=2244kj** | **2265+185.3=2820** | **1100.3=3300** | **2820+1700=4520** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**ENERGETICKÚ HODNOTU POTRAVÍN NÁJDEŠ NA:**

<http://www.chudnutie-ako.sk/potraviny/energeticke-hodnoty-potravin.php> <http://www.vaha.sk/etab> <http://www.kaloricketabulky.cz/>

<http://zdravoachutne.sk/2018/hodnota#gsc.tab=0>

**ZÁZNAM PRIJATEJ POTRAVY – Energia potravín**

**Meno: Priezvisko: Trieda: Váha: Vek:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deň** | **Energetická**  **hodnota**  **potravín/kJ** | **Denná potreba energie/kJ** | **Rozdiel**  **DPE-EHP/kJ** | **Prevažujúca zložka potravín**  **B / T / S** | **Tekutiny/l** | **Vitamíny/**  **Minerálne látky** |
|  | 9914 | 13500 | -3586 |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Priemer:** |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Potreba energie v kJ na 1 kg telesnej hmotnosti podľa veku** | | **Moja denná potreba energie:**  Potreba energie podľa vekovej skupiny x váha tela v kg (v kJ)  **Výpočet: 300\*45=13500kj**  **Odpoveď:** |
| **Vekové skupiny** | **Potreba energie (kJ/kg hmotnosti)** |
| Deti od 11-14 rokov | 250-300 |
| Dospievajúci od 15-18 rokov | 170-220 |
| Dospelí | 110-150 |

**Vyvážený pomer jednotlivých živín**: 10 – 15 % bielkovín, 25 – 30 % tukov, 60 – 64 % sacharidov. Odporúčaný príjem voda je cca 2 litre denne.

**Aktivity počas zaznamenávaných dní:** ..............................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................

**Vyhodnotenie:**

1. Je tvoja energetická hodnota potravín dostatočná? 2. Prijal/a si dostatočné množstvo tekutín počas dňa? 3. Ktorá zložka potravín prevažuje v tvojej strave?

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**Čo by som chcel/a zmeniť?**

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**HODNOTENIE:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Jedálniček** | **Energetická hodnota potravín** | **Záznam prijatej potravy** | **SPOLU:** | **ZNÁMKA:** |
| **Max. 10 bodov** |  |  |  |  |  |