



Srednja zdravstvena šola



# Sem, kar jem

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# UVOD



# Zakaj zdrava prehrana?

Tema, vključena  
v učni načrt,

blizu mladim,  
aktualna in  
pomembna za  
življenje,

povezava z  
družbo, okoljem  
in zdravjem.

# **Prehranski paradoks sodobnega sveta**

Zavržena hrana,

lakota in prehranska  
negotovost.



# Cilji trajnostnega razvoja:

zdravje in  
dobro  
počutje,

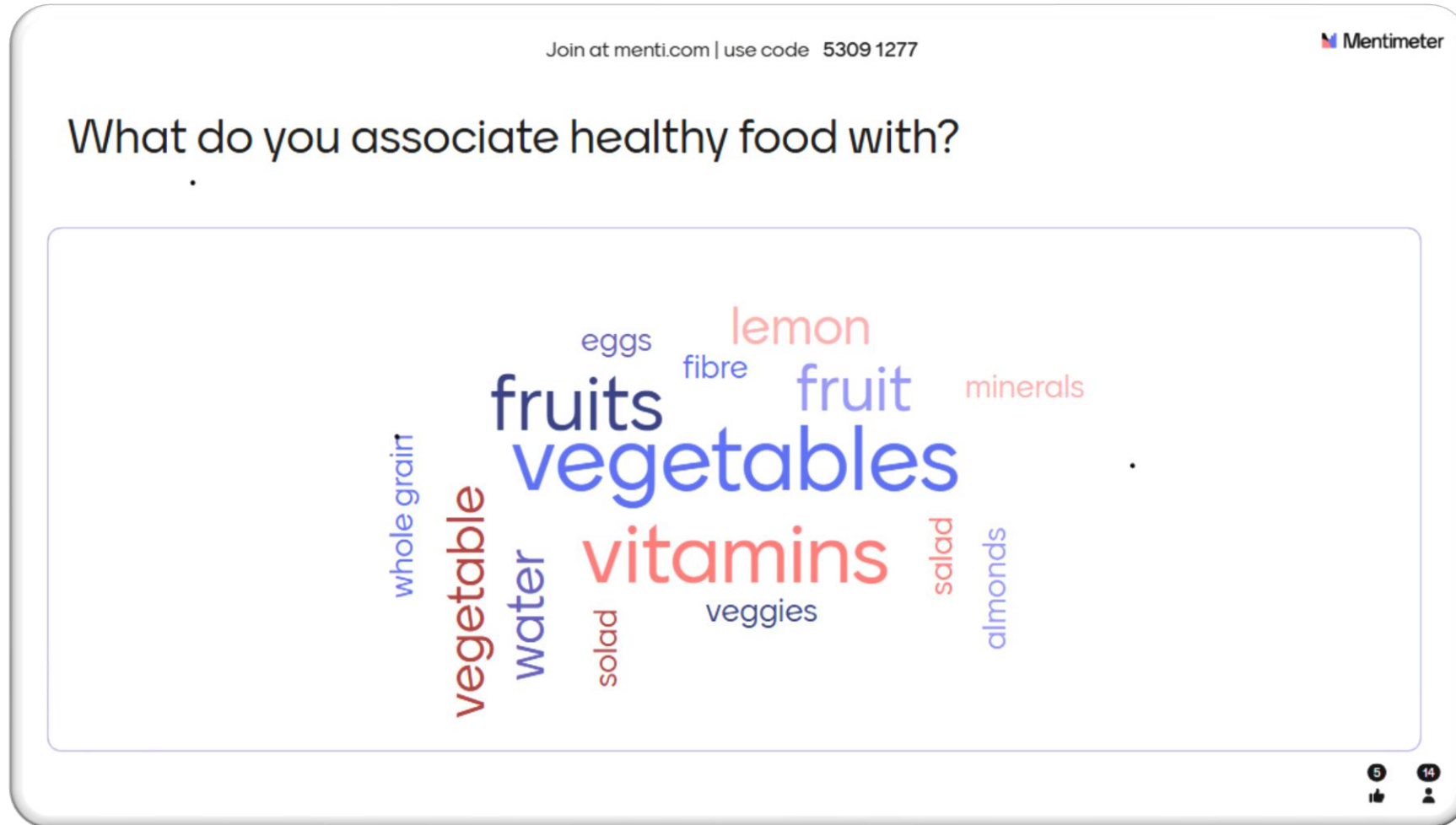
odprava  
lakote.

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# **UČNI SKLOP: ZDRAVA PREHRANA**



# Načrtovanje ankete



# Metodologija ankete

11 vprašanj, razdeljenih po sklopih: obroki, zajtrk, hitra hrana, energijske pijače, priprava hrane, najljubša hrana.

72 anketirancev, večinoma dijaki, stari od 16 do 19 let.

**Q1 - How old are you?**

**Q2 - Are you female or male?**

- ☐ Female  
☐ Male

**Q3 - How many meals do you eat per day?**

**Q4 - How often do you eat fast food?**

- ☐ 2 - 3 times a week  
☐ Once a week  
☐ Once or twice a month  
☐ Very rarely

**Q5 - Do you eat breakfast regularly?**

- ☐ Yes, every day.  
☐ No, never  
☐ Sometimes

**Q6 - Do you eat fresh vegetables and fruits?**

- ☐ Yes  
☐ No

**Q7 - Do you cook?**

- ☐ Yes  
☐ No

**Q8 - Do you drink energy drinks?**

- ☐ Yes  
☐ No

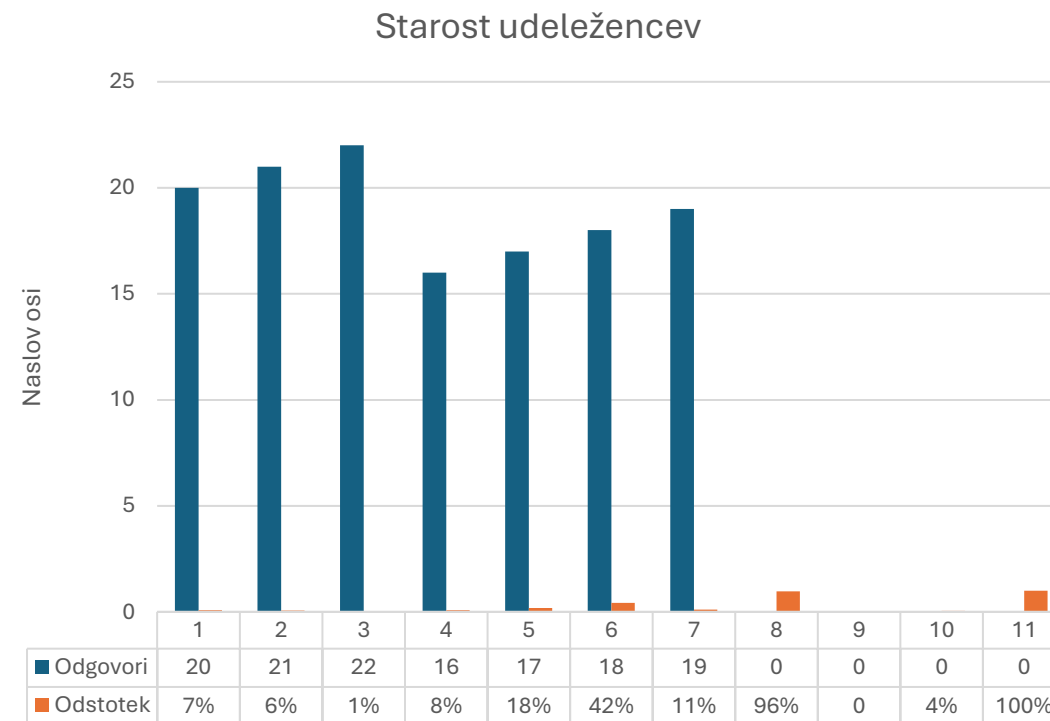
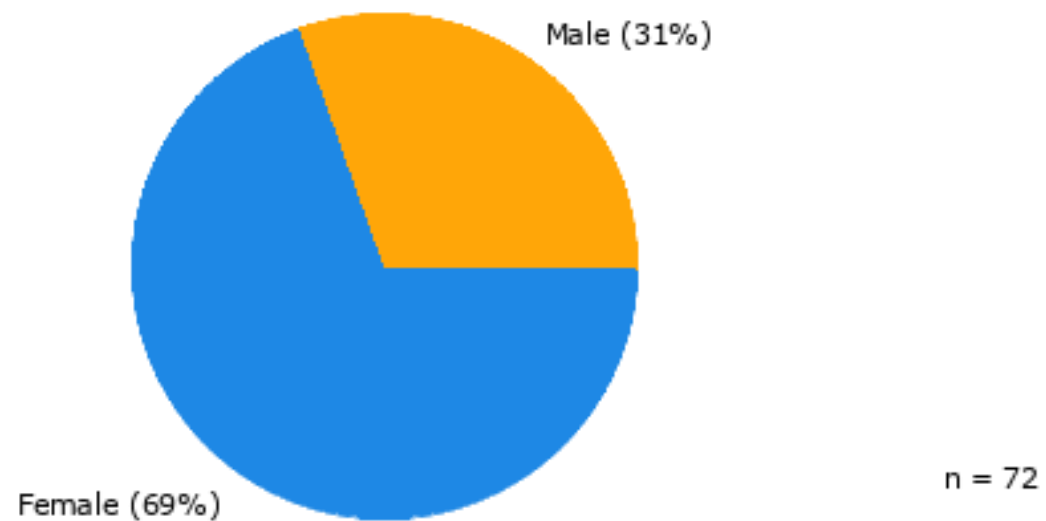
**Q9 - How often do you drink energy drinks?**

- ☐ Every day  
☐ Occasionally  
☐ Never

**Q10 - If you had a choice, would you choose an energy drink or coffee?**

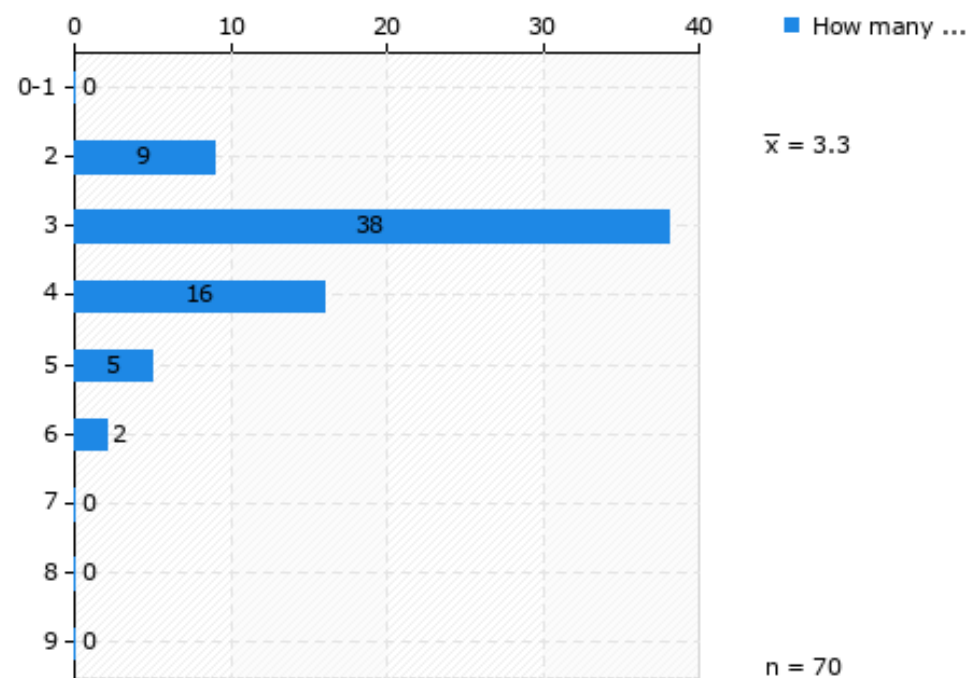
- ☐ An energy drink  
☐ Coffee

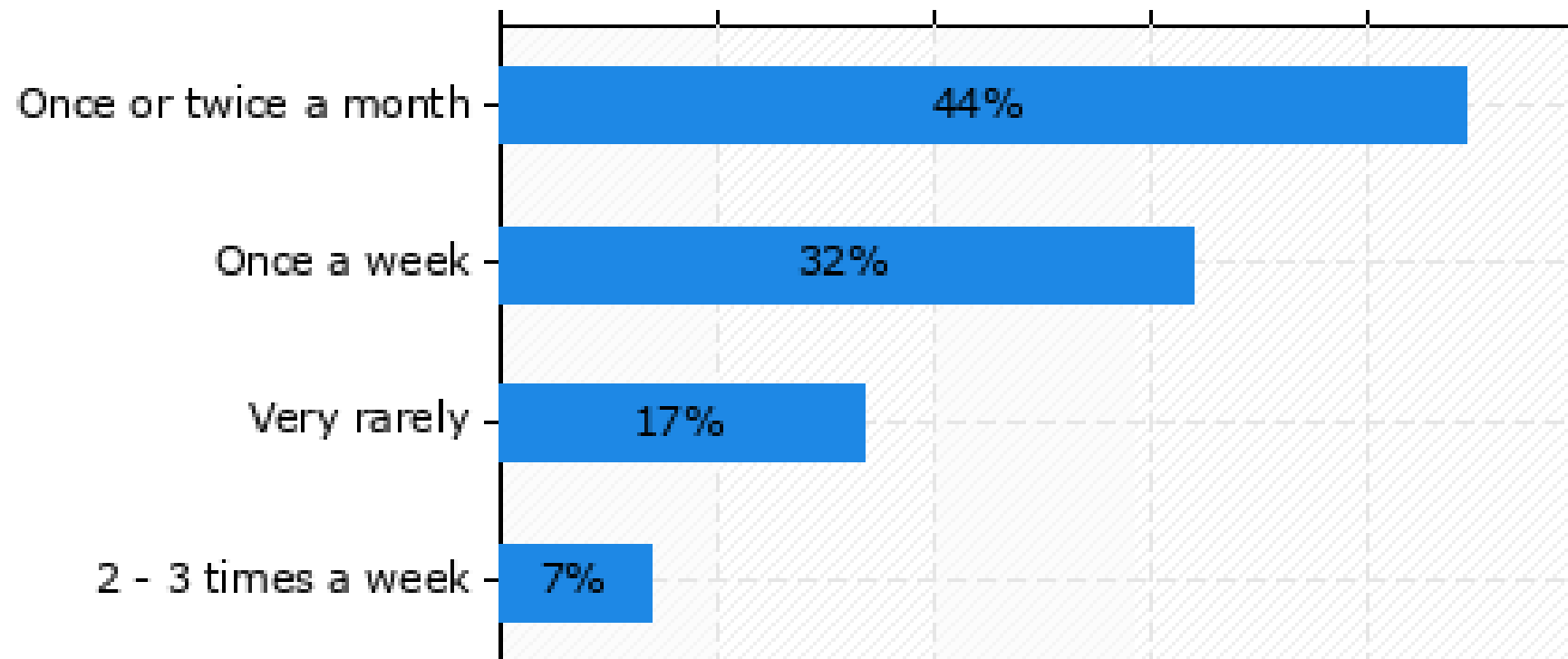
**Q11 - What is your favourite food?**



# Spol in starost anketirancev

# Število obrokov na dan

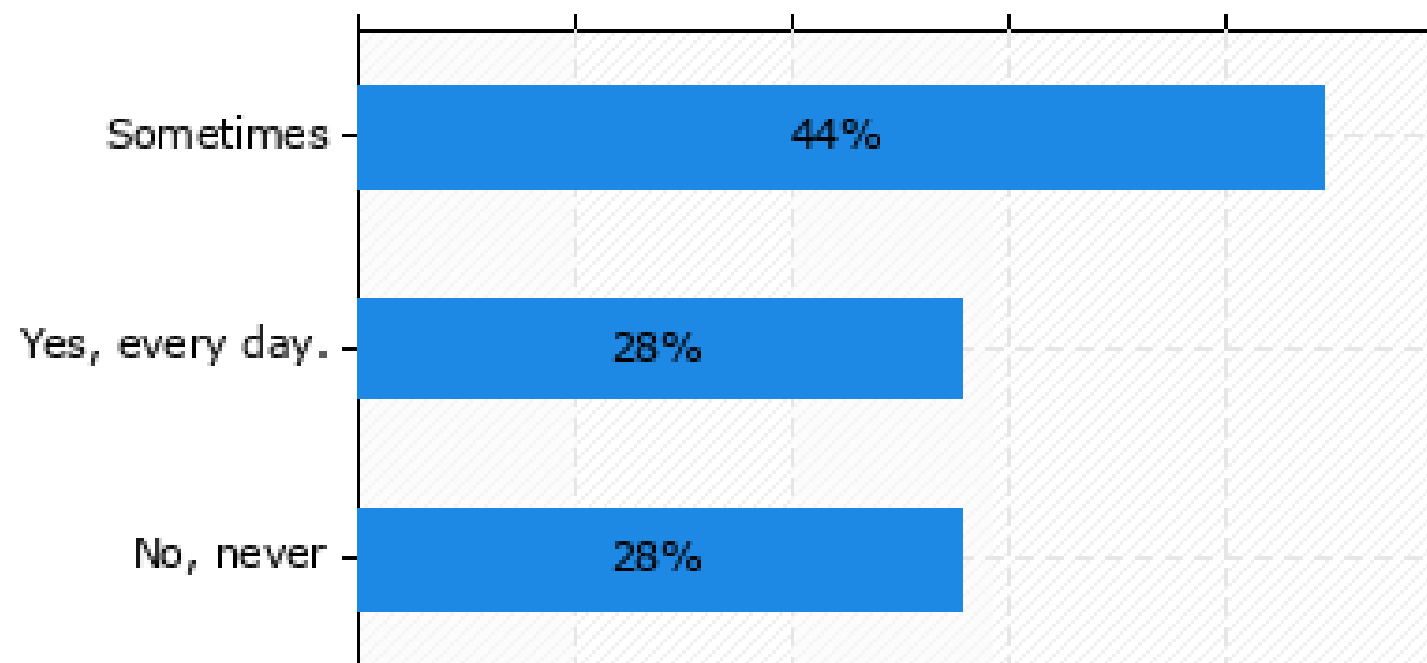




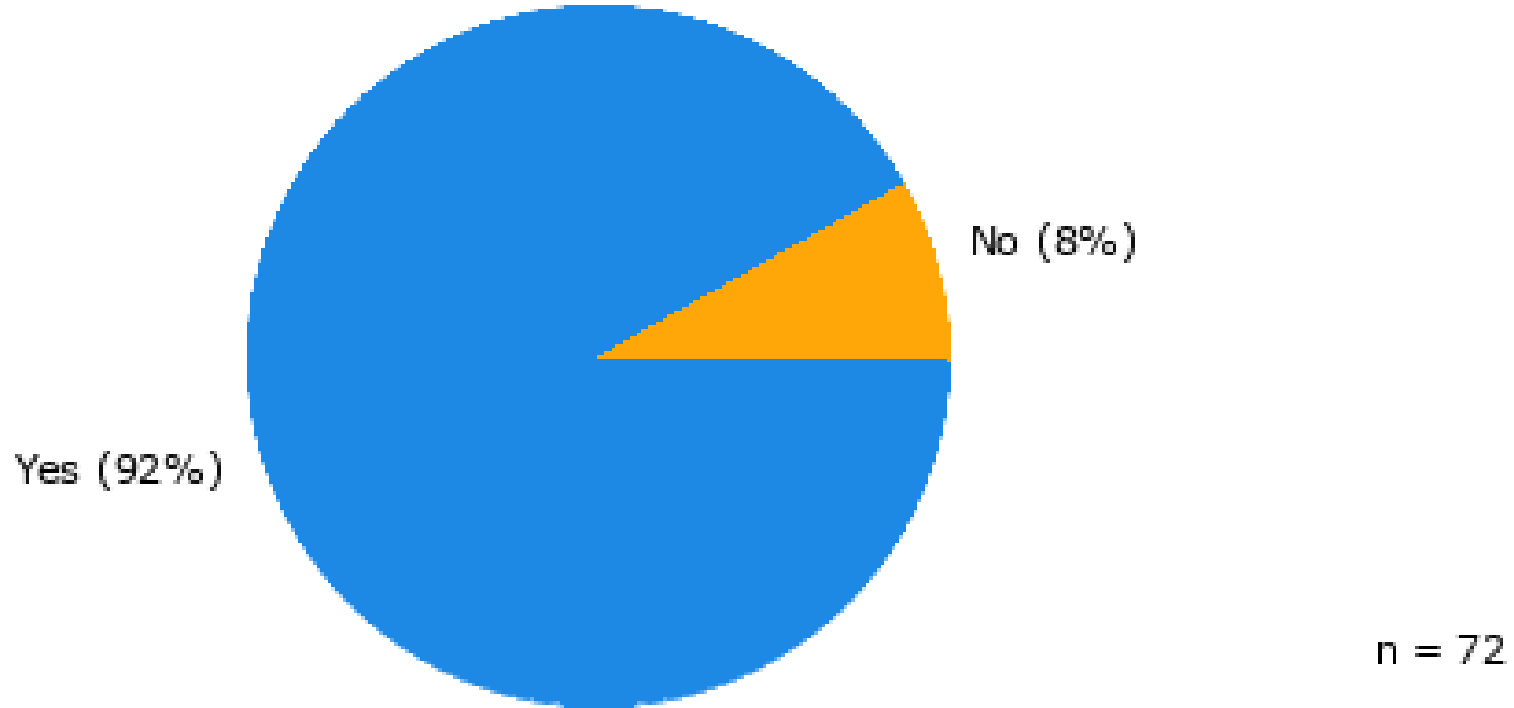
n = 72

## Uživanje hitre hrane

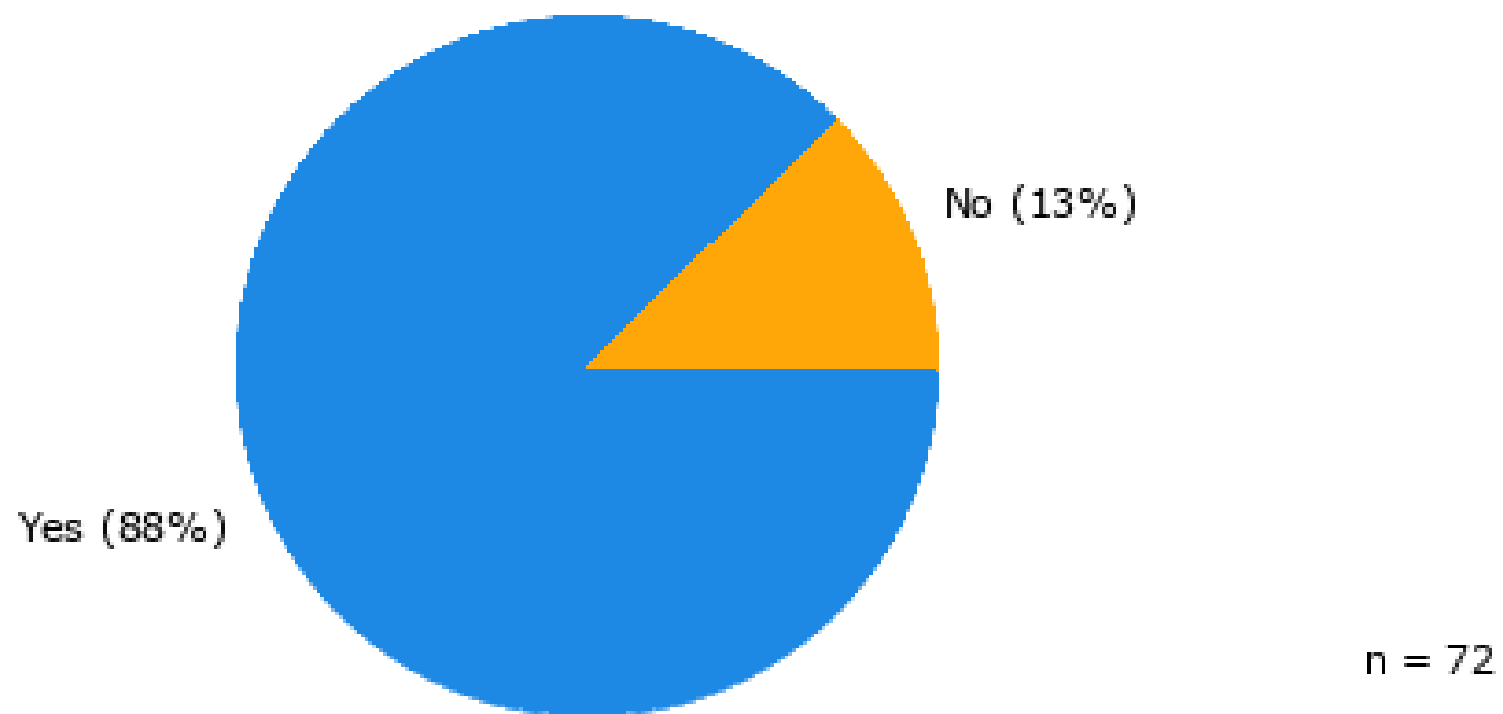
# Zajtrk



n = 72



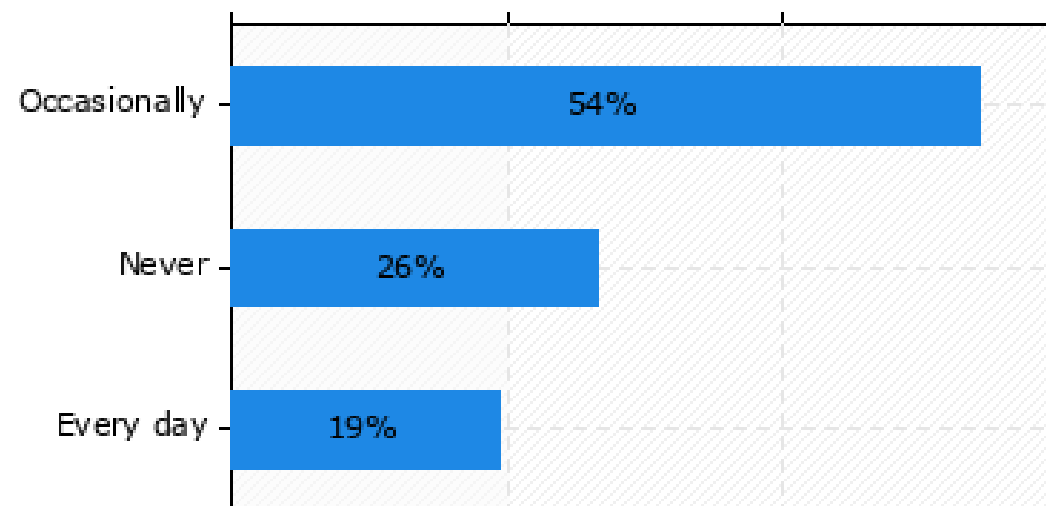
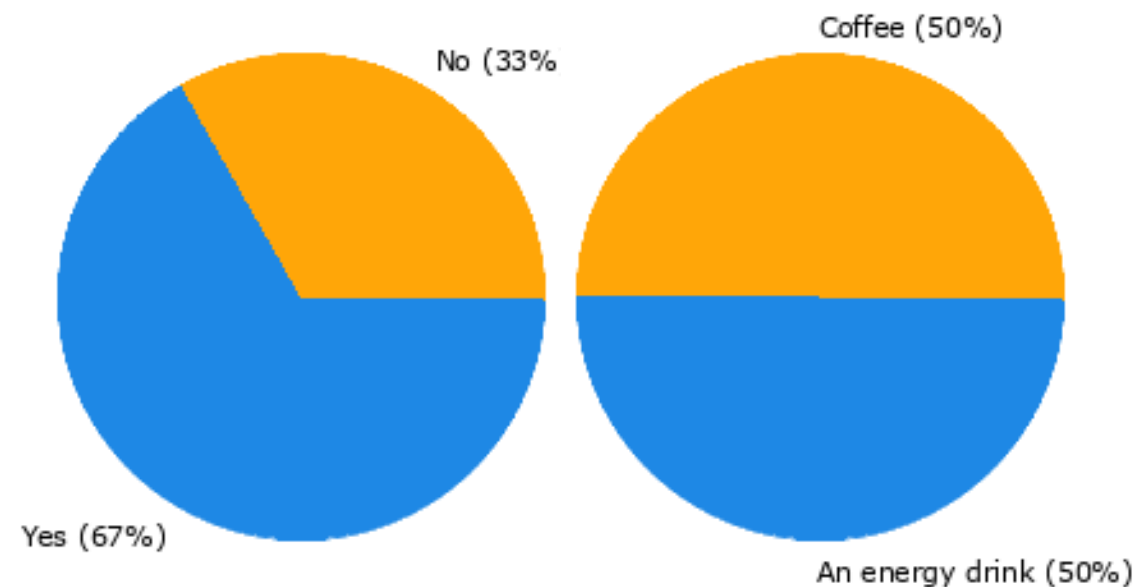
**Uživanje sadja in zelenjave**



**Priprava hrane**

# Energijske pijače

- Ali uživajte energijske pijače?
- Kako pogosto pijete energijske napitke?
- Kaj bi raje izbrali, kavo ali energijski napitek?



# Najljubša hrana



A word cloud titled "Najljubša hrana" (Favorite Food) featuring various food items in Slovenian. The words are arranged in a circular pattern, with "pizza" and "chicken" being the most prominent. Other visible words include "spaghetti", "noodles", "fries", "pasta", "burrito", "tacos", "carbonara", "chinese", "soup", "nothing", "eggs", "mango", "spinach", "good", "gnocchi", "homemade", "apple", "cheeseburger", "nuggets", "burger", "everything", "potatoes", "thighs", "meat", "food", "lasagna", "tortila", "pancakes", "hamburger", and "panckakes".

panckakes  
pancakes  
hamburger  
spinach  
good  
gnocchi  
homemade  
apple  
lasagna  
tortila  
pizza  
spaghetti  
cheeseburger  
nuggets  
burger  
everything  
potatoes  
thighs  
meat  
food  
chicken  
fries  
pasta  
burrito  
tacos  
carbonara  
chinese  
soup  
nothing  
eggs  
mango

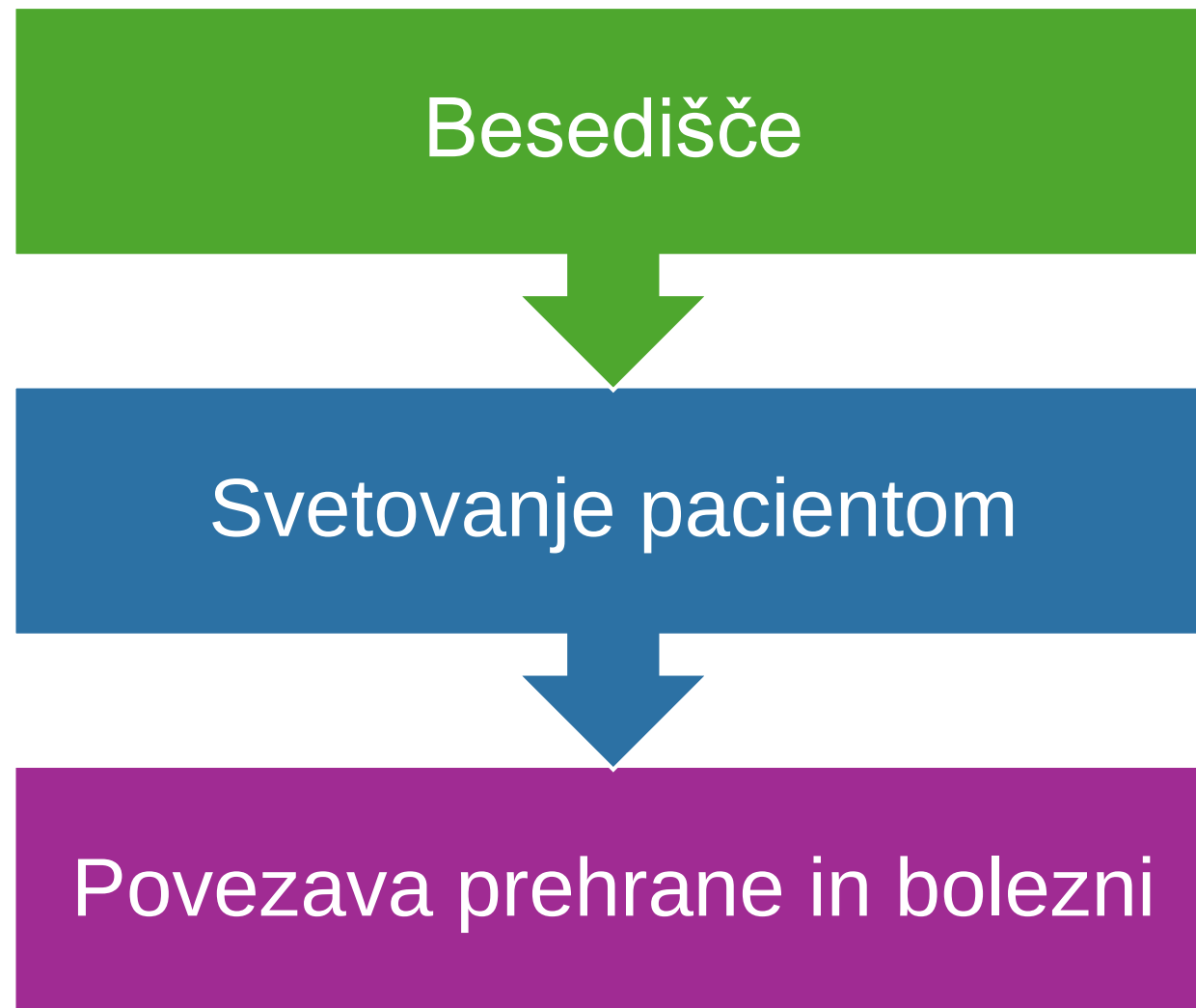
# Analiza rezultatov

Ozaveščenost  
in dobre  
prehranjevalne  
navade

Izzivi: hitra  
prehrana in  
energijske  
pijače

Pomen  
ozaveščanja in  
sistemske  
rešitve

# Strokovna terminologija



# Dokumentarni film: „Supersize Me“

Vsebina in  
sporočilo filma

Vpliv na dijake:  
razprava in  
refleksija

Vizualni učinek  
= večje  
zavedanje

# Učni list:

5 vsebinskih sklopov:  
nasveti, recepti,  
razprava, energijske  
pijače, zaključek.

## Healthy Food and Teenagers



### Advice on Healthy Eating

Teenagers have high energy and nutritional needs as they grow. As a nursing student, provide advice on the following aspects:

Number of Meals: How many meals should a teenager eat per day? Why is it important to maintain a balanced eating schedule?

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Healthy School Lunch Ideas: Suggest three healthy and balanced school lunch options for teenagers. Include a variety of nutrients in your suggestions.

- ---
- ---
- ---

### Healthy Recipes

Write a simple and nutritious recipe that teenagers can easily prepare. Ensure they include essential vitamins and minerals. Use the following format:

Recipe Name: 

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- Ingredients: 

---
- 
- 

- Instructions:

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# Odgovori dijakov

Predlogi  
zdravih malic  
in receptov

Alternativne  
pijače

Kritična  
presoja  
navad

# Knjižica receptov

## CONTENTS



AVOCADO TOAST



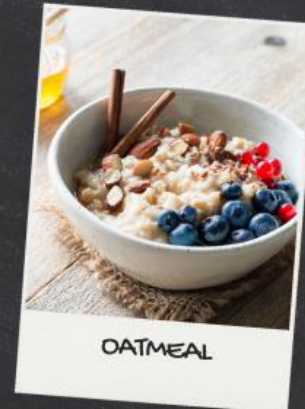
BANANA PANCAKES



CARROT LOAF



STRAWBERRY  
MUFFINS



OATMEAL



CHICKEN WRAP



APPLE CAKE



SMOOTHIE



CEASAR SALAD

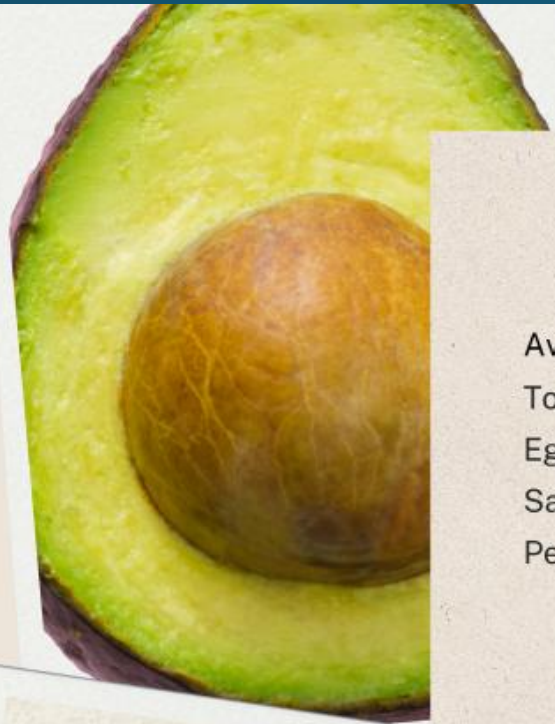


A HEALTHY  
SANDWICH

# AVOCADO TOAST

## Instructions

- 1 Put toast in the toaster.
- 2 Peel avocado and cut it in cubes.  
Fry eggs in the pan and season them,
- 3 take the toast out of the toaster and put eggs on it.
- 4 Next up put avocado on top and another piece of toast.



## INGREDIENTS

Avocado  
Toast  
Eggs  
Salt  
Pepper

ENJOY!

The image is a creative collage for an oatmeal recipe. At the top left, the word 'OATMEAL' is written in a large, bold, black, distressed font. Below this, on a light-colored, torn-edge paper background, are the 'INGREDIENTS' and 'Instructions' sections. The ingredients list includes Greek yoghurt, oats, water, honey, cocoa powder, and fruits. The instructions are a three-step process: 1. Soak oats in warm water; 2. Mix yoghurt, fruit, and honey in a separate bowl, then add the soaked oats; 3. Add cocoa powder or whey protein for extra nutrition. To the right of the text is a photograph of a white bowl filled with oatmeal, topped with sliced strawberries, whole blueberries, and almond slices. At the bottom of the image, the phrase 'LET'S EAT! LET'S EAT! LET'S EAT! LET'S EAT!' is repeated in a bold, black, distressed font, following the curve of the bottom edge.

# INGREDIENTS

- Greek yoghurt
- oats
- water
- honey
- cocoa powder
- fruits

oats

water

honey

cocoa powder

fruits

- 1 Let the oats soak in warm water.  
In a separate bowl mix greek yoghurt,
- 2 fruit of your choice, add a tablespoon of honey and then add the soaked oats.
- 3 You can add cocoa powder or whey protein for extra nutrition.

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In a separate bowl mix greek yoghurt,  
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honey and then add the soaked oats.
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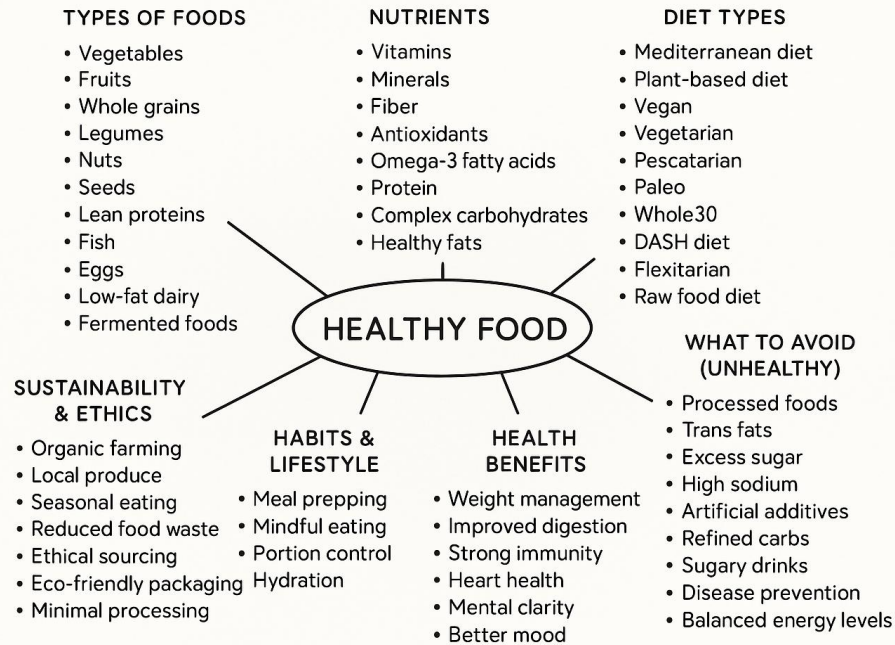


# Priprava na poklicno matura

Sistematično  
ponavljanje

Razvijanje  
strokovnega  
besedišča

Povezava  
teorije s  
prakso



# **ZAKLJUČEK**



# Ključni dosežki projekta

Več kot jezikovni  
pouk: raziskovanje,  
timsko delo,  
refleksija

Dijaki kot aktivni  
soustvarjalci znanja

# **Pomen za prihodnost in povezava s poklicem**

Prehranska pismenost in  
zdravje mladih

Šola kot prostor vrednot in  
odgovornega odločanja

Vloga bodočih zdravstvenih  
delavcev pri ozaveščanju

Povezava med teorijo, prakso in  
javnim zdravjem

# VIRI IN LITERATURA



Harrison, A. (2016). *Flash on English for Nursing*. Eli

Spurlock, M. (2004). *Supersize Me*. Samuel Goldwyn Films

RIC. (2022). *Predmetni izpitni katalog za poklicno maturo, Angleščina*. Državni izpitni center

<https://1ka.arnes.si/admin/survey/index.php?anketa=150107&a=analysis&m=charts>

<https://www.mentimeter.com/app/presentation/algd5h978ihbyp1531zwksm2ujypvn4n/results>

[https://www.canva.com/design/DAGlhkgWZfE/xA831IPwpsdOFpawXSQMLA/edit?utm\\_content=DAGlhkgWZfE&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAGlhkgWZfE/xA831IPwpsdOFpawXSQMLA/edit?utm_content=DAGlhkgWZfE&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)