

ANGLEŠČINA

→ to be trendy = to be fashionable = to be in fashion	(=biti moden)
→ trendy clothes	(=modna oblačila)
→ running suit = tracksuit	(=trenirka za tek)
→ a trackie top/bottom	(=zgornji/spodnji del trenirke)
→ to be fit	(=biti fit, v kondiciji)
→ to be out of shape	(=biti v slabi kondiciji)
→ a socket	(=vtičnica)
→ to plug (the radio) in ... vtičnico)	(=vtakniti - kabel v
→ to trip and fall = to stumble	(=spotakniti se)
→ to burst a balloon	(=počiti balon)
→ to sneeze	(=kihiniti)
→ to yawn	(=zazehati)
→ to sniff a candle	(=upihniti svečo)
→ an aerial	(=antena)
→ to lean against	(=nasloniti se na)
→ to be (un)healthy	(=biti (ne)zdrav)
→ health	(=zdravje)
→ to heal	(=zdraviti)
→ carbohydrates	(=ogljikovi hidrati)
→ fats	(=maščobe)
→ fatty food = fattening food	(=mastna hrana)
→ proteins	(=beljakovine)
→ vitamins	(=vitamini)
→ ready-prepared food	(=že pripravljena hrana)
→ processed food	(=predelana hrana)
→ tiredness	(=utrujenost)
→ to be tired	(=biti utrujen)
→ to be tiring	(=biti utrujajoč)
→ to be (im)patient	(=(ne)potrpežljiv)
→ behaviour	(=obnašanje)
→ to behave	(=obnašati se)
→ to misbehave	(=grdo se obnašati)
→ to be addicted TO	(=biti zasvojen z nečim)
→ addiction	(=zasvojenost)
→ an addict	(=zasvojenec)
→ a tip = advice	(=nasvet, napitnina, konica)
→ to be overweight	(=pretežak)
→ to start a diet	(=začeti z dieto)
→ to go on a diet	(=iti na dieto)
→ to lose weight	(=shujšati, izgubiti težo)
→ to put on weight	(=zrediti se, pridobiti težo)
→ types of cooking and preparing food:	
• to fry	(=cvreti)
• to boil	(=kuhati v vreli vodi)
• to steam	(=kuhati v pari)
• to grill	(=peči na žaru)
• to roast	(=peči meso)
• to bake	(=peči pecivo)
• to peel	(=lupiti)
• to chop = to slice	(=narezati, sesekljati)
• to grate	(=naribati)
→ a source	(=vir, izvir)

→ to avoid	(=izogibati se)
→ to improve	(=izboljšati)
→ to reduce	(=zmanjšati, znižati)
→ to increase	(=povečanje, povišati se)
→ regular exercise	(=redna vadba)
→ workout	(=vaje, vadba)
→ push-ups	(=sklece)
→ sit-ups	(=trebušnjaki)
→ lift ups/weight training	(=dvigovanje uteži)
→ to dig (dig / dug / dug)	(=kopati)
→ a social event	(=družabni dogodek)
→ a grind = hard work	(=garanje, naporno delo)
→ to rub creams onto your skin	(=mazanje s kremami)
→ to cause harm	(=škodovati, povzročati škodo)
→ harmful	(=škodljiv)
→ harmless	(=neškodljiv)
→ to have a sweet tooth	(=biti sladkosned)
→ milk/baby teeth	(=mlečni zobje)
→ a tooth fairy	(=zobna miška)
→ a soft boiled egg	(=mehko kuhano jajce)
→ a hard boiled egg	(=trdo kuhano jajce)
→ fried eggs (sunny side up)	(=jajca na oko)
→ scrambled eggs	(=umešana jajca)
→ a mug	(=večja skodelica, npr. za kakav)
→ a cup	(=manjša skodelica, npr. za kavo)
→ to be mugged = to be robbed	(=biti oropan)
→ a pickpocket	(=žepar)
→ to nick = to steal	(=ukrasti)
→ to book (a table, a room) = to make a reservation	(=rezervirati)
→ a dish	(=jed, posoda)
→ a main course	(=glavna jed)
→ a starter	(=predjed)
→ a dessert	(=sladica)
→ a table mat	(=namizni podstavek)
→ a napkin	(=prtiček)
→ a saucer	(=majhen krožnik, za pod skodelico)
→ bitter	(=grenek)
→ chunky	(=v kosih, s koščki)
→ creamy	(=kremast)
→ crunchy	(=hrustljiv)
→ delicious = tasty	(=slasten)
→ disgusting	(=ogaben)
→ exotic	(=nenavaden, eksotičen)
→ hearty	(=obilen)
→ high-calorie	(=visokokaloričen)
→ juicy	(=sočen)
→ plain/simple	(=preprost, enostaven)
→ salty	(=slan)
→ sour	(=kisel)
→ spicy/savoury/tangy	(=začinjen, pikanten)
→ sticky	(=lepljiv)
→ stodgy	(=nasiten)
→ sweet	(=sladek)
→ green salad/lettuce	(=zelena solata)
→ fresh fruit	(=sveže sadje)
→ pork chop	(=svinjski kotlet)
→ vegetable soup	(=vegetarijanska juha)

→ blancmange	(=vrsta pudinga)
→ potato soup	(=krompirjeva juha)
→ moussaka	(=musaka)
→ roast chicken	(=pečen piščanec)
→ peas	(=grah)
→ carrots	(=korenje)
→ cucumber salad	(=kumarična solata)
→ stewed fruit	(=kompot)
→ beef soup	(=goveja juha)
→ noodles	(=rezanci)
→ chicken risotto	(=rižota s piščancem)
→ spinach	(=špinača)
→ pancakes	(=palačinke)
→ mixed salad	(=mešana solata)
→ soup of the day	(=dnevna juha)
→ boiled beef	(=kuhana govedina)
→ tomato salad	(=paradižnikova solata)
→ chicken soup	(=piščančja juha)
→ new potatoes	(=mlad krompir)
→ frankfurters	(=hrenovke)
→ cabbage salad	(=zeljnata solata)
→ chips	(=pomfrit)
→ tomato soup	(=paradižnikova juha)
→ cauliflower	(=cvetača)
→ sautéed potatoes/hashed-brown potatoes	(=pražen krompir)
→ mushroom soup	(=gobova juha)
→ rice	(=riž)
→ fries fish fillets	(=ocvrti ribji fileji)
→ mashed potatoes	(=pire krompir)
→ beef goulash	(=goveji golaž)
→ apple strudel	(=jabolčni zavitek)
→ polenta/maize porridge	(=polenta)
→ fruit salad	(=sadna solata)
→ spaghetti with meat sauce	(=špageti z mesno omako)

1. IF CLAUSES:

IF CLAUSE (pogojni stavek) condition (pogoj)	MAIN CLAUSE (glavni stavek) result (rezultat)
If it rains tomorrow,	we won't go swimming.
If + present simple	Will future

Ta pogonjik govori o dejanju v prihodnosti, ki se bo uresničilo, če bo izpolnjen dani pogoj.

2. COUNTABLE AND UNCOUNTABLE NOUNS (more, less/fewer, too much, too many):

	COUNTABLE NOUNS (števnji samostalniki)	UNCOUNTABLE NOUNS (neštevnji samostalniki)
MORE (več: po količini in številu)	apples	butter
LESS (manj: po količini)	x	butter
FEWER (manj: po številu)	apples	x
TOO MUCH (preveč: po količini)	x	butter

TOO MANY (preveč. Po številu)	apples	x
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Countable nouns: sweets, vegetables, carrots, eggs...(few = skoraj nič, a few = nekaj)

Uncountable nouns: milk, butter, cheese, bread, rice...(little = skoraj nič, a little = nekaj)

3. THE PASSIV:

	BE (is, are)	PAST PARTICIPLE (pretekli deležnik)	
Paper	is	made	from wood.
Dinner	is	served	at 6 pm.
Many people	are	killed	in New York every day.
thing/person (stvar/oseba)			additional information (nov podatek)

Kadar govorimo o tem, kaj nekdo dela, uporabimo glagol v tvornem (aktivnem) načinu. Kadar govorimo o tem, kaj se dogaja s stvarmi, uporabimo glagol v trpnem (pasivnem) načinu.

PRESENT SIMPLE:

ACTIVE: Kim writes letters.

PASSIV: Letters are written by Kim.

PAST SIMPLE:

ACTIVE: Kim wrote letters.

PASSIV: Letters were written by Kim.

PRESENT PERFECT:

ACTIVE: Kim has written letters.

PASSIV: Letters were written by Kim.

WILL FUTURE:

ACTIVE: Kim will write letters.

PASSIV: Letters will be written by Kim.

MODAL VERBS:

ACTIVE: Kim can write letters.

PASSIV: Letters can be written by Kim.

4. GERUND:

verb (glagol)	+	ing	=	gerund (glagolnik)
fish	+	ing	=	fishing
skate	+	ing	=	skating

Čeprav glagolnik tvorimo iz glagola, pa ta v povedi nastopa v vlogi samostalnika.

Uporabljamo ga kot:

- OSEBEK:

Skiing in an individual sport.

- POVEDKOVO LOČILO:

My hobby is **skiing**.

- ZA PREDLOGI:

Mary is very good **at skiing**.

- ZA DOLOČENIMI GLAGOLI (enjoy, like, love, hate, stop, start..):

I **like skiing**.

My brother doesn't **enjoy skiing**.

MICHEL MONTIGNAC

Michel Montignac, a French business man has invented a method of healthy eating which is based on the idea that we shouldn't eat less, we should simply eat the right things. The Montignac method is not a diet, it's a philosophy of life which allows people to be 'fit, healthy, slim and energetic without counting calories.' He said that ready-prepared meals and junk food are the big problems. Because of it people are tired, impatient, nervous...The fact we should follow. We shouldn't eat sugar, brown is better than white, we can eat vegetables, but don't eat sweet corn, fruit, but always before a meal, we shouldn't mix bad carbohydrates with fats, breakfast must be the biggest, we shouldn't eat big dinners...

PAST SIMPLE: ta čas uporabljamo za dejanja, ki so se zgodila in končala v preteklosti (čas dejanja je znan).

PAST CONTINUOUS: za opisovanje dejanj, ki so se dogajala v nekem določenem času v preteklosti (tudi v povezavi s past simplem).

PRESENT SIMPLE: uporabljamo ga za opisovanje dejanj, ki jih opravljamo vsak dan, jutro, včasih...

PRESENT SIMPLE CONTINUOUS: uporabljamo ga za opisovanje dejanj, ki se dogajajo v tem trenutku.

FUTURE SIMPLE: uporabljamo ga takrat, kadar se za nekaj odločimo v času govora. Uporabljamo ga tudi za napovedovanje vremena, grožnje, obljube...

GOING TO FUTURE: uporabljamo ga takrat, kadar se bo nekaj zagotovo zgodilo, ali za načrte...

PRESENT PERFECT: izraža neko preteklo dejanje, katerega posledice so vidne v sedanjosti, dejanje, ki se je zgodilo nekoč v preteklosti, vendar čas dejanja ni določen, znan ali pomemben, z njim izražamo doživetja.

PRESENT PERFECT CONTINUOUS: za izražanje dejanj, ki so se začele v preteklosti in še vedno trajajo (lahko uporabimo tudi present perfect), zlasti, če gre za glagole, ki izražajo trajajoča dejanja (play, do, watch, sing..)