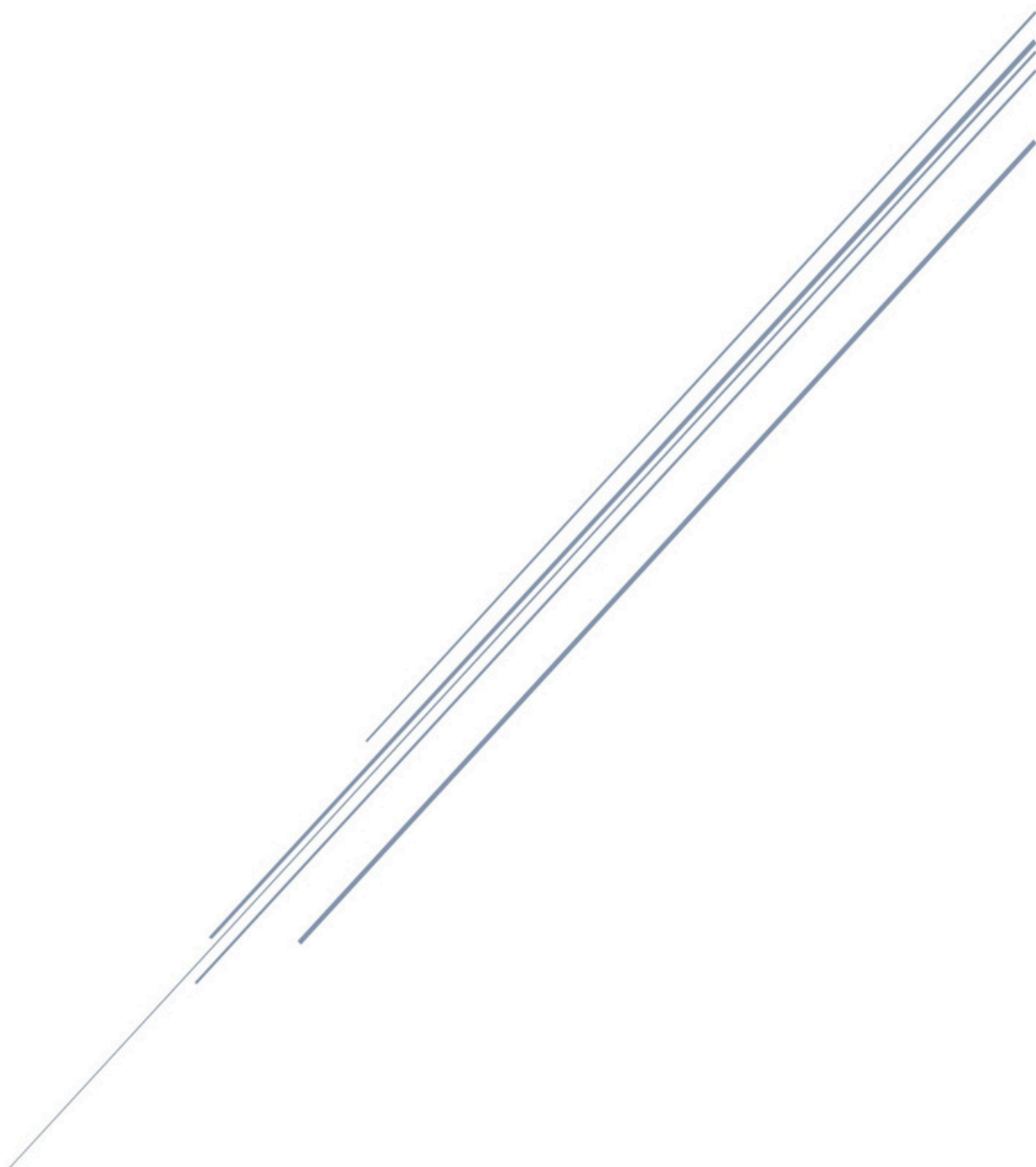


VSTUPNÍ JÍDELNÍČEK

Měsíc a rok



VÝPOČTY

Pokud není uvedeno jinak, jsou všechny hodnoty v jídelníčku uvedeny **v syrovém stavu**. V případě vážení hotového pokrmu, je třeba hodnoty přepočítat následovně.

Přílohy

Okopaniny a výrobky z nich

Brambory

vařené	beze změny
pečené	hmotnost x 0,5

Zrniny a výrobky z nich

Rýže, těstoviny apod.

vařené	x 2,5
--------	-------

Bílkoviny

Maso

vařené	x 0,9
pečené	x 0,8
dušené	x 0,7

Skladba jídelníčku

Vždy skládáme jídlo ze 3 skupin – sacharidy, bílkoviny a tuky (u snídaně i ovoce). Pokud nezapomene na žádnou potravinu z těchto skupin, pak zvládneme složit například jogurt s granolou, oříchky a sušeným ovocem nebo klidně svíčkovou k obědu (bez zahušťovadel) 😊

Kombinace potravin v rámci jedné skupiny

.. pokud budeš chtít k jídlu např. šunku a současně i sýr, rozděl dané suroviny ve vzájemném poměru tak, aby množství sedělo (např. v poměru **1:1** by to mohlo znamenat **_g šunky a _g sýra**, pokud by byla řeč o snídani).

PITNÝ REŽIM

Voda a neslazené nápoje

Voda

Čaj

Prolinie a další nápoje s umělými sladidly**

alespoň **2 litry denně**

*ráno po probuzení vypít 1 skleničku vody / čaje

**umělá sladidla nejsou nejvhodnější alternativou, doporučuji zařazovat pouze příležitostně

Káva

Káva s mlékem

max. **2 – 3 šálky denně**

*mléko přidané v kávě se do denního počtu nepočítá

*cukr používat co nejméně, nicméně 1 lžička cukru je vhodnější varianta než celý zákusek 😊



KOMENTÁŘ: Takhle by to mělo vypadat, ale kávu do denního součtu raději nepočítáme :)



SNÍDANĚ

Sacharidová složka

Pečivo

Chléb

pšeničnožitný a žitnopšeničný

— — g

toustový celozrnný

celozrnný

vícezrnný

Běžné pečivo

cereální (kaiserka)

žitné

celozrnné

vícezrnné

grahamové

Speciální a trvanlivé pečivo

bramborové

kukuřičné

pita chléb (tmavý)

tortilla celozrnná

sušené (knäckebröt, kukuřičné chlebičky aj.)

"pufované" pečivo (rýžové a jiné chlebičky)

bezkyasové (macesy)

Vločky, müsli, granola

müsli neochucené (vločky)

müsli ochucené (s ovocem, čokoládou, oříšky)

granola*

Zrniny

rýže, pohanka, špalda

quinoa

amarant

*granola má poměrně vysoký obsah cukru a tuku, proto je množství adekvátně sníženo

1. The first step in the process is to identify the problem.

2. The second step is to define the problem.

3. The third step is to analyze the problem.

4. The fourth step is to develop a solution.

5. The fifth step is to implement the solution.

6. The sixth step is to evaluate the results.

7. The seventh step is to monitor the results.

8. The eighth step is to report the results.

9. The ninth step is to conclude the process.

10. The tenth step is to document the process.

11. The eleventh step is to review the process.

12. The twelfth step is to improve the process.

13. The thirteenth step is to close the process.

14. The fourteenth step is to evaluate the process.

15. The fifteenth step is to report the results.

16. The sixteenth step is to conclude the process.

17. The seventeenth step is to document the process.

18. The eighteenth step is to review the process.

19. The nineteenth step is to improve the process.

20. The twentieth step is to close the process.



Bílkovinná složka

Maso a masné výrobky

šunka dušená / vařená

šunka sušená

párky (80 % masa a více)

Mléko a mléčné výrobky, vejce

mléko

jogurt bílý

tvoroh

Sýry zrající

všechny typy plátkových sýrů*

Sýry nezrající

cottage

mozzarella

Vejce

slepičí (velikost m)

křepelčí

pouze bílek

*U mléčných výrobků jako jsou jogurty či tvoroh zvol spíše tučnější varianty – pomůže nám to adekvátně snížit příjem přidaných tuků a tím i objem, viz. dále

POZOR č.1: Bílkoviny obsahují skryté tuky, se kterými je nutno dále počítat. Proto se budou hodnoty přidaných tuků a olejů měnit podle toho, zda zvolená bílkovina obsahuje **malé množství**, **střední množství**, či **vysoké množství** tuku dle následující tabulky.

POZOR č. 2: Ne všechny potraviny jsou zde v jídelníčku označené – je potřeba aby k nim bylo přistupováno podle toho, jak vysoký obsah tuku mají (např. **libová kuřecí šunka** vs. **prorostlá šunka** nebo **sýr s 15 % tuku** vs. **sýr s 45 % tuku**).

Množství přidaného tuku ze sekce „Tuky a oleje“

Potravina obsahuje nízké množství tuku	hmotnost x 1
Potravina obsahuje střední množství tuku, či celé jídlo obsahu kombinaci tuku nízkého a vysokého	x 0,5
Potravina obsahuje vysoké množství tuku	x 0,3

Tuky a oleje

Živočišné tuky

máslo klasické

máslo pomazánkové

lučina 70 %

gervais original, žervé lučina a jiné mazací sýry**

Rostlinné tuky a oleje

avokádo

Oleje

na teplou kuchyni doporučuji řepkový olej

na studenou kuchyni doporučuji extra panenský olivový olej

Ořechy a ořechová másla, semínka

vlašské, piniové, lískové ořechy

arašídy, mandle, pistácie

lněné semínko

chia semínka

**jedná se sice o sýry, z důvodu vysokého obsahu tuku je však budeme řadit do této skupiny potravin

*** **nezapomeň přizpůsobit množství dle návodu na předchozí stránce** 😊 Např. u tučného tvarohu pak přidáš pouze 15 g vlašských ořechů (30 % přidaného tuku).

OBĚD

Sacharidová složka

Pečivo

Chléb

pšeničnožitný a žitnopšeničný

toustový celozrnný

celozrnný

vícezrnný

Běžné pečivo

cereální (kaiserka)

žitné

celozrnné

vícezrnné

grahamové

Speciální a trvanlivé pečivo

bramborové

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pita chléb (tmavý)

tortilla celozrnná

sušené (knäckebrot, kukuřičné chlebičky aj.)

"pufované" pečivo (rýžové a jiné chlebičky)

bezkyasové (macesy)

Okopaniny

Brambory a výrobky z nich

brambory

bramborová kaše (po uvaření)

bramborové knedlíky, noky, halušky (po uvaření)

Batáty a výrobky z nich

batáty

batátová kaše

Zrniny

rýže, pohanka, špalda

quinoa

amarant

1. Name

2. Address

3. City

4. State

5. Zip

6. Phone

7. Email

8. Website

9. Social Media

10. Other

11. Comments

Question 1

1. Which of the following is a function of the cell membrane?

- ☐ A. To provide structural support to the cell
- ☐ B. To regulate the movement of substances in and out of the cell
- ☐ C. To store genetic information
- ☐ D. To produce energy for the cell

2. Which of the following is a function of the nucleus?

- ☐ A. To store genetic information
- ☐ B. To regulate the movement of substances in and out of the cell
- ☐ C. To produce energy for the cell
- ☐ D. To provide structural support to the cell

3. Which of the following is a function of the mitochondria?

- ☐ A. To store genetic information
- ☐ B. To regulate the movement of substances in and out of the cell
- ☐ C. To produce energy for the cell
- ☐ D. To provide structural support to the cell
- ☐ E. To store water and other substances
- ☐ F. To produce and store proteins
- ☐ G. To produce and store lipids
- ☐ H. To produce and store carbohydrates
- ☐ I. To produce and store nucleic acids
- ☐ J. To produce and store other molecules

4. Which of the following is a function of the Golgi apparatus?

5. Which of the following is a function of the lysosomes?

- ☐ A. To store genetic information
- ☐ B. To regulate the movement of substances in and out of the cell
- ☐ C. To produce energy for the cell
- ☐ D. To provide structural support to the cell

6. Which of the following is a function of the vacuoles?

- ☐ A. To store genetic information
- ☐ B. To regulate the movement of substances in and out of the cell
- ☐ C. To produce energy for the cell
- ☐ D. To provide structural support to the cell

7. Which of the following is a function of the peroxisomes?

- ☐ A. To store genetic information
- ☐ B. To regulate the movement of substances in and out of the cell
- ☐ C. To produce energy for the cell
- ☐ D. To provide structural support to the cell

8. Which of the following is a function of the cytoskeleton?

☐ A. To provide structural support to the cell

☐ B. To regulate the movement of substances in and out of the cell

☐ C. To produce energy for the cell

☐ D. To store genetic information

☐ E. To store water and other substances

☐ F. To produce and store proteins

☐ G. To produce and store lipids

☐ H. To produce and store carbohydrates

☐ I. To produce and store nucleic acids

☐ J. To produce and store other molecules

Section 1: Introduction to the Project

The purpose of this project is to develop a comprehensive understanding of the current market trends and consumer behavior in the technology sector. This report will provide a detailed analysis of the data collected from various sources, including surveys, interviews, and secondary research.

Section 2: Methodology

The research methodology employed in this project is a combination of qualitative and quantitative approaches. Data was collected through a series of structured interviews with industry experts, as well as a large-scale survey of consumers. The survey data was analyzed using statistical software to identify key trends and correlations.

The qualitative data was used to provide context and depth to the quantitative findings. This included analyzing the themes and patterns in the interview transcripts and identifying the most significant insights from the consumer feedback.

The data collection process was designed to be rigorous and unbiased, ensuring that the findings are reliable and valid. The results of the research will be presented in a clear and concise manner, highlighting the key findings and their implications for the project.

The project was completed on schedule and within budget. The findings of the research are presented in the following sections, providing a detailed overview of the current market landscape and the potential opportunities for growth and innovation in the technology sector.

The project was a successful collaboration between the research team and the client, resulting in a high-quality report that provides valuable insights into the current market trends and consumer behavior. The findings of the research will be used to inform the strategic decisions of the client and to guide the development of future projects.

Section 3: Findings

The findings of the research are presented in the following sections, providing a detailed overview of the current market landscape and the potential opportunities for growth and innovation in the technology sector.

The research findings indicate that the technology sector is experiencing rapid growth and innovation, with a focus on artificial intelligence, cloud computing, and cybersecurity. The findings also suggest that consumers are increasingly concerned about data privacy and security, which may impact the adoption of new technologies. The project team will continue to monitor the market and provide ongoing support to the client.

Activity 1: Introduction

Activity 1: Introduction

Activity 1: Introduction

Activity 1: Introduction

Activity 1: Introduction

Activity 1: Introduction



1. Introduction

1.1. Background

1.1.1

1.1.2

1.1.3

1.1.4

1.1.5

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1. Name

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9. Social Media

10. Other

11. Comments

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309. Social Media

310. Other

311. Comments

312. Signature

Question 1

1. Which of the following is a function of the cell membrane?

A. To provide structural support

B. To regulate the flow of materials in and out of the cell

C. To store genetic information

D. To produce energy

2. Which of the following is a function of the nucleus?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

3. Which of the following is a function of the mitochondria?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

4. Which of the following is a function of the Golgi apparatus?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

5. Which of the following is a function of the lysosomes?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

6. Which of the following is a function of the vacuoles?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

7. Which of the following is a function of the chloroplasts?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

Section 1: Introduction to the Project

The purpose of this project is to develop a comprehensive understanding of the current market trends and consumer behavior in the technology sector. This report will provide a detailed analysis of the data collected during the research phase, highlighting key findings and recommendations for future strategic planning.

Section 2: Methodology

The research methodology employed for this project involved a combination of primary and secondary data sources. Primary data was collected through a series of focus group discussions and surveys conducted over a period of six weeks. Secondary data was sourced from industry reports, academic journals, and government statistics. The data was then analyzed using a mix of qualitative and quantitative methods to identify patterns and trends.

The primary data collection process was designed to be both rigorous and flexible, allowing for adjustments to the survey questions and focus group topics as new insights emerged. The secondary data was carefully vetted for reliability and relevance to the project's objectives.

The analysis of the data revealed several key trends in consumer behavior, particularly in the areas of digital adoption and mobile usage. These findings are discussed in detail in the following sections of the report.

The research also identified several challenges and opportunities for the technology sector. For example, the increasing demand for mobile applications presents a significant opportunity for growth, but also requires a focus on user experience and security. The report provides a detailed breakdown of these findings and offers actionable recommendations for stakeholders.

The findings of this project are expected to inform the strategic planning process for the next fiscal year, helping to guide investment decisions and marketing efforts. The report is a key deliverable of the project and will be shared with all relevant stakeholders.

Section 3: Findings

The findings of the project are presented in this section, organized into three main categories: Market Trends, Consumer Behavior, and Strategic Recommendations.

The data indicates a strong upward trend in the adoption of cloud services, with a particular focus on SaaS solutions. This trend is driven by the need for scalability and flexibility in business operations. Additionally, there is a growing emphasis on cybersecurity, as companies seek to protect their digital assets from increasingly sophisticated threats. These findings suggest that organizations should continue to invest in cloud infrastructure and cybersecurity measures to remain competitive in the market.

Activity 1: Introduction

Introduction

Activity 1: Introduction

Activity 1: Introduction

Activity 1: Introduction

Activity 1: Introduction



Question 1

1. Which of the following is a function of the cell membrane?

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2. Which of the following is a function of the nucleus?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

3. Which of the following is a function of the mitochondria?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

4. Which of the following is a function of the Golgi apparatus?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

5. Which of the following is a function of the lysosomes?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

6. Which of the following is a function of the vacuoles?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

7. Which of the following is a function of the peroxisomes?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

8. Which of the following is a function of the cytoskeleton?

A. To store genetic information

B. To regulate the flow of materials in and out of the cell

C. To produce energy

D. To provide structural support

Section 1: Introduction to the Project

The purpose of this project is to develop a comprehensive understanding of the current market trends and consumer behavior in the digital age. This report will provide a detailed analysis of the data collected from various sources, including online surveys, social media interactions, and industry reports.

Section 2: Methodology

The research methodology employed in this project is a combination of qualitative and quantitative approaches. Data was collected through a series of online surveys distributed across various digital platforms, including social media and email newsletters. Additionally, secondary data was gathered from industry reports and academic journals to provide context and support for the findings.

The data collection process was designed to ensure a diverse and representative sample of respondents. The surveys were conducted over a period of six weeks, allowing for a thorough exploration of the research objectives.

The analysis of the data was performed using statistical software to identify trends and correlations. The results of the analysis are presented in the following sections, providing a clear and concise summary of the findings.

The findings of this project are significant and provide valuable insights into the current market landscape. The data indicates a strong trend towards digital engagement and online shopping, with consumers increasingly relying on digital channels for their purchasing decisions.

The results of the project are presented in the following sections, providing a clear and concise summary of the findings. The data indicates a strong trend towards digital engagement and online shopping, with consumers increasingly relying on digital channels for their purchasing decisions.

Section 3: Results

The data collected from the surveys and secondary sources indicates a strong trend towards digital engagement and online shopping. The results show that consumers are increasingly relying on digital channels for their purchasing decisions, with a significant increase in online sales over the past year.

The findings of this project are significant and provide valuable insights into the current market landscape. The data indicates a strong trend towards digital engagement and online shopping, with consumers increasingly relying on digital channels for their purchasing decisions.

1. **Introduction**

The purpose of this study is to investigate the effects of the proposed system on the performance of the participants.

2. **Method**

The study was conducted using a between-subjects design with two groups: the control group and the experimental group.

3. **Results**

The results of the study showed that the experimental group performed significantly better than the control group.

4. **Conclusion**

The study concluded that the proposed system has a positive effect on the performance of the participants.