

**ENJOY A HEALTHY  
LIFESTYLE:  
FOOD SOURCES  
STAHNSDORF**



**BROCHURE  
ERASMUS+  
EHL**



**Erasmus+**



**VICCO VON BÜLOW  
GYMNASIUM**



# HEALTHY PINEAPPLES

- Great source of healthy carbs
- Lower risk of cancer
- Strengthens bones
- Improve eye health
- Promotes tissue and cellular health of skin
- Reduces risk of having cold





## INGREDIENTS (4 people)

- 250g Pasta (whole wheat)
- 1 glass of pesto
- 4 fresh tomatoes
- Olive oil
- Salt

## RECIPE

First we will cook the pasta in the morning, put the sauce that is made of pesto+ cut tomatoes+ 2 table spoons of oil+ salt. If its possible we can put it in the fridge for the evening

## COLD PASTA WITH PESTO AND FRESH TOMATOES



This tomato pasta is rich in potassium, wich will help beat high blood pressure. Fresh and light it makes a perfect main dish in summer!