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THE ABC OF HEALTHY HABITS



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Contents

| | |
|---|----|
| HEALTHY NUTRITION | 4 |
| ACTIVE LIFE – SPORTS | 16 |
| LET’S SAY NO TO BULLYING | 20 |
| BIBLIOGRAPHY | 23 |
| HEALTHY LIFESTYLE – REFLECTION WORKSHEET | 24 |

HEALTHY NUTRITION



Why do we eat?

It is simple to answer this question. The reasons can be the following:

1. We satisfy our appetite, hunger or taste
2. We want to have a healthy life

But do we know what a healthy diet means in order to enjoy a long and healthy life?

Let's see, in the following lines, how to describe this type of diet!

1. This represents a moderate but diverse consumption of tasty and beneficial foods and preparations for the body:

- cereals and cereal products
- fruit and vegetables
- milk and dairy products
- foods rich in protein: meat and meat products, eggs, legumes (beans, lentils, soybeans, peas)

2. It is divided into 3 main meals and 2-3 snacks

3. It leads to a healthy and long life



The benefits of healthy eating are maximum if we combine them with the absence of addictions (eg smoking), active exercise and restful sleep.



At the opposite pole is unhealthy eating, the main killer of the third millennium (14 million deaths annually, of which 1.7 million deaths are caused by low consumption of fruit and vegetables).

Characteristics :

- it contains a lot of calories and produces major imbalances in the body
- consumption of refined fats or carbohydrates predominate (sugar)
- it consists of 1-2 main meals very rich in quantity
- food is not safe
- it causes many dreaded diseases and shortens life.

But let's get back to healthy eating!

It is represented by the food pyramid.

What does the food pyramid mean?

- It is an attractive graphic form, which teaches us how to eat from the 5 food groups.
- Face 1 is the main one and has 4 layers of food



- On the second side of the food pyramid it is specified the content of calories and nutrients equivalent to layers 1-4 on the first side
- Recommendations on the quantities to be consumed from each food group are on the third side of the pyramid.
- On the fourth side of the food pyramid we have an indicative example of a daily menu and the recommended amounts of food to be consumed from each layer.
- We must eat foods from layers 1 and 2 daily.
- Let's be careful when we eat layer 3 food!
- Let's be very careful about the food at the top of the pyramid (layer 4)!



- It is not enough to resort to a healthy diet to fully enjoy life and to be in shape.
 - Healthy eating should be combined with an active lifestyle (exercise, sports, etc.).
- Why do nutritionists emphasize this?

It's simple. Here are the reasons:

- People who eat a lot and do not exercise are at risk of gaining weight, becoming obese.
 - The worst type of obesity is abdominal, because it leads to the onset of type II diabetes, high blood pressure, heart attack, stroke, liver disease and certain cancer.
- To enjoy its benefits, we must first know the foods and their nutritional value.

1. Carbohydrates:

- it is the most important source of energy, as it provides the body with 50-55 percent of daily calories
- found in: fruit, vegetables, honey, milk, dairy products, cereals. These are body-friendly carbohydrates.
- But there are also unfriendly carbohydrates, very poor in nutrients and that cause imbalances in the body: sugar, which is the basis of most "sweets"

2. Dietary fiber - benefits for the body:

- it facilitates digestion
- lower cholesterol levels
- it has a favorable effect on blood sugar, preventing diabetes
- Food fiber sources: apples, citrus fruits, pears, strawberries, vegetables, oats, beans, brown rice, corn, bread, bran, cereals and whole grain pasta.

3 Proteins are vital for the body because:

- they participate in all its functions: growth, development, immunity, digestion, the action of hormones
 - they are part of muscles, bones, skin structure and blood
- Food protein sources: meat, meat products, fish, milk and dairy products, beans, peas, seeds (nuts, hazelnuts, etc.), eggs

4. Dietary fats (lipids)

Importance:

- it is a source of energy for the body
- it promotes the proper functioning of cells, the nervous system and the intestine
- it plays an important role in the body's immunity



Nutritionists warn that excess fats leads to obesity, so a moderate consumption is recommended.

Carbohydrate sources: olive oil, peanuts, avocado, nuts, fish, fish oil, flax seeds, wheat germ.

5. Vitamins and minerals

Important!

- The correct assimilation of vitamins and minerals is conditioned by the rational consumption of carbohydrates, proteins and lipids.
- We should not resort to mineral and vitamin supplements if we eat healthy.

- Food supplements do more harm than good if taken incorrectly without a prescription.

It is recommended by nutritionists to eat: soy, beans, peas, lentils, whole grains, sunflower seeds, almonds, nuts, peanuts. These vegetables have a very high content of protein.

Next, let's talk a little about **table salt**, used as a spice and preservative, very important for the proper functioning of the body.

Benefits:

- Sodium, which is part of the salt, is an essential mineral for the body.

- It plays an important role in the metabolism of proteins and carbohydrates, in the transmission of nerve impulses and muscle contraction.

- It controls the sensation of thirst, urine production and other secretions (saliva, tears, sweating, etc.)

Please note !

- in the case of a healthy person, there is no lack of sodium in the body, even if no salt is added to the food, as it is found in most foods.

- "What's too much, spoils" - says an old proverb.

This is what nutritionists say, pointing out that if we consume too much salt, we will be at risk of high blood pressure and, implicitly, of cardiovascular and kidney diseases.

Consequently, let's control, limit the excess salt!

But how to do this? Well it's very simple if and only if we avoid:

- instant soups, canned meat or vegetables, pickles, commercial sauces (chili, ketchup, mustard, mayonnaise), chips, sticks, pretzels

- the addition of excess salt while preparing food (we can use instead: garlic, onion, lemon salt, borscht, parsley, pepper and other spices to flavor the dishes).

- to have the salt shaker on the table while serving meals.

Other tips from nutritionists:

- Let's wash canned vegetables before eating them!

- Let's read food labels carefully, because excess sodium can come from sodium monoglutamate, baking soda, sodium benzoate!

- An alternative to table salt is potassium chloride, but the taste is a little different.

Calcium

Did you know that ...:

- The most abundant mineral in the body is calcium, which weighs 1-2 percent of body weight and represents 39 percent of total mineral mass?

- 99 percent of calcium is in bones and teeth?

- Diets that contain enough protein also provide the necessary calcium? (See the protein sources mentioned above!)

- Main sources of calcium: milk and dairy products, mussels (oysters, mussels), sardines, tofu, foods with added calcium (eg soy milk)

Magnesium

- Magnesium is an essential mineral for the body, about 50 percent being found fixed in the bones.

- If there is a balanced diet, a sufficient intake of protein also ensures an adequate intake of magnesium.

Sources of magnesium: whole grains, nuts, seeds, vegetables, tofu.

Iron

-It is also an essential mineral for the body.

- If there is an insufficient amount of iron in the body, anemia will set in.

- The most important sources of iron: liver, seafood (shells, shrimp, etc.), organs (kidneys, heart), lean red meat, chicken, egg yolk, dried fruits, vegetables, iron-fortified cereals .

Potassium

- It is the main mineral element inside the cells.

- It is important for muscle contraction, both of the skeletal muscles and of the heart muscle (myocardium) and the muscles in the walls of blood vessels.

Please note!

- Heart function may be affected by excess or potassium deficiency.

- The best sources of potassium are: bananas, avocados, melons and melons, mangoes, apricots, peaches, oranges, pears, tomatoes, potatoes, spinach, cabbage, pumpkin, mushrooms, dairy products, fresh meat.

Vitamins and minerals in the normal diet are especially important for the body.

Next, we will mention some vitamins, their role in the body and food sources rich in those vitamins.

Vitamin A:

- is important for eye health
- has a role in bone development
- keeps skin and hair healthy

Food sources rich in vitamin A: liver, egg yolk, dairy products

The role of **vitamin C:**

- helps to heal wounds, infections
- promotes growth
- helps maintain healthy bones, teeth, gums and blood vessels.
- helps the absorption of iron in the body, facilitating the production of red blood cells, so it fights anemia.
- delays the appearance of signs of skin aging
- reduces inflammation in the body, the risk of cancer and cardiovascular disease
- it is necessary in the prevention, control and treatment of many other health problems: autoimmune diseases (lupus, multiple sclerosis, Hashimoto's thyroiditis), asthma, dermatitis, gastrointestinal disorders

The best sources of vitamin C: red and green hot peppers, bell peppers, parsley, thyme, cauliflower, garlic, potatoes, carrots, kiwi, papaya, clementines, oranges, grapefruit, melon, apricots, peaches, cherries, lime, mango, raspberry, grapes.

Vitamin D:

- maintains healthy bones and teeth
- is important for the proper functioning of the nervous system

Please note!

The main source of vitamin D is sun exposure.

Food sources of vitamin D: dairy products fortified with vitamin D, eggs, fish oil, fatty fish (herring, salmon, mackerel)

Vitamin E protects:

- the lungs
- nervous system
- muscles
- retina

It is found in: vegetable oils, nuts, wheat germ, egg yolk, whole grain products.

Vitamin K plays a particularly important role in blood clotting. This one fights against bleeding.

Sources of vitamin K: green leafy vegetables (spinach, broccoli, cabbage, lettuce, loboda, nettles, dill, larch, green onions), eggs, cheese, pork, liver

The B vitamin complex is essential for the health of the body.

B vitamins are found in: whole grains and fortified cereals, green vegetables, dairy and meat.

The benefits of the B vitamin complex for the body are multiple:

- it protects against stroke
- it prevents migraines (severe headaches)
- it maintains hormonal balance, actively participating in the process of growth and development
- it prevents heart disease and anemia

There are 5 food groups, delimited according to their nature and composition.

Group 1: Cereals and cereal products

It is recommended to consume whole grains and cereal products, because:

- they contain fiber, protein, lipids, vitamins and minerals.
- they offer the feeling of satiety and energy necessary for the proper functioning of the body.


Please note!

- If consumed in excess, they lead to obesity.
- Although bread is at the base of the pyramid of healthy eating, it becomes an unfriendly food if we "grease" it with butter, jam, cream cheese, meat paste, because its caloric value will increase, favoring the appearance of obesity.
- The same goes for polenta, if we add milk, cheese or cream.


Group 2 - Fruits and vegetables

LEGUMES


Beans




Lentils



Peas



Soy



Peas, beans, lentils and soy are the vegetables that contain the largest amount of protein.

- Soy is a source of protein with a high biological value.
- It contains lecithin, which is beneficial for the nervous system.

Risk of consuming legumes:

Their consumption can cause bloating and abdominal discomfort, which can be avoided by changing the water in which they will be soaked and boiled several times.

- They can not be missing from a healthy diet, because they contain vitamins and minerals.
- It is recommended to consume raw or minimally steamed fruits and vegetables, in order to preserve their properties.

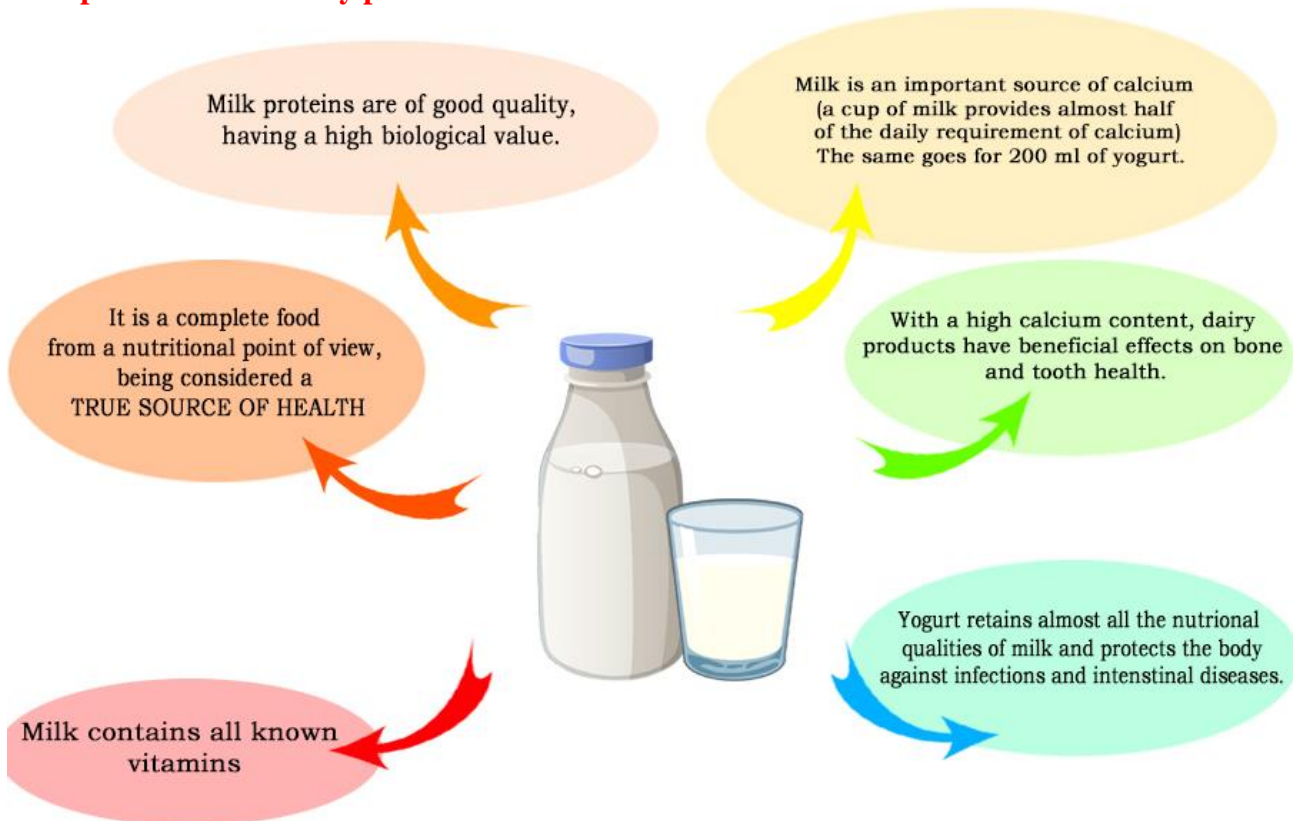
Please note!

- Fruits and vegetables help maintain body weight.
- They are important sources of vitamin C and folic acid, thus fighting cancer and blood cholesterol.

Risks:

Excessive consumption of fruits, especially sweet ones, leads to weight gain.

Group 3 - Milk and dairy products



Consumption benefits:

- Milk contains all known vitamins.
- It is a complete food from a nutritional point of view, being considered a "true source of health".
- Milk proteins are of good quality, having a high biological value.
- Milk is an important source of calcium (a cup of milk provides almost half of the daily requirement of calcium). The same goes for 200 ml of yogurt.
- With a high calcium content, dairy products have beneficial effects on bone and tooth health.
- Yogurt retains almost all the nutritional qualities of milk and protects the body against infections and intestinal diseases.

Please note!

- Pasteurization reduces the content of vitamins, especially vitamins C and B 12.
- The milk must be boiled for at least 10 minutes and then suddenly cooled to 12-14 degrees, in order to destroy the microbes.
- In the food pyramid, milk and dairy products are on the third layer, along with meat and high-protein products.
- Dairy products with a lower fat content are healthier.

Important!

- Nutritionists recommend the daily consumption of 2-3 servings of milk or dairy products.
- Yogurt can be consumed and well tolerated by people with lactose intolerance.

Consumption risks

- Dairy products can become unfriendly foods if consumed in excess, because the increased intake of fat leads, implicitly, to a considerable number of calories.

Group 4 - Protein rich foods

Group 4 includes: meat and meat products, fish and seafood, eggs, legumes.

Meat consumption - benefits:

- Meat is an important source of energy

- is a very important source of protein, minerals and vitamins: phosphorus, potassium, sodium, magnesium, iron, zinc, vitamin B complex.

Recommendations:

- We should not eat more than 1-2 servings of red meat (beef, pork, lamb, goat) per month.

Why ?

- Because eating red meat increases the risk of colon cancer, and the fats it contains are closely linked to cardiovascular disease.

- The consumption of sausages should be avoided, especially those made from minced meat or meat paste.

- Cold cuts, in which the muscle fiber can be seen, can be consumed, but very responsibly, sparingly (eg: chicken breast pastrami).

Fish and seafood

Consumption benefits:

- They are a rich source of quality proteins, lipids, vitamins (B6, B12, A and D), minerals (calcium, magnesium, phosphorus, iron, zinc, etc.)

Did you know that ...?

- salmon, sardines, tuna and mackerel are rich in omega-3 essential fatty acids, with beneficial cardiovascular protection effects?

- if consumed twice a week, does the fish decrease the risk of death from myocardial infarction and regulate blood pressure?

- fish is directly responsible for the natural redness on the cheeks?

- fish is recommended at any age, being a particularly important food for children, because it develops their intellectual abilities and learning skills?

- it strengthens the teeth and bones, prevents osteoporosis, regulates the heartbeat and is responsible for the normal functioning of the kidneys?

- this food contains iodine, thus preventing thyroid disease?

- stress and depression can be prevented by eating fish?

- 100 grams of fish provide 15-25 percent of the protein needed by an adult?

The egg is an ideal source of nutrients.

- Consumed in small quantities (2-3 eggs per week), this is an ideal food in the diet, but also in diets.

- Proteins are found mainly in egg whites and have a high nutritional value. In addition, egg white does not contain fat and cholesterol.

- The egg contains all the essential vitamins except vitamin C.

- Its iron content is particularly important, thus fighting anemia.

- Eating eggs is beneficial for the brain, improving memory, concentration, balancing mental and emotional state.

Attention!

- Although small eggs (eg quail eggs) are not considered to contain cholesterol, they have a 25-fold higher cholesterol content than chicken eggs.

FRUITS AND VEGETABLES

Benefits

- They can not be missing from a healthy diet, because they contain vitamins and minerals.
- It is recommended to consume raw or minimally steamed fruits and vegetables, in order to preserve their properties.



Risks

Excessive consumption of fruits, especially sweet ones, leads to weight gain.



- Peas, beans, lentils and soy are the vegetables that contain the largest amount of protein.
- Soy is a source of protein with a high biological value.
- It contains lecithin, which is beneficial for the nervous system.

Please note !

- Nutritionists point out that soy is the only plant source whose proteins are considered identical in nutritional value to meat proteins.

Risk of consuming legumes:

- Their consumption can cause bloating and abdominal discomfort, which can be avoided by changing the water in which they will be soaked and boiled several times.

Group 5- Sugar products, oils and fats

SUGAR PRODUCTS, OILS AND FATS



CHARACTERISTICS

- they have a lot of calories
- does not provide the body with nutrients in relation to the number of calories

They are represented by sugary desserts (cakes, candies, syrups, juices, creams, chocolate etc.) and honey.

It is recommended:

- minimizing sugar consumption
- occasional consumption of sugary products, oils and fats

PLEASE NOTE!

There are also products in this group that have multiple health benefits. We mention here the dark chocolate, but the one with the highest cocoa content. This is distinguished by the following positive aspects for the body:

- it reduces blood pressure
- it stimulates the central nervous system
- it fights against cancer

At the opposite pole is milk chocolate and white chocolate, which contain many calories and promote obesity.

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It is recommended:

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- occasional consumption of sugary products, oils and fats

Why ?

- All components of this food group favor the appearance of obesity, cardiovascular disease or type II diabetes, as they are very high in calories.
- Tooth decay is often the consequence of excessive consumption of sugar products.

Please note !

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This is distinguished by the following positive aspects for the body:

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At the opposite pole is milk chocolate and white chocolate, which contain many calories and promote obesity.

Very important!

- Some people notice that they lose weight without having an explanation for it. In this case, it is recommended that they go to the family doctor or directly to the specialist.
- ., Prudence is the mother of wisdom "- says a proverb. Addressing the specialists, we can see if it is a weight variation or a serious health problem.

- And if it is healthy and ideal to combine a healthy diet with an active lifestyle, now let's get a little exercise and go shopping ... but smart shopping !

- Is it easy to buy healthy food in a smart way?

- Yes and no

Yes, if we follow the steps recommended by nutritionists.

No, if we make random choices, being fascinated by the packaging that steals our eyes with their inviting shapes and colors.

Smart shopping steps:

- First, let's make a list of healthy shopping we need!
- Let's choose the place where we buy, making comparisons, taking into account the most valuable "producing house" ("company")!
- Let's read the food label carefully!
- Never go shopping hungry, because it would be difficult to resist the temptation to buy as many as possible, and so we will not respect the list made at home. Being hungry, we will be attracted by the shape and color of the packaging and we will buy more than we should. And not everything that is beautiful, pleasing to the eye is healthy!



We need to pay special attention to reading the label of the product we want to buy.

Here are some tips from nutritionists on reading food labels.

Snacks between main meals

It is recommended to plan the snacks between the main meals as seriously as possible.



- Snacks prevent the feeling of intense hunger that may occur before the next meal.
- They help us control the amount of food consumed during main meals.

What will the snacks contain?

- fresh or dehydrated fruits
- uncooked vegetables: carrots, cherry tomatoes, broccoli, peppers
- peppers
- low-fat yogurt
- seeds or nuts
- whole grains: crackers, rice or expanded wheat, fruit bars, cereals and nuts.
- Before writing unhealthy habits, if you want, you can add the table on page 103. It is interesting and important. Here are examples of healthy menus planned for a week.

Unhealthy habits during meals

- It is not enough to resort to a healthy diet to be healthy.

Healthy eating should also be combined with healthy eating habits.

Avoid !

- swallowing, squealing
- excessive consumption of liquids of any kind
- smoking
- watching the TV program, reading
- conversations (Let's not talk with our mouths full!)
- consumption of food and liquids in a noisy way
- placing the cutlery improperly, as if we were preparing for battle

The importance of fluid intake

WATER is vital for the body.

It is recommended to consume 2 liters of water a day, as it ensures a good functioning of the organs.

- The water supply is ensured from:
- Drinking water
- soft drinks
- foods: fruits, vegetables, soups, broths
- teas, herbal infusions

Important!

We need to know when it is optimal to drink water:

- after meal
- especially between meals

Avoid drinking water after eating fruits and vegetables, as digestive problems can occur.

Soft drinks and sweets

Although they have a very pleasant taste, their place in a healthy diet is extremely limited, admitting their consumption only very rarely and in small quantities.

- It should be noted that not everything that tastes good is healthy. And carbonated and sweet drinks are a conclusive example.

Characteristics:

- they contain very large amounts of sugar, which makes them very high in calories.
- they also contain a lot of additives (E's)
- "cola" drinks contain a lot of caffeine.

Avoid !

We should not combine these drinks with the "fast food" diet, because they turn out to be real "caloric bombs" extremely harmful to the body (the considerable number of calories leads to obesity and, implicitly, to the appearance of many health problems).

Fruit and vegetable juices

Nutritionists recommend eating fruit as such, not fruit juices. The same goes for vegetables.

If we still opt for these juices, we must avoid consuming them daily, and the amount should not exceed 100-200 ml.

There are two types of juices:

- those prepared at home ("fresh")
- packaged juices, in which there is a certain proportion of natural juice, but also various additives or the addition of sugar and water.

Please note!

- In the case of purchased juices, it is recommended to look for dishes that contain 100 percent fruit.

Teas

The benefits of drinking tea:

- is a source of calorie-free liquids
- moderately stimulates the nervous system
- has antioxidant action, providing: protection against cancer, lowers cholesterol, prevents high blood pressure and cardiovascular disease, stimulates the immune system.

Milk

- Benefits for the body:
- it is an important source of protein, lipids, carbohydrates, vitamins (A, B, D, E) and minerals: calcium, potassium, sodium, phosphorus
- it is an important source of energy and nutrients.
- it strengthens the bone system and contributes to harmonious growth
- It is extremely important not only for strong bones, but also for healthy hair and strong nails
- it strengthens teeth and prevents cavities
- it reduces the risk of cardiovascular disease
- it improves digestion and strengthens the immune system
- it helps to optimally hydrate the body, especially after intense physical exertion



- To protect our health, we must consume three servings of dairy a day, whether we are talking about milk, yogurt, cheese or cheese.

- People who are lactose intolerant can eat matured or hard cheeses and yogurt.

Conclusions

- Let's eat taking into account the 5 food groups and their importance!
- Remember that all healthy foods become unhealthy if we eat them excessive!
- Let's prepare the food correctly, according to the "3 S" rule: simple, in good shape - healthy, safe. To do this, keep in mind that we must eliminate from the diet fried foods, traditional sauces, reduce salt consumption!

"Let's shop smart, too!"

- Observe the three main meals of the day, as follows:

1. Breakfast (between 06.00-08.00)
2. Lunch (between 12.30 and 14.30)
3. Dinner (between 6.30 pm and 9 pm)

Between these meals, nutritionists recommend snacks.

- Consume 2-3 liters of fluids a day!
- Let's not forget that healthy eating is effective only if we combine it with an active lifestyle, restful sleep and no smoking!

And now, let's end the chapter on nutrition with an example of "healthy plate"!

1. At breakfast: whole grains - 50 percent, dairy or low-fat protein (chicken or turkey ham, egg whites, salmon, peanut butter) - 50 percent
2. At lunch: vegetables-50 percent, whole grains or cereal products-25 percent, protein (meat, fish, legumes) - 25 percent
3. At dinner: 75 percent vegetables, protein (fish, seafood, chicken or turkey), "lean" cheeses) - 25 percent

ACTIVE LIFE – SPORTS

An active child is a healthy child

Physical activity strengthens muscles and bones, prevents the accumulation of unwanted pounds, in excess, it reduces the risk of various diseases.

Sport is beneficial for mental development, hence the expression: "mens sana in corpore sano", which means: a healthy mind in a healthy body.



To achieve this, you need to know that you ought to practise 60 minutes of sports a day, plus a healthy lifestyle. In addition to these physical benefits, sports give you the opportunity to work in a team, develop self-confidence, learn about the notion of fairplay, discipline, trust, respect, and many other things. But let's start with the beginning, how and when did the concept of sport begin?

Sport appeared from a basic need of man, that of feeding himself. To fulfil this need, humans were obligated to hunt, firstly, then they learned to domesticate and breed animals, to cultivate the land and so on.

The participation in hunting, meant that they had to run, to chase the prey, then capture it. For that they used specific tools, especially the spear or the boomerang.

When the hunting was over, they organised certain ritual ceremonies, which involved physical activity. That could have been a fight between 2 people or contests in which they threw the spears.

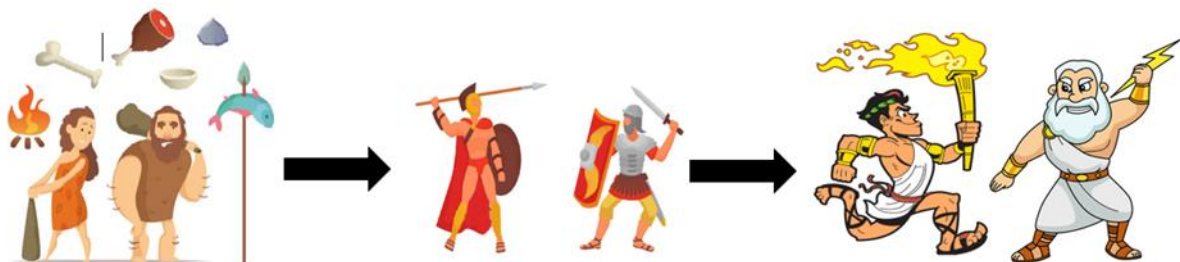
Later, those ceremonies transformed into organized sports events, and later that led to the birth of the first Olympics, organized by the Greeks, those who appreciated athletic qualities in Antiquity.

They celebrated various gods through fights, where only men participated, the winners receiving a crown made of leaves, which represented the fact that the nature itself crowned the winners.

During the Olympics, which lasted for 5 days, supreme peace was declared, all the wars being stopped.

The first Olympic Games were held in 776 B.C., with 311 male athletes and the competition was won by Corbus.

The Olympic flag depicts the "Olympic rings", five intertwined rings, on a white background, each ring representing a continent.



The Olympic flag depicts five colored rings that represent the five continents.

The motto of the Olympics is: "CITIUS, ALTIUS, FORTIUS" (faster, higher, stronger)

This would be the beginning of the sport in the world. Since then the sport has evolved into what we know it today, that is, a multitude of games, each with its competitions, organized locally or worldwide.

It is very important for you children to participate in different physical activities, to run, to walk, to cycle, to join various teams of football, handball, volleyball, tennis, to take swimming courses, take part in hiking, camps, etc.




You need to use every opportunity to practise sports. For example, go from home to school by rollerblades or by bicycle. Meet with colleagues in the park. Write in a diary how frequently you practise sports, what type of physical activities you enjoy and try to stick to a schedule. After each physical activity, wash your hands and face with soap and water, change the sports equipment with other clothes, wash the equipment. Exercises performed outdoors strengthen your body.

Cycling - BENEFITS

- strengthens the leg muscles
- coordination
- balance
- cardiovascular fitness
- weight control

FOOTBALL

The most beloved sport in the world

|  | BENEFITS |
|---|--|
| | <ul style="list-style-type: none"> ⚽ cardio-vascular resistance ⚽ strengthening the muscles ⚽ flexibility ⚽ good coordination ⚽ resistance to effort ⚽ balance |



Swimming – BENEFITS

- creates a balanced development,
- extends the volume of the ribcage,
- increase in respiratory flow,
- increased resistance,

Walking – BENEFITS

- creates balance
- coordination
- weight control

The food we consume daily provides energy sources for our body. That is why our diet should be diverse and of good quality. We should eat an hour later after we practised sports. You must include in your diet eggs, cheese, chicken, fish, potatoes, vegetables and fruits. Water is consumed at room temperature with small swallows.



Did you know that...

- Golf is the first sport played on the Moon.
- Fishing is the sport with the greatest number of participants.
- The highest speed reached on skis is 250km/h.
- Sport comes from the French “desport” which means fun.
- There are 206 bones and over 600 muscles in the human body.
- There are over 101 sports worldwide.
- Queen Elizabeth II of Great Britain disguised as a man to play football.
- The longest running event is the marathon 42,195 km/h.
- The badminton butterfly frequently reaches the speed of 200 km/h.
- The fastest man on Earth is the Jamaican athlete Usain Bolt (37,58 km/h) compared to the fastest animal that is the jaguar (112,6 km/h)

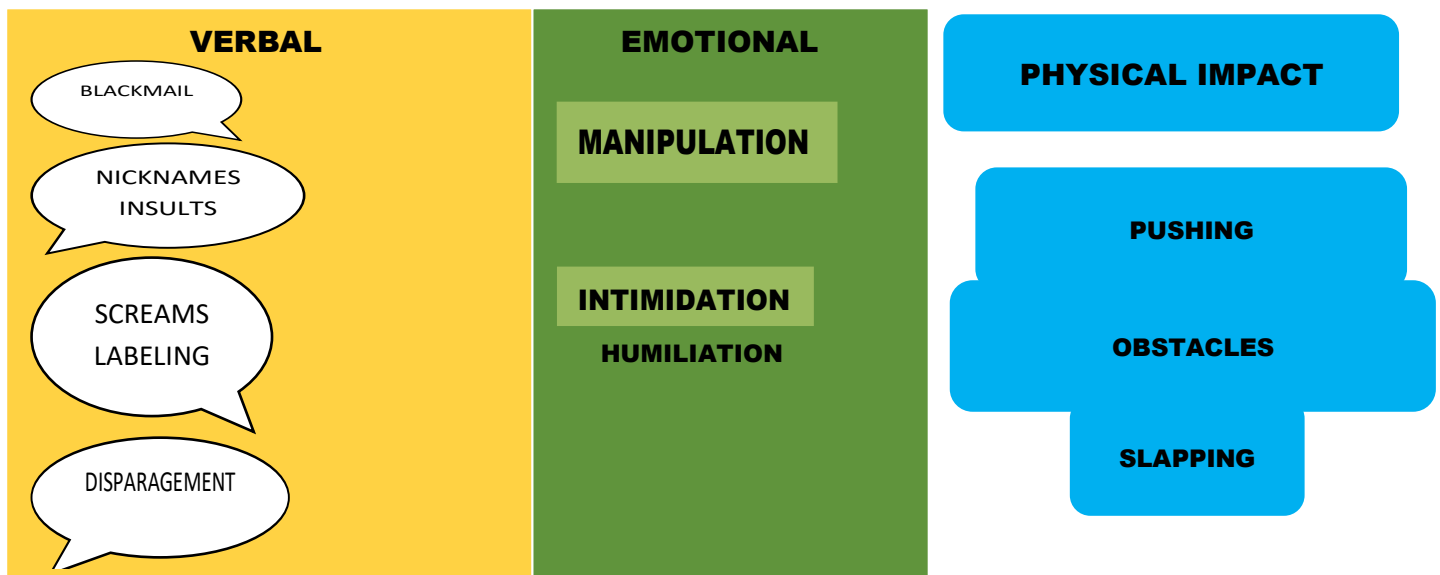
LET'S SAY NO TO BULLYING

What is bullying?

According to wikipedia bullying „is the use of force, coercion, hurtful teasing or threat, to abuse, aggressively dominate or intimidate. The behavior is often repeated and habitual.”

Bullying is the activity of repeated, aggressive behavior intended to hurt another individual, physically, mentally, or emotionally.

1.The phenomenon of "bullying" is much more common than we might think. It is present everywhere: in the corridors and in the schoolyard, in the streets and in the classrooms. If not detected in time, the repercussions in terms of the child's adaptability in society can become irreversible, because this phenomenon leaves deep traumas, Bullying is a form of abuse that takes different forms:



Mobbing, as a sociological term, means bullying of an individual by a group, in any context, such as a family, peer group, school, workplace.

Examples: rumor, innuendo, intimidation, humiliation, discrediting, repeated harassment, attacks on a person's dignity through verbal or physical violence, untrue information in order to isolate and torment him/her

Cyberbullying is bullying that takes place over digital devices like cell phones and computers. **Cyberbullying** can occur through SMS, emails, blogs and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. This type of bullying violates a person's right to privacy.

The characteristics of bullying:

- intentionally**-the aggressor intends to hurt someone
- repeatedly** -the same person, considered vulnerable, weak, is always hurt
- the unbalance of force**- the aggressor chooses the victim who cannot defend himself

Who is involved in bullying?

The bully hurts, intimidates or offends those around him. He/She wants to dominate and control the others, abuses his/her power so he/she can hurt in a way

Children who are seen by their peers as being "different" in some way are more likely to be bullied

A few examples of reasons children are bullied by peers include:

- They are from an ethnic, cultural, or religious minority

- They have a physical or mental disorder
- They are smart or have a special talent
- They have overprotective parents that prevents them from learning how to handle conflict
- They may have few or no friends
- They are orphans or come from single-parent families

So the spectator or witness attends the scene, but decides not to interfere, most of the time for fear of becoming a victim himself /herself.

But there is another category of witnesses, those who instigate the aggressor to abuse the victim.

However, most viewers passively accept, watching without taking action. Very often passive witnesses form the audience of the aggressor who is eager for attention and popularity. Through attitude, the aggressor is encouraged to continue the aggressive behavior.

To remember!

- A viewer may have an important role in stopping the aggression.
- They must interfere or at least call an adult for help.
- The witness's lack of action means that he/she is part of the aggression by accepting it.

Causes of bullying

„Many bullies come from families where affection may lack and there is no emotional awareness. They can often be witnesses to their parents' aggression, their friends, brothers or other family members. Those who then turn into bullies, feeling the need to have control, pushed by the need of power, they end up behaving in an unhealthy, toxic way. Some bullies lack empathy, and they don't have the capacity to understand what the victim feels if he/she is badly treated” said psychotherapist Erna Constantin.

“The bullies may feel pleasure from the victim's reactions”

“There are also cases in which the bullies can feel pleasure as a result of the victim's reactions and then their behavior is repeated. When children don't have the ability to control their emotions, the most insignificant stimulus can provoke them and make them react excessively. For example, a child may walk innocently down the hall and accidentally hit a bully. Even if the child apologizes, the bully may lose control and push the victim into the wall.”, explain the same psychotherapist.

Why do people bully others?

There is no single reason which explains why bullying happens. Children can be bullies for a number of reasons:

- many have been bullied themselves.
- an expression of anger or frustration due to problems they have at home or at school.
- the result of poor upbringing – lack of empathy
- violent games or movies may influence their behaviour and make them more likely to be bullies.
- an attention-seeking behaviour - for example, if they are not getting enough care and attention at home or elsewhere.

How are children affected by bullying?

The impact of bullying and cyberbullying can be huge. For children bullied at school, the effects can last long into adulthood, affecting the rest of their lives.

Being bullied at school can cause a child stress and a number of physical or mental health problems. Often the victim will not tell anyone he/she is being bullied. Some symptoms or changes in behaviour that might alert a parent, doctor or teacher may include:

- Not sleeping well, or suddenly starting to have nightmares.
- Not wanting to go to school
- Poor school performance
- Being more worried or anxious than usual
- Appearing to be low or depressed.
- Physical symptoms of stress: stomach aches, headaches, higher blood pressure
- Anxiety disorders and panic attacks.
- Low self-esteem and self-confidence.
- Have difficulty making friends and keeping friends

What Are the Best Ways to Prevent Bullying in Schools?

Analysing the causes and the effects of bullying phenomenon, it is extremely important to know how to prevent it. Most bullying prevention programs focus on raising awareness of the problem and administering consequences. But there are also other approaches.

1. A positive school climate encouraged by teachers and administrators.
2. Children are taught empathy from an early age and they are explained what effect their behavior has on others.
3. Make the school or classroom feel like a safe community.
4. Have students participate in simulations together and act out a bullying situation together and explore alternative ways to handle conflict.
5. Bring peaceful solutions and do not bully a bully
6. Set rules that cover multiple scenarios, and are age-appropriate.
7. Use open communication as a key for prevention
8. Identify areas of school, or certain sites that seem to have lots of bullying incidents and monitor constantly the situation.
9. An action plan to prevent the bullying, and clear next steps if this doesn't stop.

What can I do if I am being bullied?

The most important thing to do is to tell somebody in authority: a parent, an adult they trust, a teacher. Children or adolescents and/or their parents should approach a teacher or the form teacher to discuss the situation and its impact. Parents can help by being supportive and caring and schools should also be supportive and work out a plan to stop the bullying. They also can arrange counselling to help deal with the situation. In the case of cyberbullying, children are advised not to respond to hurtful posts and parents should set boundaries with technology. If the child is having trouble at school or with friends as a result of bullying, a mental health professional, such as a psychologist, can help the child develop resilience and confidence.

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HEALTHY LIFESTYLE – REFLECTION WORKSHEET

1. What food does your weekly menu include and what changes will you do in your diet to become healthy and balanced?

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2. What eating habits have you learnt from your family? How are you going to improve them?

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3. What does a correct diet mean?

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4. How do you combine food and according to what rules? What food are you going to introduce in your diet after you have read about its benefits in this handbook?

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5. What does food pyramid mean and why is it important?

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6. What would you include in a healthy menu?

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7. How important are physical activities to you and what are the advantages of practicing sports?

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8. What is bullying and how do you recognize it?

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9. Who are the “actors” involved in bullying?

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10. What impact do all types of bullying (verbal, physical, cyberbullying, mobbing) have on children?

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11. What prevention and combat measures against bullying do you know?

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INTERNATIONAL PROJECT TEAM

This handbook was possible due to the work and the dedication of the international team involved in this project.

Romanian Team:

Lucsoreanu Mirela Alina

Anghel Marian Viorel

Pirvu Ana Claudia

Dumitru Paul Daniel

Olteanu Cristina

Moraret Tina

Loghinas Nicolae

Loghinas Gratiela

Titoveanu Daniela

Floresteanu Cornelia

Jurebie Camelia

Ana Delia Ramos Rodrigues – Spain

Ana Baptista – Portugal

Biljana Todorovska – North Macedonia

Angela Franchino - Italy