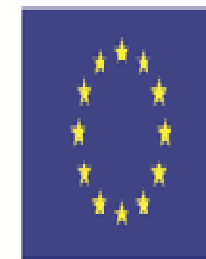




Co-funded by the  
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**ERASMUS + PROGRAMME- STRATEGIC PARTNERSHIP**  
**Youngsters Nowadays. Where from, Where to?**

**2017-1-RO01-KA219-037190\_1**

**A Healthy Eating Week**

**The Romanian students present**

Facebook challenges poll on healthier eating

**May 2018**

**During the campaign ‘A Healthy Eating Week’ that we organised in May 2018 at Colegiul Național ‘Ion Luca Caragiale’ from Moreni, Romania, the students thought of some Facebook challenges to make their peers have a healthier diet. One of the students created a Facebook poll and challenged people during seven days to give up or reduce their unhealthy food consumption.**

**The challenges were:**

**The 1st day: Less sugar today.**

**The 2nd day. Less salt today.**

**The 3rd day. Without fast-food today.**

**The 4th day. More fruit and vegetables today.**

**The 5th day. Without fizzy drinks/juice today**

**The 6th day. Without processed food today.**

**The 7th day. I know you can do this: 3 meals/ 2 snacks, complying with the first six challenges.**

**The presentation shows how many people reacted in a positive way or they did not do that.**



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**A Healthy Eating Week**  
669 members

✓ Joined

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Erasmus Youngsters N...

Let's Play Greener 1

A Healthy Eating Week

1 Share



Write a comment...



**Simona Manolescu**



Admin - May 20

Hello! This group is dedicated to a healthy lifestyle. We will devote this week to "Healthy Week". We are going to challenge you every day for 7 days to give up your unhealthy habits. We hope this will be fun and helpful. Let's say..good luck for all of us! It is worth trying!

Bună! Acest grup este dedicat unui mod sănătos de viață. Vom destina această săptămână "Săptămâni sănătoase". Te vom provoca în fiecare zi timp de 7 zile să renunți la obiceiurile tale nesănătoase. Sperăm că va fi amuzant și de ajutor. Să urăm..mult noroc tuturor! Merită încercat!



Like



Comment



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Rodica Popescu, Florina Coman and 53 others

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You, Florina Coman, Ana Maria Pandichi and 32 others

5 Shares



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Simona Manolescu created a poll.



Admin · May 21

The 1st day: Less sugar today (Prima zi: mai puțin zahăr)



I did (Am făcut)



I didn't (Nu am făcut)



132 other people

Ideii creative  
253,331 members

## Suggested Pages

Popescu and 44 others



Liceul tehnologic  
Education



Securizat | <https://www.facebook.com/groups/202563617025398/>

Aplicații Instagram Filă nouă

**A Healthy Eating Week** Mirandolina

5 Shares











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**Simona Manolescu** created a poll. Admin · May 21

The 1st day: Less sugar today (Prima zi: mai puțin zahăr)

<input checked="" type="checkbox"/> I did (Am făcut)	    
<input type="checkbox"/> I didn't (Nu am făcut)	     <b>5 other people</b>

Like Comment Share

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Simona Manolescu created a poll.



Admin · May 22

The 2nd day: Less salt today. (A doua zi: mai puțină sare)



I did (Am făcut)



119 other people



I didn't (Nu am făcut)



Like



Comment



Share

Zi-mi un film  
145,743 m

Idei creativ  
253,331 m

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You, Florina Coman, Andreea Ciobanu and 16 others

4 Shares



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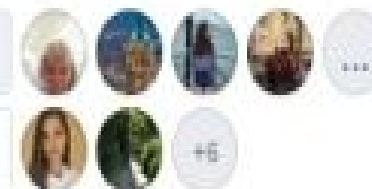
Simona Manolescu created a poll.



Admin - May 23

The 3rd day: Without fast-food today (Ziua a treia: Fără fast-food azi)

- I did (Am facut)
- I didn't (Nu am făcut)



122 other people



Like



Comment



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You, Florina Coman, Andreea Ciobanu and 16 others

4 Shares



Write a comment...



Simona Manolescu created a poll.

Admin - May 23

The 3rd day: Without fast-food today (Ziua a treia: Fără fast-food azi)

I did (Am făcut)

I didn't (Nu am făcut)



+6

6 other people



Like



Comment



Share

253,348

Zi-mi un  
145,745

To well use most  
din vizita ta. Te  
pentru a put

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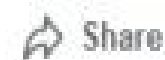
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Like



Comment



Share

You, Florina Coman, Savina Moniaci and 19 others

1 Share



Write a comment...



Simona Manolescu created a poll.



Admin · May 24

The 4th day: More fruits and vegetables today. (A patra zi: mai multe fructe si legume).

I did (Am făcut)

I didn't (Nu am făcut)



100 other people

H&M,  
Zara,Bersh  
19 friends



Grup Jamil  
217,021 m

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Simona Manolescu created a poll.



Admin · May 24

The 4th day: More fruits and vegetables today. (A patra zi: mai multe fructe si legume).

<input checked="" type="checkbox"/> I did (Am făcut)	
<input type="checkbox"/> I didn't (Nu am făcut)	

14 other people



Like



Comment



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H&M,  
Zara, Bershka, Strad  
19 friends · 279,54



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Write a comment...



Simona Manolescu created a poll.



Admin · May 25

The 5th day: Without fizzy drinks/ juice today (A cincea zi: fără băuturi acidulate/ sucuri)



I did (Am făcut)



+95

95 other people



I didn't (Nu am făcut)



+4



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Simona Manolescu created a poll.



Admin · May 25

The 5th day: Without fizzy drinks/ juice today (A cincea zi: fără băuturi acidulate/ sucuri)



I did (Am făcut)



+95



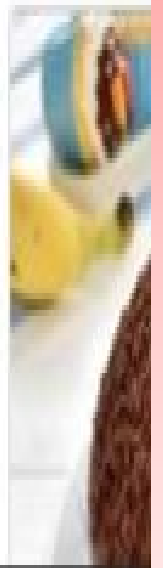
I didn't (Nu am făcut)



+4

4 other people

Idei crea  
253,395



Grup Jar

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Write a comment...



OLDER



**Simona Manolescu** created a poll.



Admin · May 26

The 6th day: Without processed food today ( A șasea zi: fără mâncare procesată)

I did (Am făcut)



I didn't (Nu am făcut)



# A Healthy Eating Week

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RECENT ACTIVITY



**Simona Manolescu** created a poll.

Admin · May 27

The 7th day: I know you can do this! 3 meals/2 snacks, complying with the first six challenges (A șaptea zi: Știu că reușești! 3 mese/2 gustări, completând primele șase provocări)

I did (Am făcut)

I didn't (Nu am făcut)



+83

83 other people



+8



SUGGEST

Friends



Cri



Pu



Va

See M

Groups a  
staying in

**”This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.”**