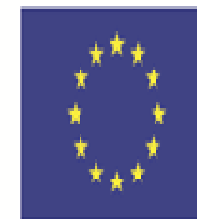




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**ERASMUS + PROGRAMME- STRATEGIC PARTNERSHIP**

**Youngsters Nowadays. Where from, Where to?**

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

**A Healthy Eating Week**

**The Romanian students' posters on healthy eating**

**Target group: the students from Colegiul Național 'Ion Luca Caragiale'**

**May 2018**



# A HEALTHY DIET

## A Healthy Life

STARTING FROM THE STATEMENT THAT WE ARE WHAT WE EAT, WE CAN SAY THAT WE CHOOSE OURSELVES HOW TO BECOME OUR BODY AND OUR WAY OF LIVING.

FROM A CERTAIN AGE WE CHOOSE IF WE EAT HEALTHY OR NOT.

SO...

"WELL SOME YEARS LATER UNHEALTHY LIFESTYLES CAN HAVE A SIGNIFICANT IMPACT ON YOUR ABILITY TO STAY AWAY FROM SUGAR - A LOT OF SUGAR... AND THEY STILL CHOOSE BETWEEN SALT, SUGAR AND JUICES!"

AN UNHEALTHY DIET BRING WITH IT CERTAIN DISADVANTAGES SUCH AS DISEASES LIKE:

- \* OBESITY
- \* CARDIOVASCULAR DISEASE
- \* OSTEOARTHRITIS
- \* ETC.

### Let's say yes to:

- Leafy greens:** Spinach leaves are a great source of nutrients containing vitamins A, C, B2, K, E and a lot of minerals.
- Apples:** The fruits rich in potassium and vitamin C. They reduce cholesterol, strengthen the heart and reduce the risk of lung disease.
- Tomatoes:** They are rich in lycopene, which is a powerful antioxidant, as well as beta-carotene and potassium.
- Dairy products:** contain protein, calcium, magnesium, beta-carotene, vitamins A, B, C, D, E, K.
- Water:** prevents premature aging, maintains body pH, has an energizing effect, increases resistance to stress, improves athletic performance, regulates digestive health, reduces the symptoms of kidney disease, improves cognitive function, maintains blood pressure stable and why not to drink water?



WE WILL GET RID OF YOU SOMEDAY!

### Let's say NO to:

- PIZZA
- FRENCH FRIES
- SWEETS, JUICES, CHIPS, COOKIES ETC.
- Lay's
- COCA COLA



# Healthy Living

## 8 STEPS TO TAKE TODAY

### No 1 - Take stock

Your first step toward healthy living is to get a handle on your health today, right now.



### No 2 - Put out fires

If you know that you have chronic health problems (heart disease, depression, diabetes), treatment is an obvious priority. The same goes for risky behaviors, such as smoking, and addictions of any kind.

### No 3 - Move MORE!



### No 4 - Upgrade your diet

Williams, a nutritionist for a dozen years, says her diet advice isn't about eating certain foods as much as it is about awareness and choices.

### No 5 - Manage stress

Breathe. Keep a gratitude journal. Volunteer. Check your perspective.

### No 6 - Sleep better

No TV or computer two hours before bedtime. Take a hot bath. Prioritize good sleep!!



### No 7 - Improve your relationships

Healthy living isn't just about your personal habits. It's also about your connections with other people - your social network.

I'm sorry

### No 8 - Challenge your mind



TAKE CARE OF

YOUR BODY

It is the only

PLACE

YOU HAVE

LIVE

to

in

DAILY HEALTH CHECKLIST



- DRINK WATER. LOTS OF IT.
- EAT A FRUIT OR A VEGGIE.
- TRY TO SLEEP 8 HOURS.
- TAKE A MOMENT TO STRETCH.
- WALK, BIKE, OR TAKE THE STAIRS.
- HAVE GOOD POSTURE.
- LAUGH AND SMILE.
- WORK UP A SWEAT.



# You're what you eat



## FOOD COMPONENTS:

- carbohydrates } power sources
- protein }
- lipids }
- vitamins and minerals }
- water }



\* The energy supplied to the body should come from 60-70% of cereal, fruit, vegetable and vegetable carbohydrates, 20-30% of lipids and 10-12% of proteins

## \* To be healthy we also have to eat healthy foods!

In addition to active lifestyle and lack of excess of any kind, a diet based on healthy food contributes to the good functioning of the body, maintaining good tone and maintaining physical and mental health.

High calorie, fat, sweets, alcohol consumption, smoking habits and sedentary health risk factors that cause the emergence of numerous diseases, chronic diseases and stress level diseases.





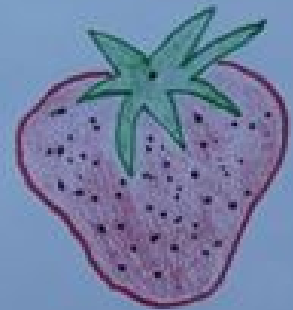
A beautiful life,  
a healthy  
diet



The basis of our diet should be  
made of foods plant origin



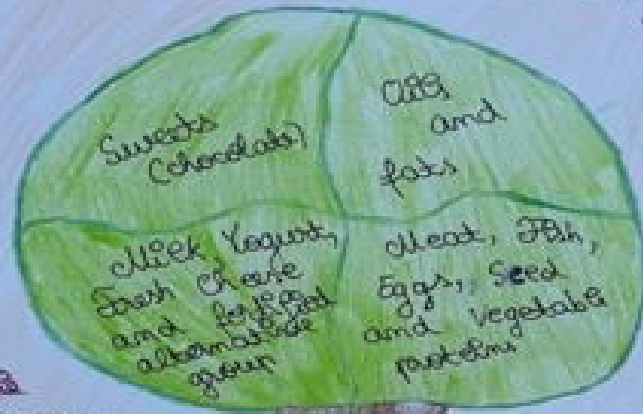
Vegetables  
really represent healthy food  
And fruits too but they should be seen  
as a supplement to diet especially when  
there are problems with body weight.



# Towards a healthy food...

Vegetables and fruits are an important part of a healthy food.

Eat fruits and vegetables every day!



### Red apples

Most antioxidants that other apples (Vitamin C, B-complex and beta carotene).



### Broccoli

Rich in folic acid aiding tissue growth and Vitamin C which aids iron absorption and even common cold.



### Lemon

Diuretic, pH balance. Lemon juice, rind, and pulp are used in a wide variety of foods and drinks.

**Carrots**  
Rich in vitamin A = improved vision and skin. Rich in carotenoids. Lower risk of heart disease.



**Grape**  
Each one and half cup serving of grapes contains 25% of the recommended daily value of vitamin C.



**Beets**  
Increase blood flow. Calcium, nitrate, which enhance physical performance.



Whole Grains



Not only  
the  
outside  
matters

Just  
because  
it's  
*so FRESH*  
doesn't  
mean  
that it is  
**HEALTHY**



strength

exercise

eat

live

fitness

challenge

enjoy

"A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood"

"Healthy is an outfit that looks different on everybody"



CABBAGE



POTATOS



ONION



PAPPER



TOMATOS



SPINACH



CUCUMBERS

Healthy food is good for you. It gives you energy and helps you grow. You should eat healthy food every day. It makes you feel better and live longer.



FISH



LEMON

Healthy food is good for you. It gives you energy and helps you grow. You should eat healthy food every day. It makes you feel better and live longer.



ORANGES



STRAWBERRIES



PLUMS



APPLES



BANANAS

# Unhealthy food



PIZZA



CAKE



BURGER



KFC



Unhealthy food is bad for you. It makes you feel sick and gives you extra weight. You should eat healthy food instead. It makes you feel better and live longer.



McDonald's

Unhealthy food is bad for you. It makes you feel sick and gives you extra weight. You should eat healthy food instead. It makes you feel better and live longer.

Exerc  
Exerc



# Healthy Eating



## About food:

- The way we process the diet and the choices we make every day has a significant impact on our health and well being.
- To be able to see visible effects, people need to understand that proper and healthy eating should not be occasional, but must be integrated into a lifestyle that will ensure overall health and longevity.
- The food we bring home all the nutritional groups the body needs, but only a mixed, moderate and balanced diet.

### For a better life you need:

- Choose moderate and good food
- Eat breakfast every day
- Consume moderate fats
- Always eat also around the nutritional groups
- Food has to be right

To eat healthily, you need to know first what a balanced diet means.

It is recommended to consume whole grains, fruits and vegetables, and limit intake of fat and sweets.



The drastic changes should be made at once in the diet because deprivation of the favorite foods leads in the future of a healthy diet. Behavioral change must be made slowly, gradually.



- consuming wholegrain bread instead of white
- consumption of olive oil instead of butter
- consumption of pasta made from durum flour instead of white flour - a marker of the low-carb diet is strength
- consumption of skimmed milk instead of cream or non-fat fat
- eating cheese and skimmed yogurt
- adding large amounts of fruits and vegetables to foods or eating them as snacks
- adding sprouts, seaweed, seaweed and onion to sandwiches
- eating fruits and nuts



## Sport in our lives...

- Regularly shows that the sport brings a wide range of benefits to the human body, so it is recommended to do daily exercise, no matter what age we have.
- Regularly putting sport helps our fat in the body, regulates it, helps eliminate extra pounds and helps regulate body weight.
- It's not just that sport is good to maintain our body, but also to regulate the metabolism of the human body for the removal of fat from our organism through the process of burning.



# HEALTHY FOOD



A healthy diet means eating different foods belonging to basic food groups: proteins, such as meat, eggs and vegetables; dairy products; fruits and vegetables; cereals, such as bread and pasta; fats and sweets. Although it seems simple, it is not always easy to establish a proper diet each individual. Sometimes eating more of one food group (pre-farmed) and others do not drain an opt for convenience at the expense of quality.

"Man can not benefit from a healthy life without having to acquire a healthy diet for the body. The proper foods are simple and natural."



Adopting a healthy diet does not mean diet; it is a way to improve health. Regular consumption of a balanced diet, low in saturated fat and high in grains, fruits, vegetables and good fats will reduce the risk of certain diseases. Associating an active lifestyle with a healthy diet will improve your health even more. Regular exercise reduces the risk of heart disease, hypertension, stroke, type 2 diabetes, obesity, anxiety, depression and breast cancer, colon and female reproductive system.



Nutritionists advise Americans to avoid diseases, eating a diet rich in fruits, vegetables, grains and low-fat dairy products. It also recommends attention to calories, to reduce the risk of obesity, limit alcohol consumption and disposal of food products with a high content of salt, saturated fat, cholesterol and sugar. Physical activity is an important part of this regime. An exercise program lasting 30 to 60 minutes is enough.

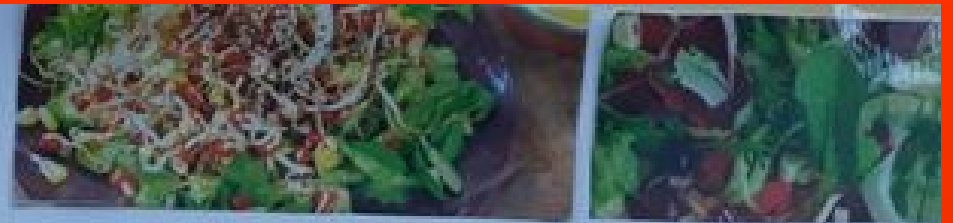
Created by  
Lina X.D.



## UNHEALTHY FOOD

Junk food is a pejorative term for food containing high levels of calories from sugar or fat with little fiber, protein, vitamins or minerals. Junk food can also refer to high protein food like meat prepared with saturated fat found from many fast-food outlets, pizza and fried chicken outlets is often considered as junk.

NO



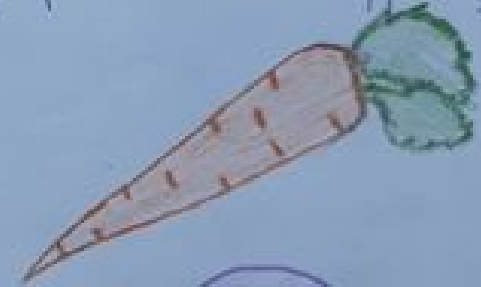
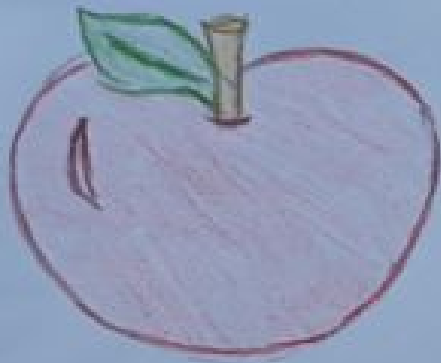
## HEALTHY FOOD

Health food is food marketed to provide longer health effects beyond a normal healthy diet required for human nutrition. Some markets or health food may be part of one or more categories such as natural food, organic foods, whole foods, vegetarian food or dietary supplement. These products may also sold in health food stores or in the health or food or organic section of grocery stores.



YES

To have a happy life, you need to adopt a healthy lifestyle. Through a healthy lifestyle, I mean to eat healthy food like apples, pears, in general fruits and vegetables.



and do sports, to ride a bicycle, play outside and not to become a couch potato.





# HEALTHY FOOD



A healthy diet makes you feel much better, but it prolongs your life compared to those who eat fast food.



The apple has a wonderful taste and a pleasant appearance, attributes of the healthiest. The vitamins A, B1, B2, C and minerals such as magnesium, phosphorus, iron and potassium are in well defined quantities.



The grapes are rich in vitamins A, B1, B2, B6, PP and K. Sulfur, iron, calcium and phosphorus are also present in them.



Besides the mouth and stomach affected by acid, beta-carotene is a rich source of antioxidants, it is also rich in calcium and iron. It has the quality of fighting against diseases from inflammation and infection to osteoporosis.



Cherries are considered superfoods because of the many properties they have.



# HEALTHY EATING

## WHAT HEALTHY EATING MEANS!

- healthy eating means eating a variety of foods from the four groups to feel good and maintain your health
- eating well along with being active can also help you reach and maintain a healthy weight and lower your risk of disease



## HOW IT HELPS YOUR BODY!

- you'll be more productive
- you'll be happier
- you won't be as stressed
- you'll control your weight
- you'll age better
- you'll be healthier
- you'll live longer
- you'll save money

EAT  
HEALTHY  
!

## HOW TO GET HEALTHY!

- eat the right types of food by choosing a variety of foods from each of the four groups
- eat the right amount of food for your age and activity level
- read food labels
- avoid foods and drinks that are high in calories, fat, sugar, and sodium



## EATING DISORDERS AND SIGNS

- Anorexia Nervosa** - is a psychological and potentially life-threatening eating disorder
- Bulimia** - is a chronic progressive disease resulting from multiple environmental and genetic factors
- TYPE 2 DIABETES** - is a disorder in which the blood has too much glucose in it that the body cannot process



# VITAMINS AND MINERALS

- Vitamin C** - pepper, parsley, oranges, kiwi
- Vitamin B12** - eggs, broccoli, almonds
- Vitamin A** - carrot, chicken, salmon
- Vitamin E** - spinach, avocados
- Vitamin D** - fish, dairy products



- Vitamin B6** - cucumbers, cabbage
- Calcium** - salmon, dairy products
- Magnesium** - milk, bananas, coconut
- Iron** - dark chocolate, avocados, potatoes
- Potassium** - apricots, pomegranates

# FUN FACTS

1. Slices of fruit are made of edible paper
2. People who eat spicy food tend to live longer
3. A lemon has more sugar than a strawberry
4. Just smelling chocolate can help you relax
5. There are about 10,000 different types of apple in the world





# PIRAMID OF HEALTH EATING

## HEALTH EATING

THE HEALTHY DIET PYRAMID IS BASED ON THE CONCEPT OF BALANCE BETWEEN THE THREE NUTRITIONAL PRINCIPLES (PROTEINS, SUGARS, FATS), MAKING A CLEAR DISTINCTION BETWEEN FOODS THAT CAN BE CONSUMED IN LARGE QUANTITIES WITHOUT ENDANGERING HEALTH, AND FOODS THAT SHOULD BE AVOIDED OR CONSUMED IN SMALL QUANTITIES.



Interpretation of food pyramid

The dictum "we are what we eat" has never been more true given the varied food supply that tends to mislead the population about the nature of healthy eating.

There is little need when the most common sense says one person is too rather than seven weight (counting one set of normal weight) This has a stimulant effect on the lower system, the bottom end of the motor apparatus, especially on the lower part of the body.

The higher the weight the higher the percentage of people with coronary heart disease (and diabetes, hypertension, arteriosclerosis), the more conspicuous diseases and so-called cancer. Statistics show that even 10% of the cases die from liver disease or diabetes. The biggest mistake made in the field of nutrition is the excessive consumption of carbohydrates that are devoid of nutrients. These are transformed by the body into fat deposits.

The digested nutrient provides a gentle and effective stimulant, in the long term, in cardiac and muscular cells, which aim at decreasing weight by preventing the person from eating certain foods. This means that some foods fit together better than others. If unsuitable foods are consumed together, a digestive disorder occurs primarily bloating, and then digestion.

It should be taken into account that the food pyramid addresses healthy people, not a few patients (children, athletes, pregnant women) whose special needs require other eating habits.

From the point of view of the positive effect that different foods have on health, the food pyramid must be viewed from bottom (beneficial food that can be consumed in larger quantities) to the top (foods to be consumed only rarely and in small quantities). The rise of acid pyramid flows correlates with decreasing the amount of food, but it should be understood that no food is harmful but it is only recommended to consume it - moderation. In other words, the basic principle is **BALANCE**.

# HEALTHY EATING

Healthy eating results in...  
 - Increased energy  
 - Improved mood  
 - Better concentration  
 - Reduced risk of chronic diseases  
 - Improved digestion  
 - Better skin health

**Energy**  
 Get fuel  
 (for example - wheat)



**Protein**  
 Balance energy and fuel for

**Antioxidants**  
 Combat free radicals and prevent disease

Antioxidants...  
 - Fight free radicals  
 - Prevent cell damage  
 - Reduce risk of cancer and heart disease



Antioxidants...  
 - Found in fruits and vegetables  
 - Help protect against chronic diseases  
 - Improve overall health



Antioxidants...  
 - Help protect against chronic diseases  
 - Improve overall health  
 - Found in fruits and vegetables



# HEALTHY EATING

*Light, moderate, intense, or  
the heavy ones*

*The amount you need to fight is your  
self-defence*

*1. Moderation is the way that you can get the  
most out of your exercise and gain the most  
out of it. An actual table of moderation for  
each exercise*

*2. You are required to maintain the most health  
of the most moderate, but you can also do the  
most of your exercise of others*

*3. You are required to do the most moderate, because  
many people do it with you, and you can do it  
in your own way*

*4. You are required to do the most moderate, and to support the  
exercise, because you need to do this for your health, and  
you need to do this for your health*



## Breakfast 7:00-9:00

*Breakfast is the most important meal of the day.  
It provides you with the energy you need to start your day  
and gives you the nutrients you need to keep your  
body healthy. It is the most important meal of the day  
because it gives you the energy you need to start your  
day and gives you the nutrients you need to keep your  
body healthy.*

## Lunch 12:00-14:00

*Lunch is the most important meal of the day.  
It provides you with the energy you need to start your day  
and gives you the nutrients you need to keep your  
body healthy. It is the most important meal of the day  
because it gives you the energy you need to start your  
day and gives you the nutrients you need to keep your  
body healthy.*



*You are required to do the most moderate, and to support the  
exercise, because you need to do this for your health, and  
you need to do this for your health.*

*1. You are required to do the most moderate, and to support the  
exercise, because you need to do this for your health, and  
you need to do this for your health.*

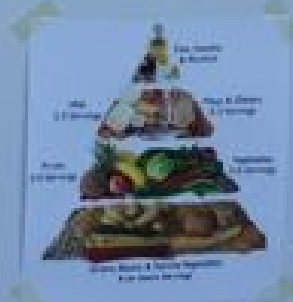
*2. You are required to do the most moderate, and to support the  
exercise, because you need to do this for your health, and  
you need to do this for your health.*

*3. You are required to do the most moderate, and to support the  
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you need to do this for your health.*

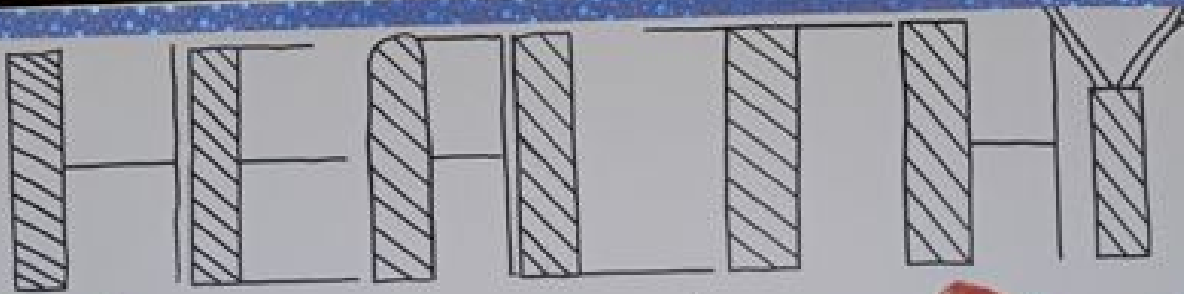
*4. You are required to do the most moderate, and to support the  
exercise, because you need to do this for your health, and  
you need to do this for your health.*

## Dimmer 18:00-19:30

*Dimmer is the most important meal of the day.  
It provides you with the energy you need to start your day  
and gives you the nutrients you need to keep your  
body healthy. It is the most important meal of the day  
because it gives you the energy you need to start your  
day and gives you the nutrients you need to keep your  
body healthy.*



*Health and Nutrition*



# Food



**Mushrooms** grow in the forest  
and they eat.



**Mangoes**



**Apple** is a very healthy  
and healthy eating.



**Red Pepper**



**Green Pepper**  
very healthy and good for  
the stomach and helps digestion.



**Carrot**  
very healthy and good for  
the eyes.



**Strawberries** are delicious  
and healthy eating they have a  
lot of vitamins.



**Oranges** are the  
best fruit of the winter season. They  
are good to eat in winter.



**Fish** are the best food and healthy  
eating and good for the heart.



**Cereal** is very healthy  
and good for the stomach.



**Tomato** is good  
for the heart and healthy eating.



**Corn** is very healthy  
and good for the stomach.



**Coconut**  
is very healthy and good  
for the heart.



**Berries** are very healthy and good  
for the heart. They have a lot of  
vitamins and are good for the  
stomach.

**Water**  
is the most healthy  
and good for the body.



# HEALTHY EATING

Obesity is the area where the most issues occur. Modern man feeds unhaltily, eating badly and much. This in turn has given us two afflictions from excess weight (overeating) over use of manual strength. This has a detrimental effect on the bone system, the skeleton and on the water excretory, especially on the lower part of the body. The higher the weight, the higher the percentage of people with coronary heart disease (coronary arteries, myocardial infarction, atherosclerosis), a wide range of other diseases such as breast cancer.

Statistics show that over 50% of the obese die from heart disease or diabetes. The obese may have much greater problems than those with normal weight, so one of urgent intervention.

The biggest mistake made in the field of nutrition is the excessive absorption of carbohydrates that are devoid of nutritional value and found in: sugar, maize, flour, starch, cereals. They are transformed by the body into fat deposits.

Diets are made a serious mistake. Fat is no longer so simple, and the media presents a picture that undermines the lifestyle of the obese person, mainly



Diets, which more or less consist of a fat-poor cereal diet, and the reaction is, in general, to eat more and more.

Many people, especially women, are taking diuretic medication, which has the effect of suppressing their appetite, acting as a laxative. Some sort of the drug's main dependence and demands the excretion of water and salts in the body, causing edema. Kidneys are affected, mental disorders and health symptoms occur. Diets require basic vitamins, which in the first stage cause a significant weight loss because the body loses plenty of water, but does not lose fat.

All these restrictive weight loss causes the big disadvantage that the person who does not learn to change the unhealthy diet will make better eating habits, so will find their old weight only a few weeks after the end of the diet, having more unbalanced habits when the part of meat. The suggested regime provides gentle and effective alternatives, in the long term, in natural and nutritious habits, which aim at decreasing weight by preventing the man from eating certain foods.



Thomas Anglin  
class 108

# FAST-FOOD

- Fast food is prepared by most of the population.
- This type of food has made the world dependent.
- This has advantages and disadvantages.
- Advantages:
  - Fast food can be consumed in the car, in other transport, in business.
  - Cheap price.
  - Quick food.
  - Multiple items.
  - Availability everywhere.
- Disadvantages:
  - Lack of the ingredients in daily diet.
  - High fat.
  - High sodium content.
  - High cholesterol content. The carbohydrates are refined.



# HEALTHY FOOD UNHEALTHY FOOD

- ## FAST-FOOD
- Unhealthy food is very easy to digest, absorb in the gut system.
  - Unhealthy food contains high sodium and fat for the body but no vitamins.
  - They do not give long-term health and they are not healthy because they have high processed ingredients in them.



## Healthy eating

- Healthy eating is very important to give the body energy.
- Breakfast is the first meal of a day and after work in the early morning before starting the day's work.
- The traditional American breakfast is made up of refined ingredients: cereal, bread, milk, butter or margarine and eggs. As for the thing of fast food, the instant noodle, microwave, which also include in some cases with sliced meats and milk product are the traditional breakfast, though they are not very nutritious, something to a little extent it's not. Americans are eating faster and in some of them eggs and it's not recommended.
- Some of the advantages of breakfast is to start the day with an energy.
- Some people don't eat in the morning but not all the day. It's not an ideal way of eating because the body's energy runs from a certain amount depending on the nature.
- Some people eat in the most important part of the day. That can be a type of eating because the body's energy runs from a certain amount depending on the nature.



## Unhealthy food

Unhealthy food means food which is not healthy. It is food which is not good for the body. It is food which is not good for the body. It is food which is not good for the body.

FOR A HEALTHY LIFE, RESPECT THE MAIN MEALS OF THE DAY!



## FRUITS

- The fruits contain vitamins, minerals and antioxidants that are essential for the body. They help to keep the body healthy and strong.
- Fruits are a good source of fiber, which helps to keep the digestive system healthy.
- Fruits are also a good source of antioxidants, which help to protect the body from damage caused by free radicals.
- Fruits are a good source of vitamins, which are essential for the body's health.
- Fruits are a good source of minerals, which are essential for the body's health.

## THE VEGETABLES

Vegetables are a good source of vitamins, minerals, and fiber. They help to keep the body healthy and strong. Vegetables are a good source of antioxidants, which help to protect the body from damage caused by free radicals. Vegetables are a good source of vitamins, which are essential for the body's health. Vegetables are a good source of minerals, which are essential for the body's health.



ADOPTA ELEMENTARE SANA POALA

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NICU DENISA 107

# HEALTHY FOOD

The people started healthy food for strong bones and healthy heart. The healthiest food are vegetables and fruits.  
 The vitamins like fiber, iron, calcium and potassium have very much vitamins. It's very important for our body.  
 The people don't enough healthy food eat and it's really the reason for many diseases. For the people the most dangerous thing is fast food with cause putting on weight very quickly. Fast food doesn't have vitamins. This food depends the people.  
 There is lots of much energy, but have less much sugar.

Starchy foods, such as bread, cereals, pasta, potatoes and potatoes are an important part of a healthy diet and should represent a third of the food consumed. They are a source of energy and the main source of nutrients in the diet. In addition to starch, these foods also contain fibre, potassium, calcium and vitamins B.

All of the nutrients below are the result of naturally occurring chemical reactions. The more you food, the more of your products you produce. In general, one of major importance in your body's balance.



Healthy food is good because it provides essential nutrients, supports a strong immune system, and helps maintain a healthy weight. It also provides a lot of fiber, which is important for digestive health and overall well-being.

What you eat is very important for your health. It affects your energy levels and how you feel.



What you eat is very important for your health. It affects your energy levels and how you feel.

When do you get protein from? From fish, meat, nuts, seeds, beans.  
 When do you get carbohydrates from? From bread, rice, and potatoes.

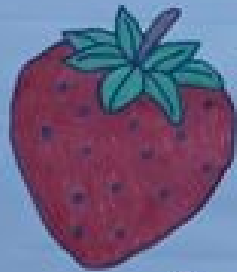
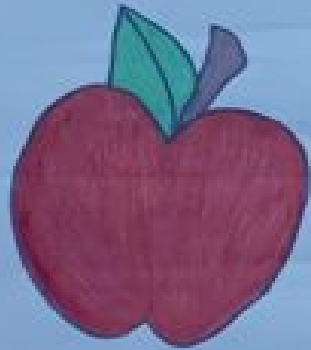


Two things are very important:  
 1. Get vitamins, water, and fiber.  
 2. Eat food that is healthy, when they are too fat.





# HEALTHY EATING



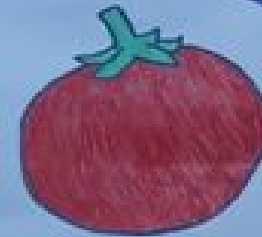
A healthy diet means eating different foods belonging to the basic food groups: proteins such as meat, eggs and vegetables; dairy products; fruits; cereals such as bread and pasta; fat and nuts. Although it seems simple, it is not always easy to establish a proper regime for each individual. Sometimes you consume more from one food group and avoid consuming others or opt for convenience over quality.

Most of the diseases today are the result of unhealthy eating and disorderly lifestyle. The way you feel, the origin of your products, your eating habits, in general are of major importance in your body's balance.

American nutritionists recommend eating a diet rich in fruits, vegetables, cereals and low-fat dairy products to avoid illness.

Attention is also drawn to the number of calories consumed to reduce the risk of obesity, limiting alcohol consumption and eliminating foods with high salt content, saturated fat, cholesterol and sugar.

Physical activity is an important part of this regime. An exercise program lasting 30 to 40 minutes a day is enough.





# NO



junk food is a popular term for food containing high levels of sodium, trans fat or fat with little fibre, protein, potassium or antioxidants. Junk food can also refer to high sodium food like mass produce with saturated fat. Food from many fast-food outlets, pizza and fast chicken outlets is also considered as junk food.



Concern about the negative health effects resulting from a junk diet has led to many advertising, restriction or restriction on advertising, and restrictions on advertising on advertising and sale in various countries.

# YES



Health food is food marketed as providing human health effects beyond a normal healthy diet required for health maintenance.



Food marketed as health food may be part of one or more categories, such as natural foods, organic foods, whole foods, nutritional foods or dietary supplements. Some products may be sold as health food stores or in the health food or if certain sections of grocery stores.



- natural foods
- organic foods
- whole foods
- dietary supplements



# YES



# NO

COULD  
WEIGHT - CONTROL  
IF



# Why it's IMPORTANT to eat HEALTHY

instead of THESE



Why you should try eating fast food, well you get a lot of fun and interesting stuff - it can be fun to try things you've never done before. You can also get a lot of energy from it.

Why eating a balanced diet is important. It's important to eat a balanced diet because it gives you the energy you need to live a healthy life. It also helps you to stay fit and healthy.

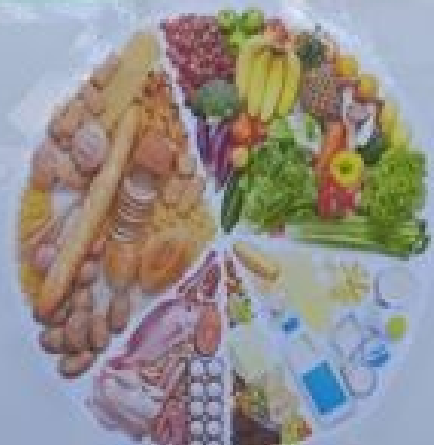


instead of these

Why you should drink water. Water is the best thing to drink because it keeps you hydrated and healthy. It also helps you to stay fit and healthy.



try THESE



Why you should eat healthy. Eating healthy is important because it gives you the energy you need to live a healthy life. It also helps you to stay fit and healthy.

LIFE

try this



# Food & Nutrition

Eating well can be easy, enjoyable, and cost-effective. It will give you the energy to reach your goals with greater focus and ease.

Eating well can be good for your body and mind. Benefits of a healthy, balanced diet there are many.

Blood sugar levels rise immediately after eating a meal and then dip a short time later, reducing your energy and triggering hunger. This dip in blood sugar levels after a meal is inevitable, but the duration and intensity of the meal and the amount of fat, protein or fibre in food consumed.

## To maintain consistent energy levels:

- Eat a breakfast high in protein and fibre within two hours of waking up to jump start your metabolism.
- Spread out your protein intake and include healthy fats and fibre in meals.
- Avoid eating two hours of sleeping to enhance your sleep and avoid gastrointestinal problems.
- Eat a snack or small meal that includes protein, veggies or fruit, and complex carbohydrates every three-to-four hours while awake.

Mindful eating means eating with more thought and attention. With mindful eating, you'll enjoy your food more and truly feel more satisfied after you're done eating. Mindful eating can also help calm your mind.

## To eat mindfully:

- Eat slowly.
- Notice the flavours of the food you are eating.
- Take a break from working, writing, or studying.
- Reflect on the fact you are nourishing your body.

## Benefits of a healthy, balanced diet include:

- Feeling more energized.
- Improved ability to focus on tasks like studying and working.
- Increased ability to maintain a healthy weight that's right for you.
- Stronger bones and muscles.
- Feeling full longer and increased satisfaction for money spent on healthier, nutritious food options.
- Consistent energy levels throughout the day.
- Improved immune system.



# Healthy Eating

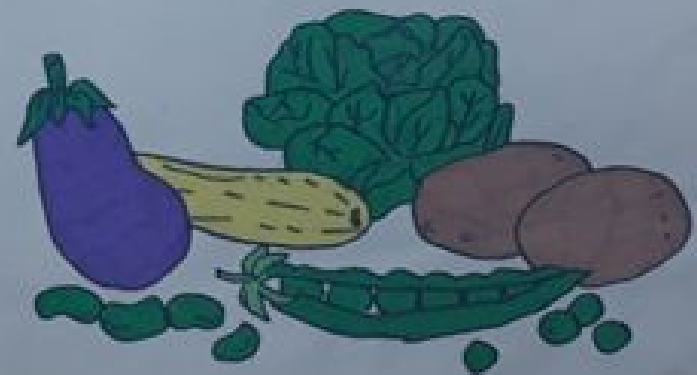
... healthy eating can't be achieved without eating garden fresh fruits and vegetables.



Health food is food marketed to provide human health effects beyond a normal healthy diet required for human nutrition. Foods marketed as health foods may be part of one or more categories, such as natural foods, organic foods, whole foods, vegetarian foods or dietary supplements. These products may be sold in health food stores or in the health food or organic sections of grocery stores.

Leafy green, allium and cruciferous vegetables are key components of a healthy diet.

A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients and adequate calories.



Ally Anderson - Flinn 25-28

**FOOD  
PYRAMID**

**SWEETS GREASE**



**MEAT OVER EGGS**



**MILK**



**VEGETABLES FRUIT**



**BREAD CEREALS EASTER**





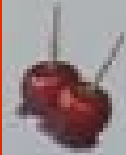


# HEALTHY FOOD



## Why eat healthy?

- Increase productivity
- Save money on life insurance
- Enhance mood
- Regulate weight
- Live longer
- Reduces the risk of type 2 diabetes
- sets a good example for your kids



## HEALTHY DIET

A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrients: fluid, macronutrients, micronutrients, and adequate calories.

2023

# TAKE CARE OF YOUR BODY

A healthy outside  
starts from the inside

healthy is not a size  
it is a LIFESTYLE



eat better  
feel better



Salvo Andrade  
2020

# HEALTHY FOOD



## What is healthy eating??

Healthy eating means eating a variety of foods from the five food groups to feel good and maintain your health. Eating well along with being active can also keep you cool, fit, strong, and help you reach and maintain a healthy weight.



## How to eat healthy??

Follow these steps to help you eat healthy.

1. Eat the right types of food.
2. Eat the recommended amount of food for your age, sex, and activity level.
3. Read food labels to compare and choose healthier foods when shopping.
4. Limit foods and drinks that are high in sodium, fat, sugar, and calories.
5. Use the Eat Well Plate to help you see the proportion of each food group in a healthy meal.



## Did you know??

• Canada's Food Guide suggests drinking water regularly. It can satisfy your thirst without adding calories!



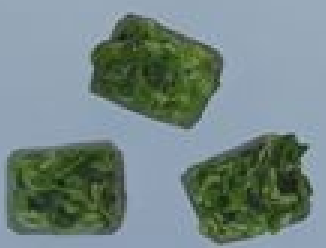
# Health food, healthy life!

Health food is food associated  
with positive health effects.  
It is a general term, health food  
refers to natural healthy food  
without any chemical additives.

Health food is not just about  
nutrition, but also about  
the quality of the food.  
It is a food that is  
good for your  
health and  
well-being.

Health food is not just  
about the ingredients,  
but also about the  
way it is prepared.

Health food is not just  
about the ingredients,  
but also about the  
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Health food is not just  
about the ingredients,  
but also about the  
way it is prepared.



Health food is not just  
about the ingredients,  
but also about the  
way it is prepared.

An apple a day keeps the doctor away!



Food is an essential part of our daily life. The famous English saying goes "We are what we eat", and it's true. The food we eat can influence our body and our mind. It contains nutrients such as proteins, vitamins, minerals, fats, carbohydrates. Different products contain different nutrients. For example, we can get both vitamins eating fruit and vegetables. As for me, I like salads very much but I don't like meat products. The food we choose to eat depends on many factors. First and the most important is the taste. If we like the taste of the product, we often eat it. The second factor is its nutritional value. If the product is healthy and useful for our body, we should add it to our ration. Other factors include culture and religion. A dieting club influences our choices a lot. When we see colorful ads on TV, we decide to try the product. For some people food is just a fuel for energy. For me, it's a pleasure. I like almost everything except meat products and quinoa. My usual diet includes three or four meals. For breakfast, I prefer a cup of tea with a cheese and fruit sandwich. Sometimes, I eat cereal with milk and drink a glass of orange juice. For lunch, I prefer salads from fresh vegetables and a soup. At about 4pm, I buy a cup of coffee with chocolate. For dinner, I like pasta or rice with vegetables. Sometimes, I eat french fries and hamburgers, but I know that it contains a lot of fat. That's why I try to cut down on fast food. I also try to eat less sugar and



TOMAS ANELA  
3A

# Eating Healthy is Cool

Youngster nowadays

5 Reason to eat Healthy:

**-Energy.** Healthy foods provide long lasting energy helping you perform optimally throughout the day. Junk food creates a big spike in energy followed by an equally big crash. Foods high in sugar cause these crashes because they are digested very quickly

**Look Good.** Junk food causes unsightly fat buildup because it's higher in calories than healthier options. Replacing large amounts of regularly eaten junk food with healthier options is an easy way to automatically reduce calorie intake causing weight loss and a reduction in body fat.

**Weight Loss.** Eating healthy encourages weight loss because switching from unhealthy junk to healthy alternatives reduces calorie intake.



## Best Fruit Salade

1. one cup seedless grapes
2. 3 bananas sliced
3. 2 oranges peeled and sliced
3. 2 cups blueberries
4. 3 kiwi fruit peeled and sliced
5. 2 cups strawberries



# A BEAUTIFUL LIFE, A HEALTHY DIET

*Eat Real!!*

*An apple a day  
keeps the doctor  
away.*

*The way we perceive  
our world and the choices  
we make every day have  
a significant impact on  
our health and state of mind.*

*Is it worthwhile to  
risk our health for  
attractive packaging?*



*Aranya Semida Elena  
Clasa a & a b*

**”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.”**