



**GYMNASIUM SCHOOL NO. 3  
ZIMNICEA, TELEORMAN  
COUNTY, ROMANIA**

# **HEALTHY LIFESTYLE**

MOTTO: "People pray to the gods to give them health, without knowing that it is in their power to maintain it, and that fighting against it by lack of measure, betrays it through their pleasure after pleasure." (Democrit)



In the last few years factors that influence our health are increasingly harmful and more aggressive. If pollution affects our health with or without our will, unhealthy eating and sedentarism depend on ourselves, the education we receive. In this context a group of teachers and pupils of the Gimnaziale School Nr. 3 Zimnicea organized during the school year 2018-2019 educational activities for better health through nutrition and movement.

The purpose of the activities was to train healthy eating habits and harmonious development through sport.

### OBJECTIVES:

- Reduction of unhealthy food consumption among the school population;
- Promoting healthy eating habits appropriate to the physical and mental health of students;
- Stimulating pupils' artistic skills and cultivating aesthetic taste;
- Adopt healthy behavior on the sustained daily movement;

# THE PICTURE OF HEALTHY VEGETABLES







## THE DONATED VEGETABLES AND FRUITS WEEK

During this campaign, the pupils were involved in the gathering of food, vegetables and fruit, which they donated to families in difficulty, thus showing altruism and compassion, reflecting on the needs of others.





# We are what we eat

The purpose of the activity is to educate healthy eating habits and is structured on two components:

- collage making according to the theme of the activity;
- culinary exhibition - presentation / contest - the healthiest / bio culinary preparation.



















# Sport - health spring

By pursuing this activity, it was intended to create a positive attitude towards sport and to adopt a healthy behavior regarding the sustained daily movement.







# THANK YOU!

