



BERUFSKOLLEG
Wirtschaft und Verwaltung
mit Wirtschaftsgymnasium




Food pyramid

Colegiul Economic Buzău



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INTANGIBLE OBJECTIVES

RAISE AWARENESS in students and teachers for the RICH CULTURAL HERITAGE food offers



RAISE AWARENESS for the dangers of unhealthy food



To create an interest in the process of production and MARKETING of (local)food products and in supporting SMEs (work dimension)



RAISE AWARENESS for the impact of food production on the ENVIRONMENT,



RAISE AWARENESS for the tragedy of food being WASTED



RAISE AWARENESS for the impact of food production on the ENVIRONMENT

RESULTS

Logo of the project

Booklet of healthy food recipes

Facebook page

DVD – film containing the most important activities

Web documentary

Leaflet of the project

Collection of lesson plans

Cookery book

eTwinning platform

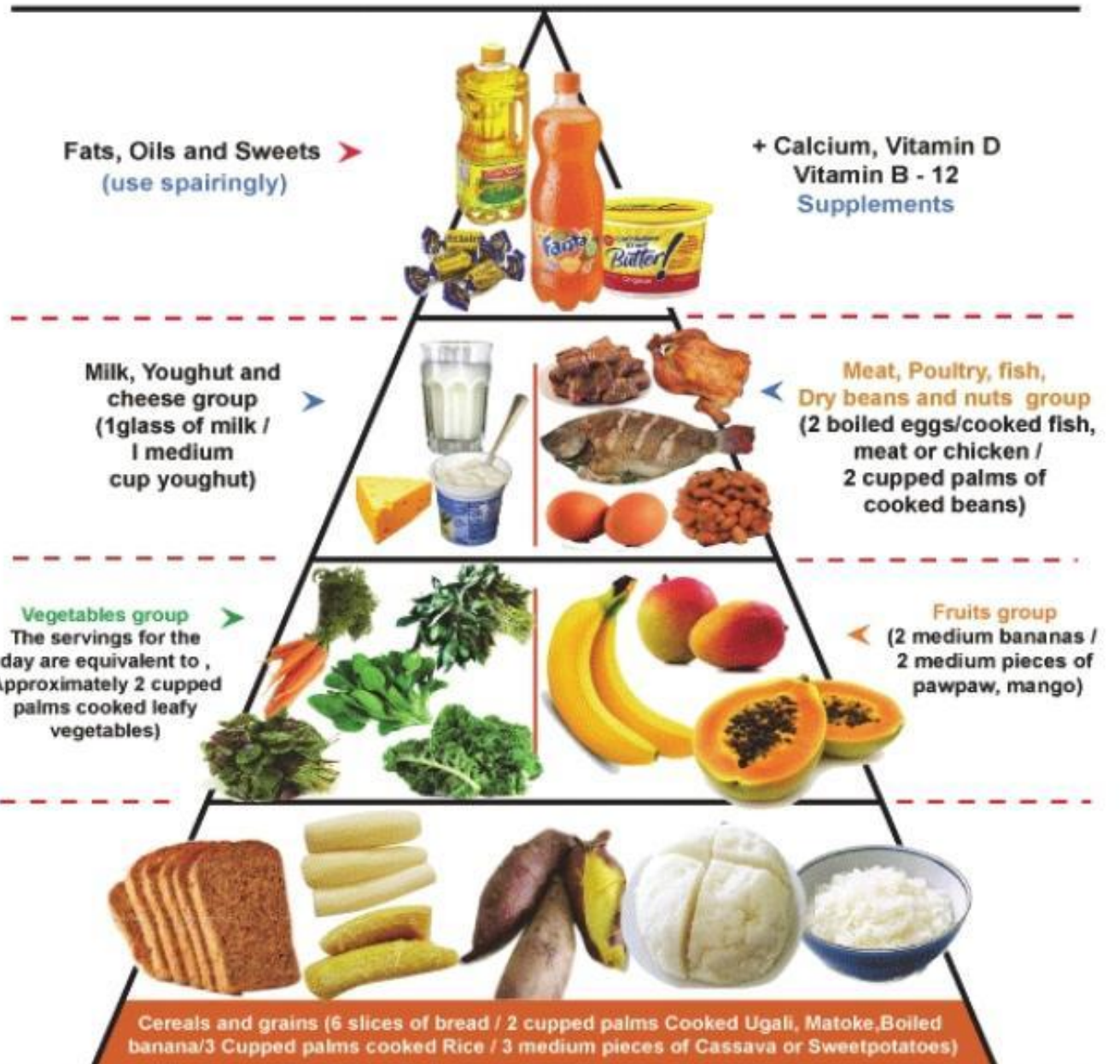
Calendar of seasonal crops

FOOD PYRAMID



What is it?

The Food Pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.



The first pyramid was published in Sweden in 1974

The [World Health Organization](#), in conjunction with the Food and Agriculture Organization, published guidelines that can effectively be represented in a food pyramid relating to objectives to prevent obesity, chronic diseases and dental caries based on meta-analysis though they represent it as a table rather than a "pyramid".



Fruits and vegetables: This group also includes fresh vegetables. Fruits and vegetables are a very important source of fiber, vitamins (such as provitamin A or vitamin C), minerals and antioxidants that have important protective action.



Vegetables

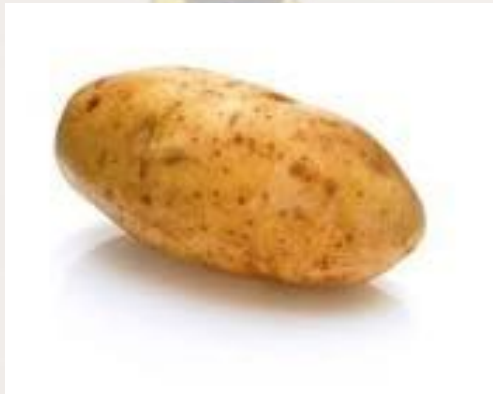
Vegetables contain many vitamins and minerals; however, different vegetables contain different spreads, so it is important to eat a wide variety of types. For example, green vegetables typically contain vitamin A, dark orange and dark green vegetables contain vitamin C, and vegetables like broccoli and related plants contain iron and calcium. Vegetables are very low in fats and calories, but ingredients added in preparation can often add these.



Fruits

Fruits are low in calories and fat and are a source of natural sugars, fiber and vitamins. Processing fruit when canning or making into juices may add sugars and remove nutrients. The fruit food group is sometimes combined with the vegetable food group.





Cereals, tubers and derivatives: grains have higher nutritional value because they provide not only starch and fiber but also essential protein and essential fatty acids. They also contain carbohydrates with a chemical structure that allows for gradual absorption, which helps maintain a correct level of blood sugars.

Grains

These foods provide complex carbohydrates, which are a good source of energy but provide little nutrition. While they may serve as a filler in low-fat meal plans, replacing these with nuts and seeds would be a better option. Examples include [corn](#), [wheat](#), [pasta](#), and [rice](#).





Milk, yogurt and cheese: These foods provide calcium, protein and certain vitamins (especially B2 and A). Every day 2-3 portions of this group should be eaten, preferring products with lower fat content.



Meat, Fish and Eggs: Provides trace elements such as zinc, copper, iron, protein and vitamin B complex B. A fair diet suggests the preference for eating fish and lean meats and no more than 2-3 eggs a week. In this group you can also insert the dried vegetables, a source of nutrients characteristic of meat, fish and eggs, to which is added starch and fiber. Every day, 1-2 portions of food from this group should be eaten.

- **Sweets** : moderate consumption of sweets, french fries, salty biscuits, sweetened drinks, not more than 1 serving per day is recommended.
- **Liquids**: It is recommended to consume large liquids throughout the day, from 1 to 2 liters, preferably unsweetened drinks such as water and herbal infusions. It is good to drink beverages containing caffeine (coffee and tea) with moderation.



Oils and sweets

A food pyramid's tip is the smallest part, so the fats and sweets in the top of the Food Pyramid should comprise the smallest percentage of the diet. The foods at the top of the food pyramid should be eaten sparingly because they provide calories, but not much in the way of nutrition. These foods include salad dressings, oils, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts.





Thank you for your attention!

