

FIOL FOOD IN OUR LIVES

Food in our lives



Food in our lives



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OUR LIFE!

A HEALTHY LIFE?

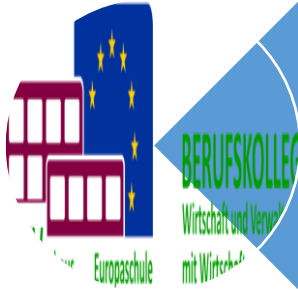
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OUR PROJECT

Food in our Lives/ 2018-1-DE03-KA229-047244_2

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We all consume FOOD every day, often without giving it much thought - yet it does so much more than just keep us alive. Since the EU announced 2018 as the YEAR OF EUROPEAN CULTURAL HERITAGE, the project team decided to approach this topic from the point of view of food and gastronomy.

The decision by the U.N. Educational, Scientific and Cultural Organization (UNESCO) to include French food to a list celebrating the world's "intangible cultural heritage" (2010) reinforces the idea that food is part of a nation's culture (see <https://de.france.fr/de/news/artikel/immateriellesweltkulturerbe-frankreich>).

Another issue is the concern about HEALTH. Looking at the UNHEALTHY EATING AND DRINKING HABITS we can observe among a large number of students proves the need for reflection about what we eat and drink and how our diet influences our wellbeing.

Students will also approach food from the points of view of ETHICS. There is still famine in the world, while in developed countries tons of unconsumed food are thrown away.

Our fourth aspect is WORK . Many city people, especially young ones nowadays, are out of touch with the origins and cultivation of food. The increasing demand for food production can also result in producers opening new markets, increasing export and/ import in the member countries. By exploring the possibilities of producing and selling local products, the advantages and disadvantages of entering local, national and international markets, also empowering the cooperation between different sectors of a country's economy, the students can find out about a wider context of economic issues; maybe even see chances for career building in this field.

OUR OBJECTIVES

Intangible objectives are:

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**

Further objectives we aim at are: (ADDITIONAL PRIORITY:



Development of ICT SKILLS



Training of COMMUNICATION SKILLS



A furtherance of FOREIGN LANGUAGE SKILLS



INTERCULTURAL COMPETENCE



A development of SELF-CONFIDENCE

TANGIBLE RESULTS OF THE PROJECT

Logo of the project

Leaflet of the project

Web documentary

Calendar of seasonal crops

DVD – film containing the most important activities

eTwinning platform

Facebook page

Cookery book

Booklet of healthy food recipes

Collection of lesson plans

STARTING POINT- WHAT ABOUT YOUR CULTURE OF FOOD?

In order to know the food preferences of the students involved in the project, as well as the habits existing in their food-related families, we applied a questionnaire of 15 items, of which the first two refer to identification elements.

ÎNTREBĂRI RĂSPUNSURI 200

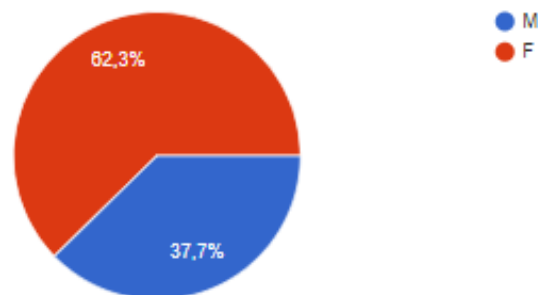
200 de răspunsuri + ⋮

REZUMAT INDIVIDUAL

Se acceptă răspunsuri

1. Gender

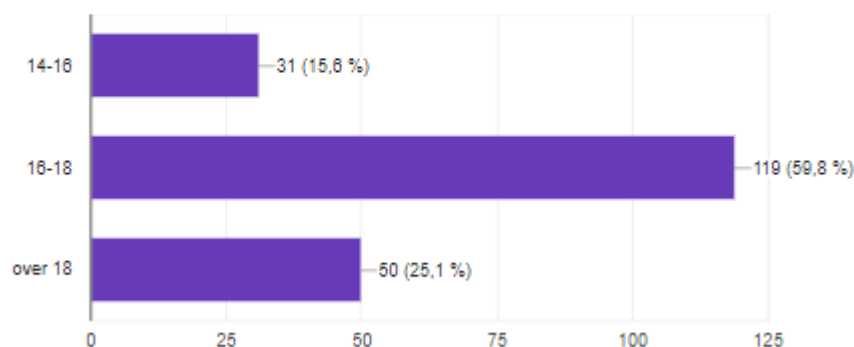
199 de răspunsuri



Out of the 200 students in the sample, the majority, 62.3% are female, and the remaining 37.7% male.

2. Age

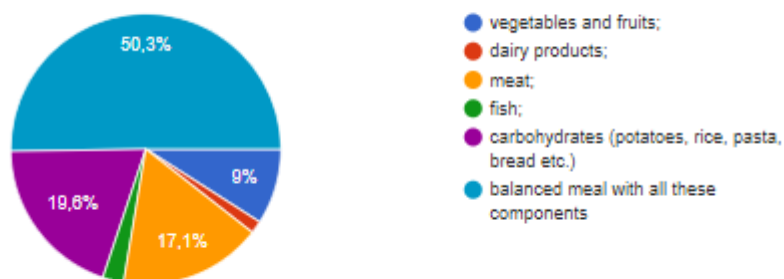
199 de răspunsuri



Most of the pupils in the sample 119 belong to the age group 16-18 years, 50 are over 18 years of age, and only 31 pupils are aged 14-16 years.

3. You prefer meals based on:

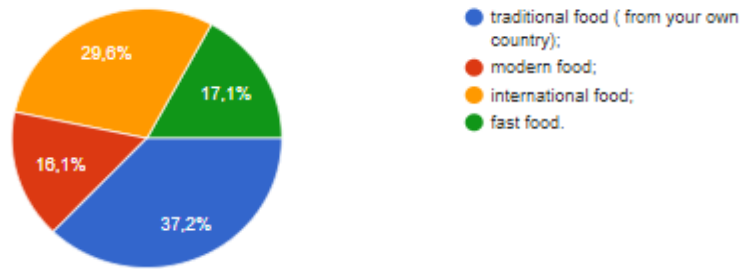
199 de răspunsuri



50.3% of all students prefer fruit and vegetable based menus, 19.6% prefer carbohydrates, 17.1% meat, fish and dairy products are the least represented.

4. You prefer:

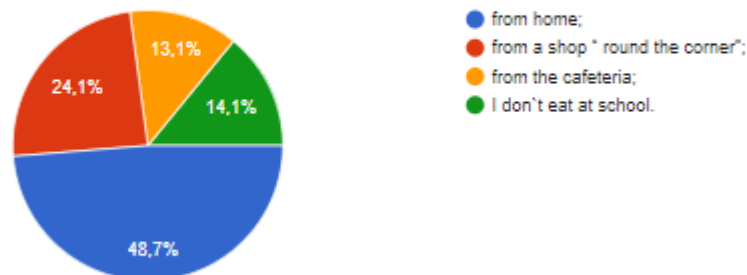
199 de răspunsuri



Traditional foods are preferred by most students, 37.2%, while international food, fast food and modern foods have close proportions in the preference structure.

5. Where do you have your food, at school from?

199 de răspunsuri

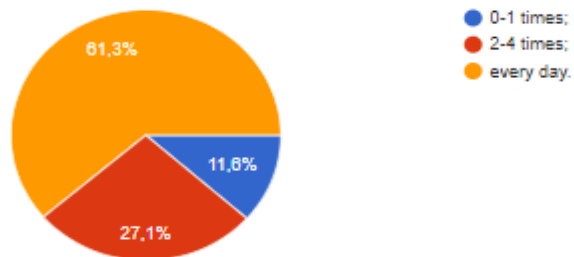


At school, students eat food "from home" (48.7% of the total) or "corner shop" (24.1%); only 13.1% eat "from the school cafeteria" (some schools, like in Romania, do not have a canteen), while 14.1% of students say they "do not eat at school".

6. How many times a week does your family eat a home cooked meal together?



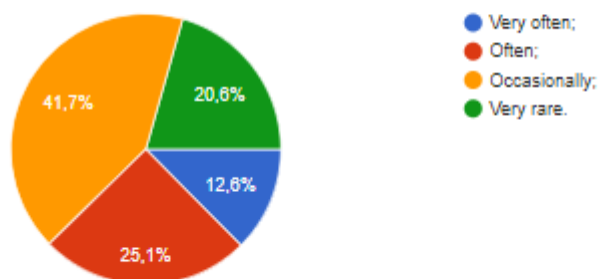
199 de răspunsuri



83.1% of students eat home-made meals with their family, 27.1% of the total of 2-4 and only 11.6% less than 4 times.

7. Do you take part in preparing lunch or dinner in your family?

199 de răspunsuri

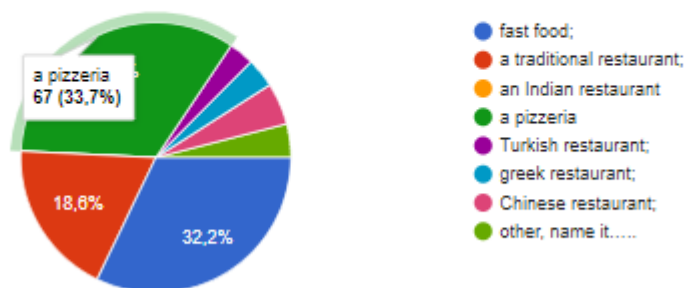


Most of the students (41.7% of the total) take "occasional" lunch preparation or family dinner, 25.1% "often", 20.6% "very rarely" and only 12.6% of the total "very often".

8. When you go out in town what kind of place you prefer for eating:



199 de răspunsuri



When they go out to eat in the city, students prefer "Pizzeria" 67% of the total, 32.2% "fast food" and 18.8% "traditional restaurant". The other categories of restaurants have insignificant shares in the total of students interviewed.

9. How long do your meals take on school day? □ breakfast.....min □ lunch.....min □ dinner.....min

189 de răspunsuri

The duration of meals in a school day varies:

- Between 2 minutes and 20 minutes for breakfast, with the highest frequency at 10; there are also cases with 0, probably the student does not eat in the morning or 2 minutes
- 15 to 30 minutes for lunch, the highest at 20; there are cases with 50 minutes, but also 10 minutes
- 20 to 40 minutes for dinner, with the highest frequency at 30; there are cases with 15 minutes, but also 45 minutes.

10. How long does your traditional family meal take?min

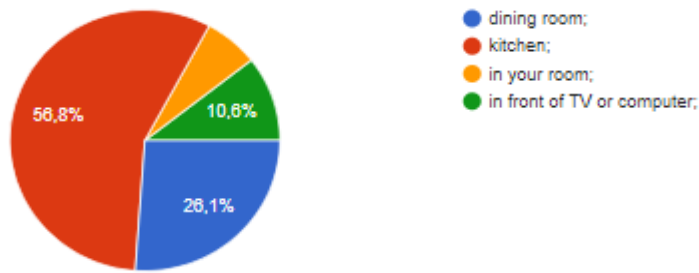
187 de răspunsuri

A traditional family meal lasts between 15 minutes and 4 hours, the highest frequency being at 2 hours; there is also a 20 minute version, but also a whole day.

11. Where do you prefer to eat when you eat at home?



199 de răspunsuri

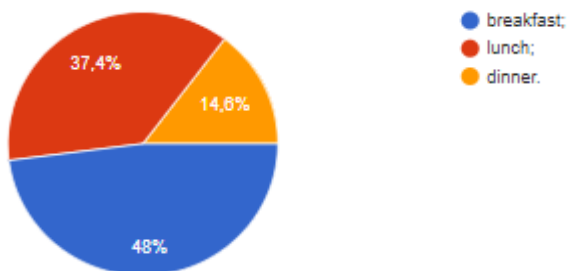


Most students prefer to eat in the kitchen, 26.1% in the living room, 10.6% in front of the TV or computer and the rest in their own room.

12. Which is the most important meal of a school day?



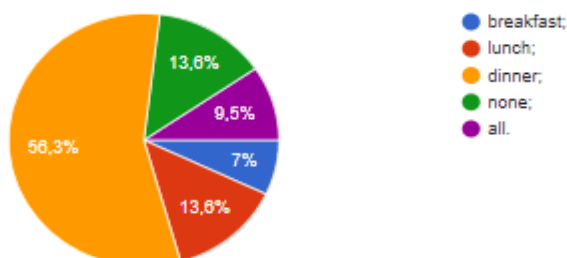
198 de răspunsuri



For 48% of the students the most important meal of the day is breakfast, for 37.4% of the total lunch, and dinner is the most important meal of the day for the rest of 14.6%

13. You use to eat all together with your family in a school day:

199 de răspunsuri

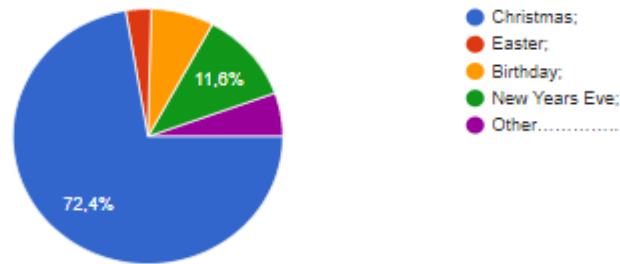


Students serve dinner with 56.3% dinner, lunch and no meal at 13.6% each; 9.5% of all students serve all three meals together, and 7% breakfast.

14. Which is your favourite " festive meal"?



199 de răspunsuri



Christmas is the favorite festive meal for 72.4% of students and the New Year for 11.6% of the total.

15. "With food, you above all associate..."

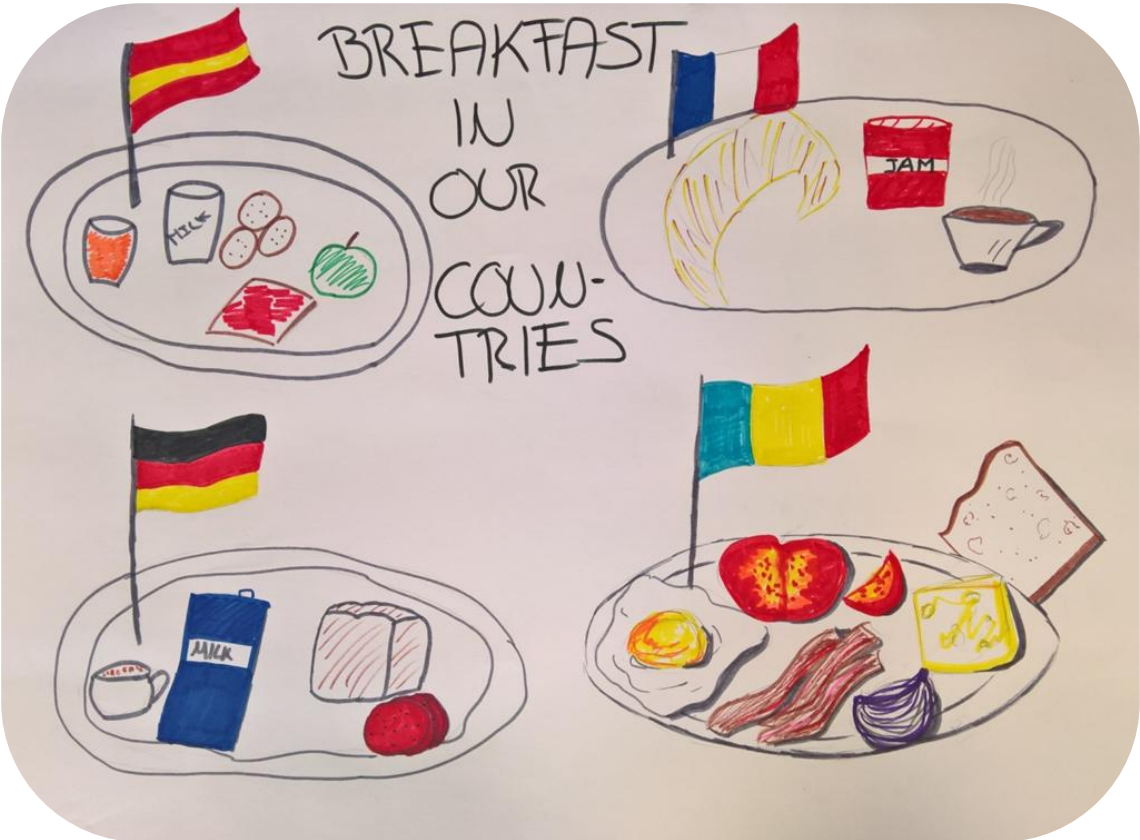
199 de răspunsuri



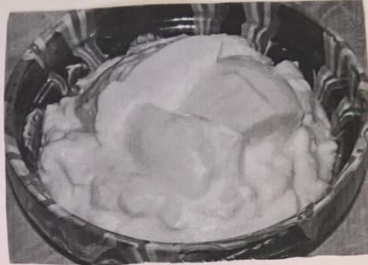
57.3% of students associate food, above all with entertainment, 28.6% with survival, and 13.1% of the total associate food with community sentiment. The association of food with stress has an insignificant share in total.

DIFFERENCES AND SIMILARITIES

And here are some differences and similarities we founded:



Breakfast



Romania

Germany

France

Spain





AND OUR FESTIVE MEALS.....

Christmas

Food



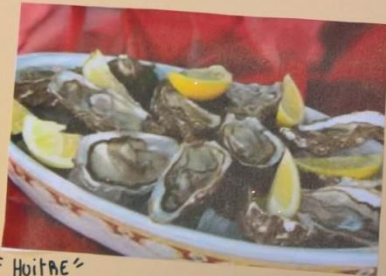
"Boche"



"Christstollen" - German desert



"Döner" salad



"Hoitae"



"Fondue"



Sausage



Romanian bread



"Tobá" - Mixed meat



"CHAMPAGNE"



Meat Jelly

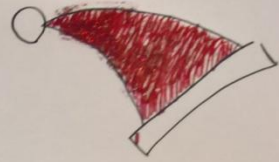


"Polvorones" Spanish desert





Christmas



French



Spanish



We can see that in both dishes there are
• prawns
• oysters ...
• lemon

French



Romanian



German



We can see that in all dishes there are
• kind of sausages
• potatoes
• parsley

French



German



In both plates there are
• chicken,
• potatoes and • sauce.



French



Romanian



German



Spanish

Desserts

There is ...
in all th...
but in v...
fferent

Easter



similarities:



differences:



OUR FAVOURITE FRENCH MENUS

MENU 1

- Breakfast: - cheese
 - waffles
 - fruits



- Lunch: - Maroilles flamiche
 - fishing fish with parsnip and butternut
 - pudding



- Dinner: - peas and fried potatoes
 - Carbonnade flamande



MENU 2

➤ Breakfast

Croissant with butter that could be mixed with jam, jam, honey or chocolate! Orange juice or coffee and, of course, fruit.



➤ Lunch

Lasagne with leeks - sautéed potatoes with garlic salad. Pear with chocolate or crepe with jam or fruit in cholk.



➤ Dinner

Salmon with couscous and boiled asparagus added a sour sauce.

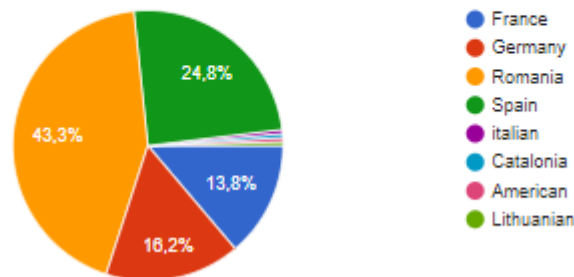


AND THEN WE HAD ONE QUESTION.... DO WE LIVE HEALTHY?

The questionnaire contained 24 questions, of which 3 identifying; a number of 210 students responded to them.

1. Nationality

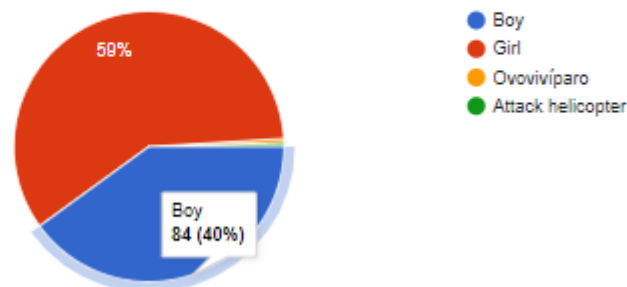
210 răspunsuri



The majority of students are *romanians* (43.3%), then *spanish* (24.8%)

2. Gender

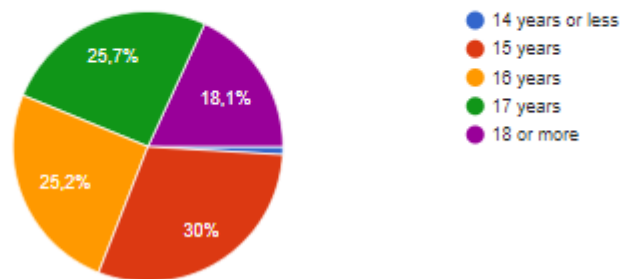
210 răspunsuri



The structure of the respondents is predominantly *feminine* (80% of the total)

3. Age

210 răspunsuri



The majority of respondents is 15 (30%), then 17 (26%), And 16 years old (20%)

Eating habits

4. Choose the meals you usually have (more than one option are possible)

210 răspunsuri

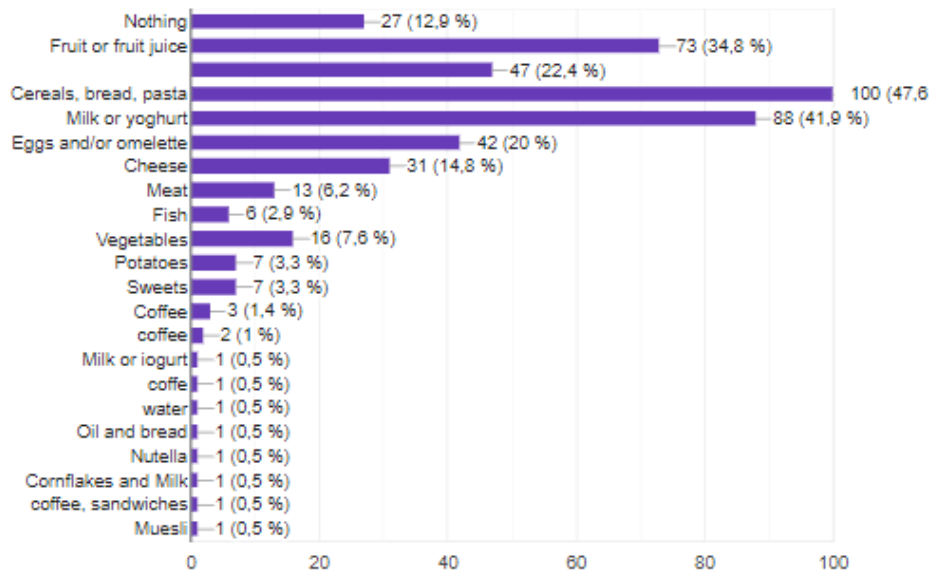


The students usually have *breakfast* (64%) , *dinner* (61%) and *lunch* (58%).

5. Which is the usual composition of your EARLY MORNING meal?



210 răspunsuri

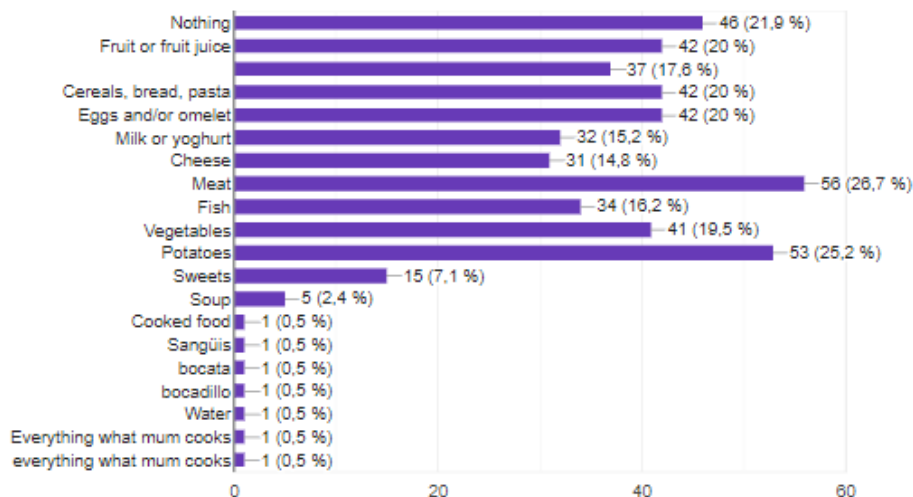


Cereals, bread, pasta is the usual composition of EARLY MORNING meal (47%), then *milk or yourght* (41%) and *fruit or fruit juice* (34%)

6. Which is the usual composition of your LUNCH - NOON MEAL (around 12:00 hh.) meal?



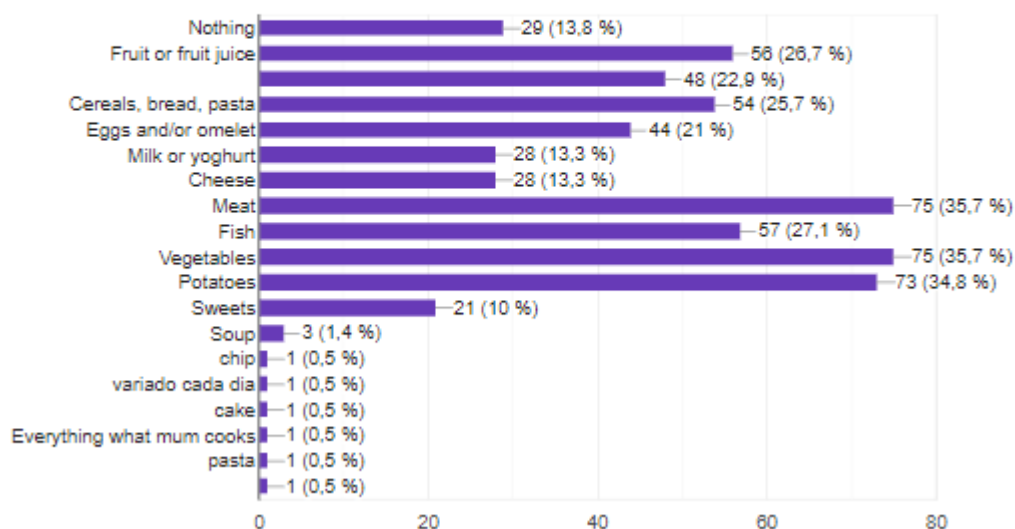
210 răspunsuri



Meat and vegetables is the usual composition of LUNH- NOON MEAL (26%), then *potatoes* (25%).

7. Which is the usual composition of your AFTERNOON meal (around 14:00-15:00 hh.)?

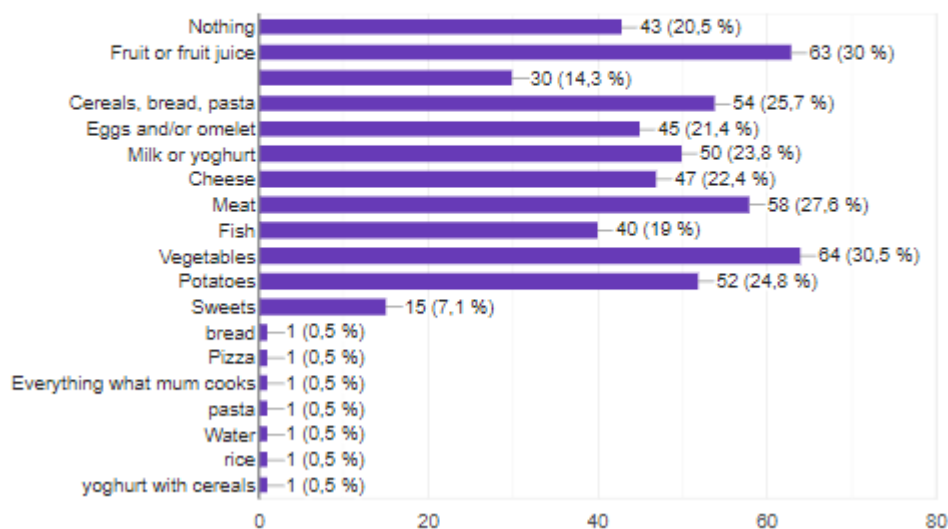
210 răspunsuri



Meat and vegetables are the usual composition of AFTERNOON MEAL (35%), then *potatoes* (34%).

8. Which is the usual composition of your DINNER - EARLY EVENING meal (around 18:00-19:00 hh.)?

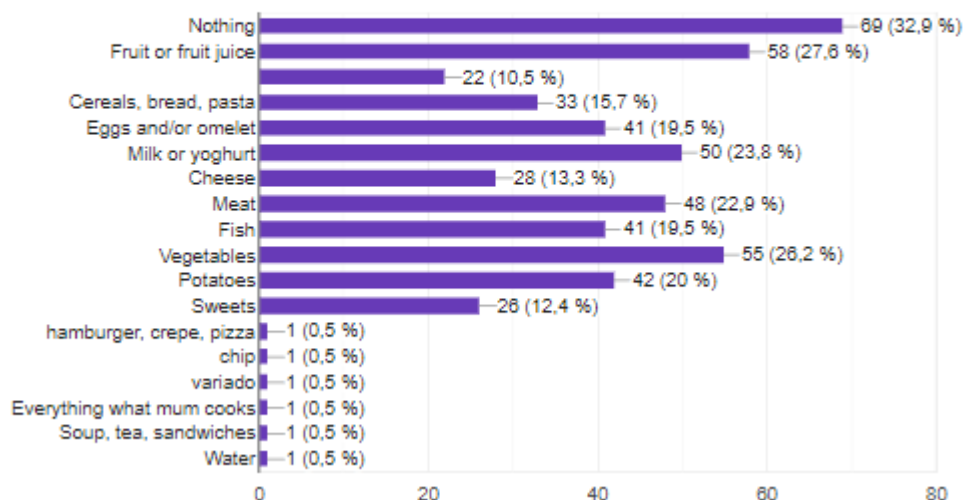
210 răspunsuri



Vegetables, fruit or fruit are the usual composition of AFTERNOON MEAL (30%), then *meat* (27%), *cereals, bread, pasta* (25%)

9. Which is the usual composition of your SUPPER - LATE EVENING meal (around 21:00-22:00 hh.)?

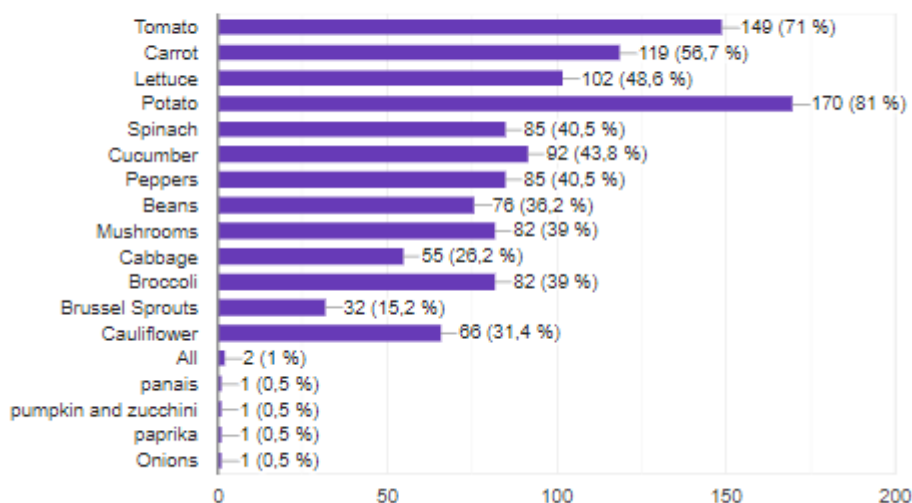
210 răspunsuri



The majority of students chosed "Nothing" (32%) , then *fruit or fruit juice* (27%) and *Vegetables* (26%)

10. Mark the vegetables you like (several options are possible)

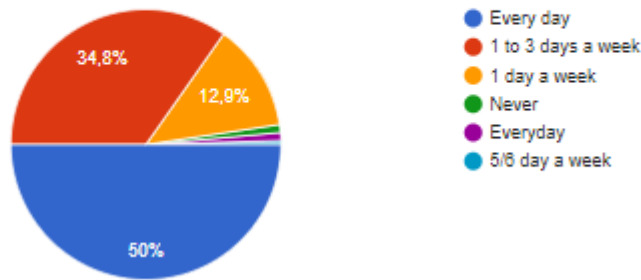
210 răspunsuri



81% of respondents like *potato*, 71% *tomato* and 56% *carrot*

11. Frequency of consumption of vegetables

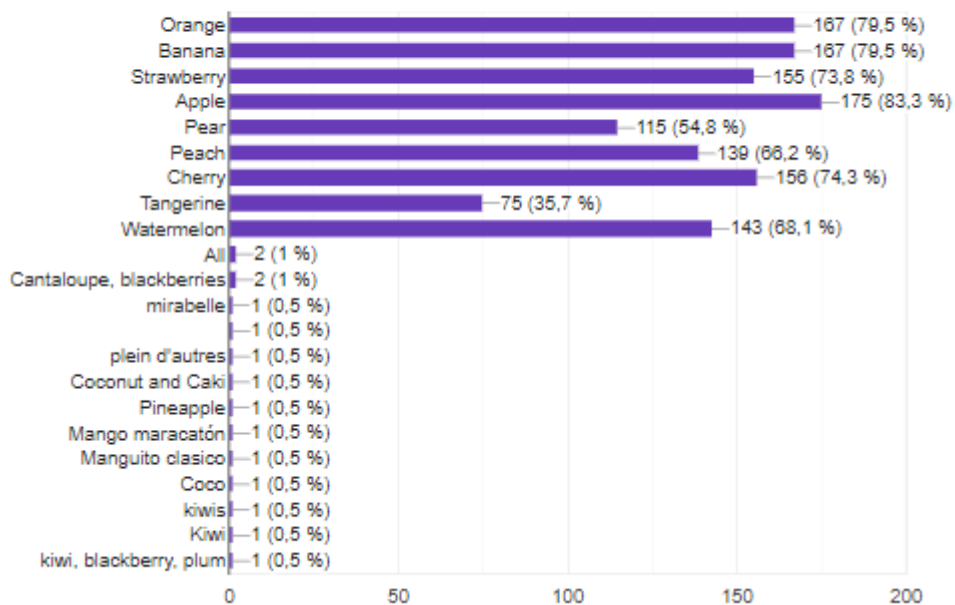
210 răspunsuri



50% of respondents eat vegetables every day, 34% 1 to 3 days a week, 12% 1 day a week

12. Mark the fruits that you like

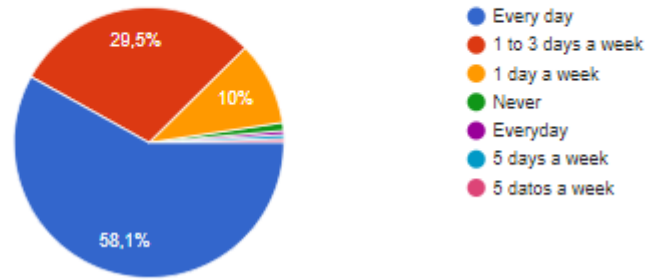
210 răspunsuri



Apple is preferred by majority of respondents (83%), than orange and banana (79%), cherry (74%) and strawberry (73%)

13. Frequency of consumption of fruit

210 răspunsuri

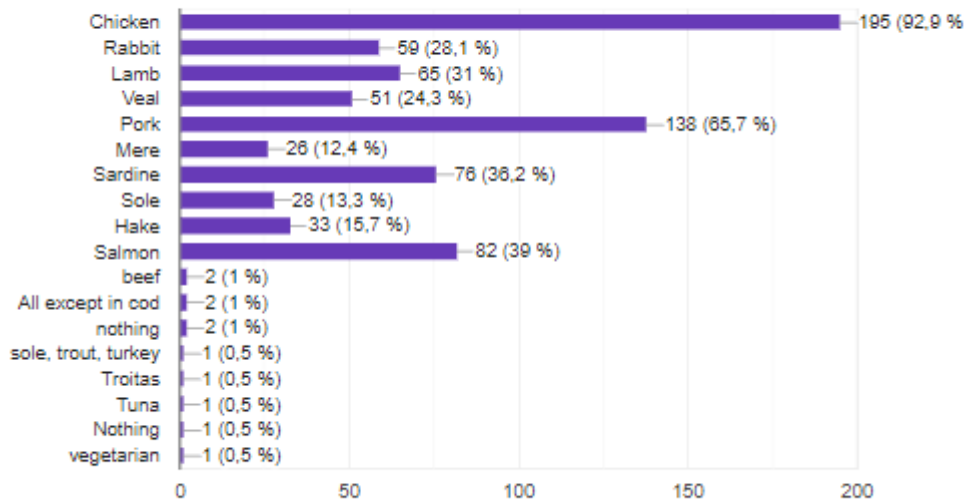


58% of respondents consume fruit *every day*, 29% *1 to days a week*, 10% *1 day a week*

14. Mark the type of fish and/or meat that you like



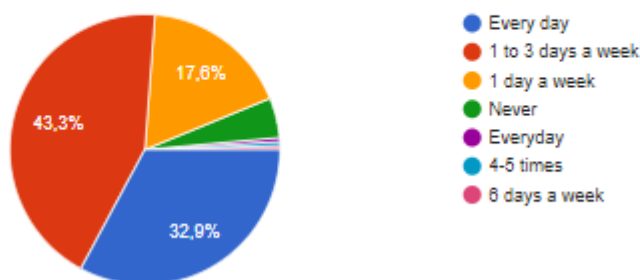
210 răspunsuri



The majority of respondents (92%) likes *chicken*, then *pork* (65%) and *salmon* (39%)

15. Frequency of consumption of meat or fish

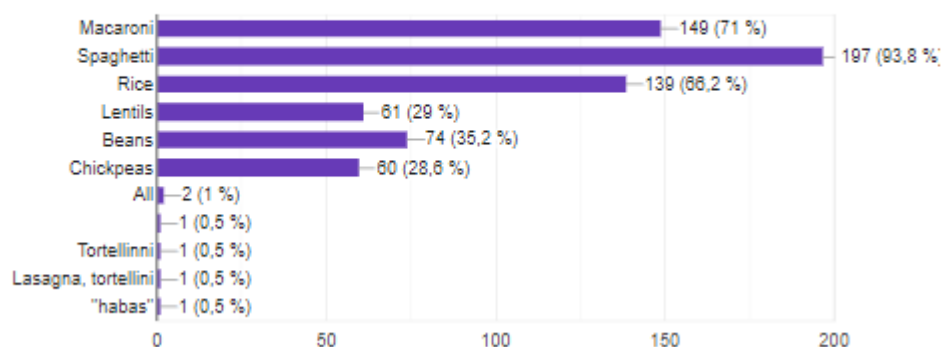
210 răspunsuri



43% of respondents consume meat or fish *1 to 3 days a week*, 32% *every day*, 17% *1 day a week*.

16. Mark the type of pasta and legumes that you like

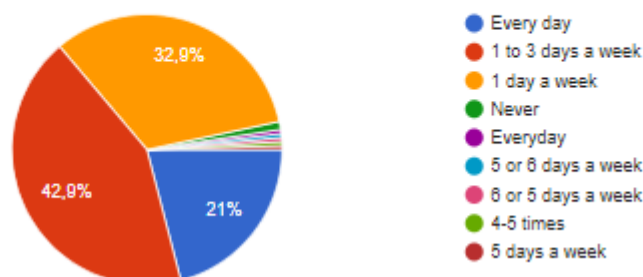
210 răspunsuri



93% of respondents likes *spaghetti*, 71% *macaroni*, 66% *rice*

17. Frequency of consumption of pasta and legumes

210 răspunsuri

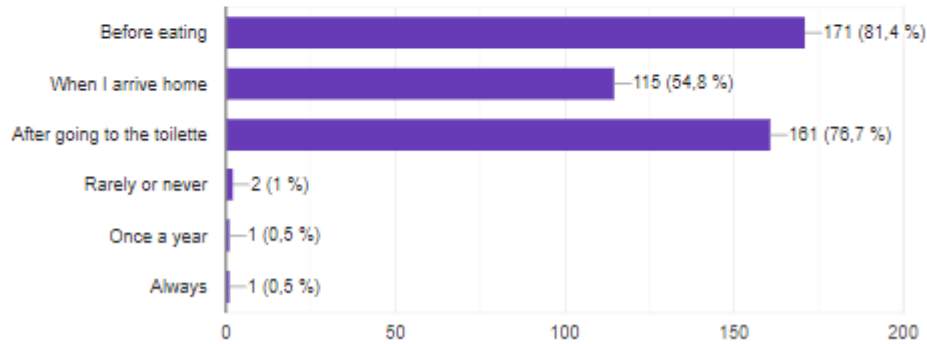


42% of respondents consume pasta or legumes *1 to 3 days a week*, 32% *1 day a week*, 21% *every day*.

Healthy habits

18. When do you wash your hands?

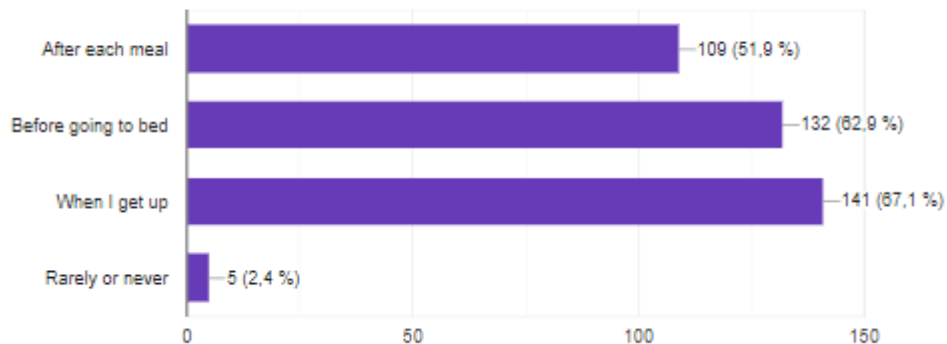
210 răspunsuri



81% of respondents wash their hands *before eating*, 76% *after going to the toilette* and 54% *when they arrive home*.

19. When do you brush your teeth?

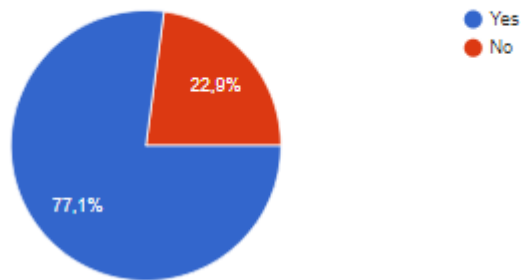
210 răspunsuri



67% of respondents brush their teeth *when get up*, 62% *before going to bed* and 51% *after each meal*.

20. Do you do any exercise apart from school classes?

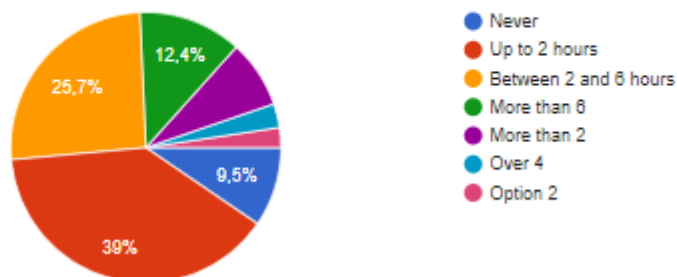
210 răspunsuri



77% of respondents do any exercise apart from school classes

21. How many hours a week do you exercise?

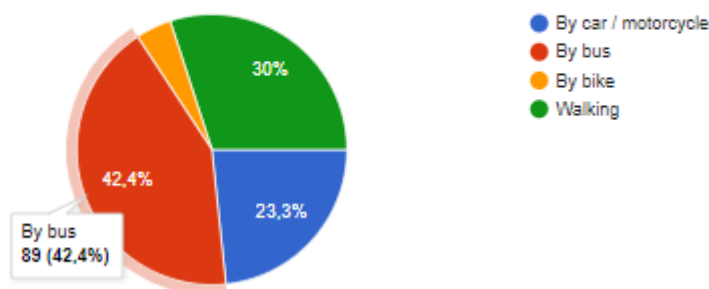
210 răspunsuri



39% of respondents chose up to 2 hours, 26% between 2 and 6 hours and 12% more than 6.

22. How do you go to school?

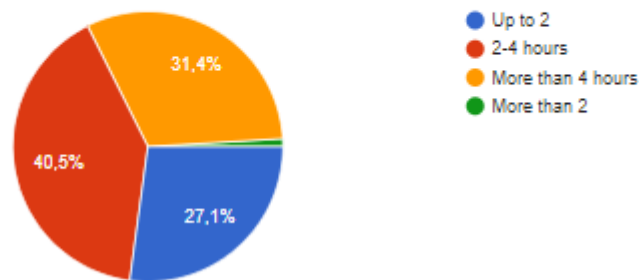
210 răspunsuri



42% of respondents go by bus, 30% walking and 23% by car/motocycle

23. How many hours do you spend watching tv, playing videogames or surfing the Internet / social media per day?

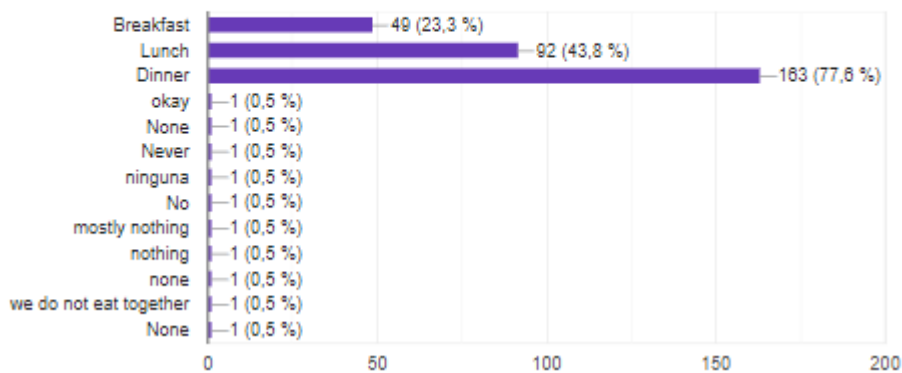
210 răspunsuri



40% of respondents spend 2-4 hours, 31% more then 4 hours and 27% up to 2

24. What foods do family members eat together?

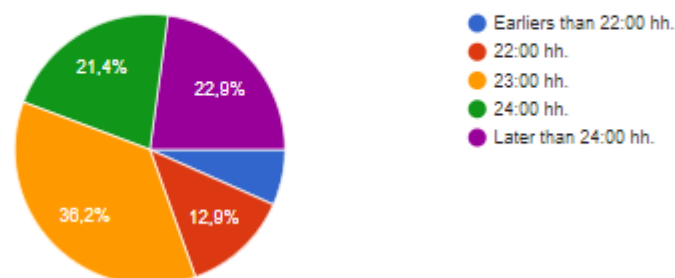
210 răspunsuri



Dinner for 77% of respondents, lunch for 43% and breakfast for 23%

25. At what time do you go to bed on week days?

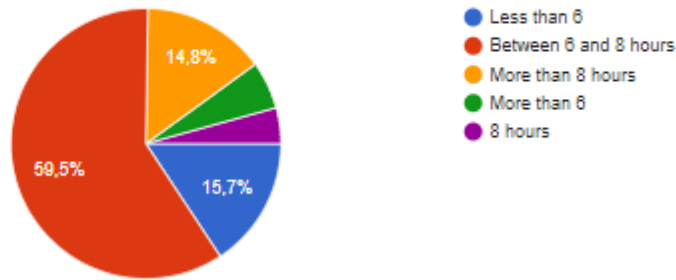
210 răspunsuri



38% of respondents go to bed at 23 hh, 22% later than 24 hh, 21% at 24 hh

26. How many hours do you sleep normally?

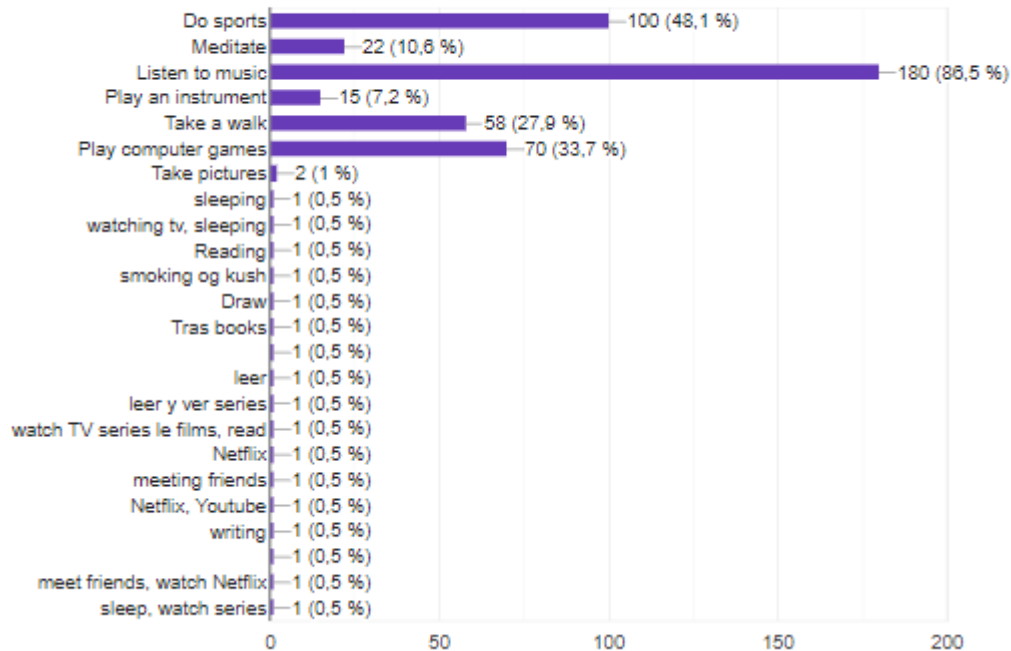
210 răspunsuri



59% of respondents sleep normally *between 6 and 8 hours*, 15% *less than 6*, 14% *more than 8 hours*

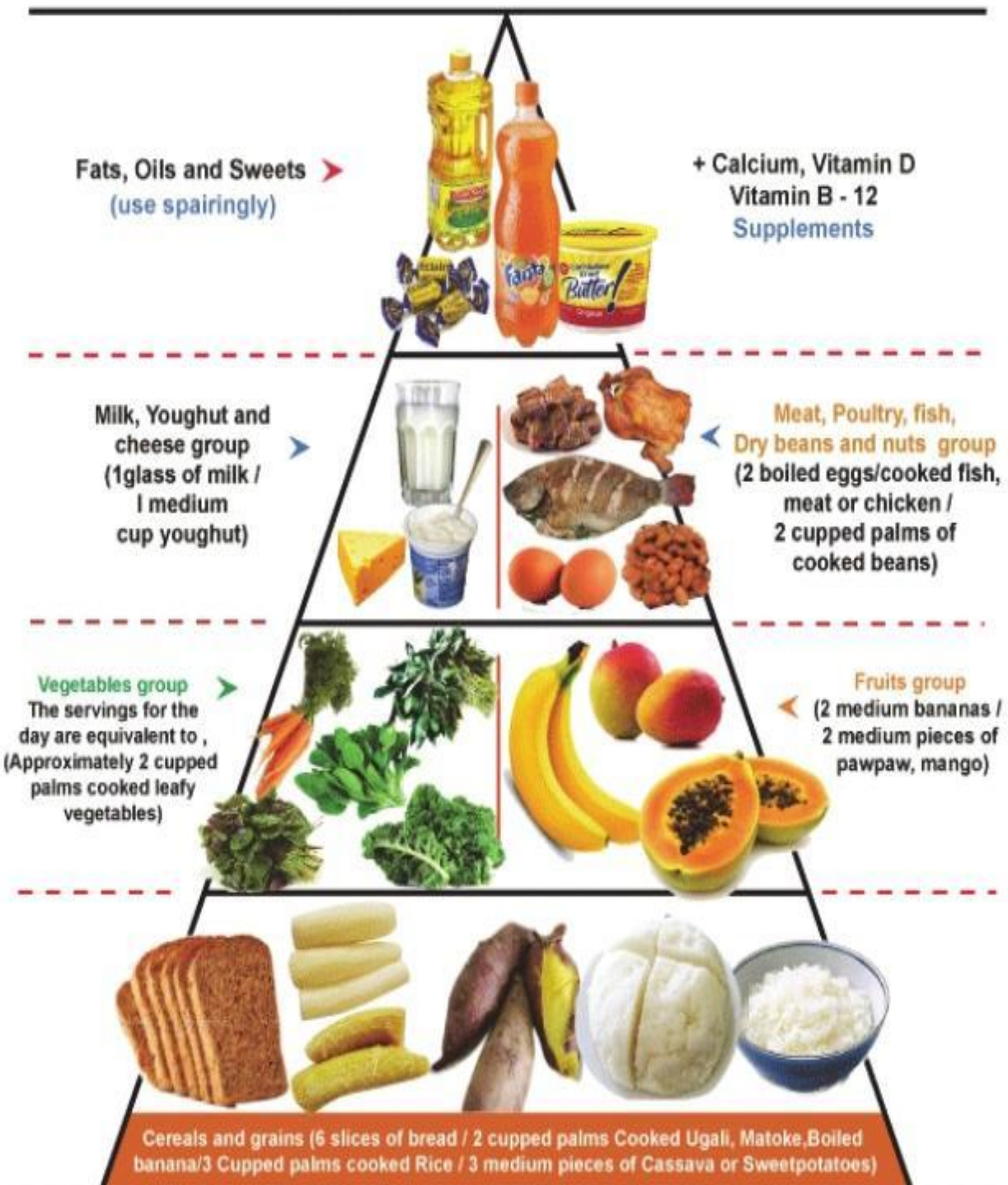
What do you do to relax after stress?

208 răspunsuri



86% of respondents preferre *listen to music*, 48% *do sports*, 33% *play computer games*, 27% *take a walk*.

FOOD PYRAMID



Remember you are what you eat!

OUR HEALTHY WEEK

A HEALTHY WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Break Fast	Orange juice Milk Bread (white)	Cereal Apple juice Bread of seeds	Boiled eggs Pineapple juice avocados	peach juice white bread Milk	Apple Orange juice Cereal	Bacon Boiled eggs Toast	Cereals Apple juice Bread of seeds
Lunch	Soup Bread Water	Pasta Water Zucchini	Fish and chips Tomato Water	Vegetables Chicken breast Water	Fruit salad Water	Omelette Water Bread	Spinach soap Fish Water
Dinner	Salad Water	Fruit water	ham Water	Fish Water	Vegetables Water	Pizza Beer	Chicken Wime
Activi es	Running	_____	Go to GYM	Go to swim	_____	Walk	_____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Days of the week
<i>Scrambled eggs, toast, tomatoes, green tea</i>	<i>Yoghurt, fruits, honey, orange juice</i>	<i>Cereals, fruits</i>	<i>Toast, ham coffee.</i>	<i>Petit pain au chorda</i>	<i>Boiled eggs, bread with cheese</i>	<i>Smoothie fruits</i>	B
<i>Apple</i>	<i>Strawberry</i>	<i>Watermelon</i>	<i>Apple</i>	<i>Nuts</i>	<i>Banana</i>	<i>Grapes</i>	<i>Snacks</i>
<i>Fried, chicken Salad Water</i>	<i>Paella, water</i>	<i>Pasta Spaghetti Tomato</i>	<i>Stew with vegetables</i>	<i>Spanish omlette(tortilla)</i>	<i>Oil Butter Boiled Potato, Scot</i>	<i>Fish Vegetables</i>	L
<i>Banana</i>	<i>Pears</i>	<i>Cherry</i>	<i>Orange</i>	<i>Black bunnies</i>	<i>Pineapple</i>	<i>Honey melon</i>	<i>Snacks</i>
<i>Soup</i>	<i>Salad Tura</i>	<i>Soup Fish Rice</i>	<i>Sandwich Salad Tomatoes Cucumber</i>	<i>Salad Tomato Cucumber</i>	<i>Tomato Soup Crispy bread</i>	<i>Cous-cous Boiled Vegetables</i>	D
<i>Tennis</i>	<i>Walking</i>	<i>Jogging</i>	<i>Football</i>	<i>Cycling</i>	<i>Running</i>	<i>Basketball</i>	<i>Activies</i>

FOOD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BreakFast	<i>A boiled egg Apple Orange juice</i>	<i>Orange Bread Croissant</i>	<i>Cereals with milk Smoothie</i>	<i>Toast with marmalade Coffe &Tea</i>	<i>Pancakes Fruits Salad</i>	<i>Egg's Yogurt Orange juice</i>	<i>Fruits</i>
Snack	<i>Sandwich</i>	_____	<i>Banana</i>	<i>Strawberry</i>	<i>Yogurt with cereals or fruits</i>	_____	_____
Lunch	<i>Salad Chicken with potatoes Cheese</i>	<i>Spanish omelet Salad</i>	<i>Spaghetti</i>	<i>Mix vegetables with some park meat</i>	<i>Rice with meat balls salad</i>	<i>Peas with baron Bread</i>	<i>Smashed patuas</i>
Dinner	<i>Yogurt</i>	<i>Vegetables</i>	<i>Luna Potatoes Lemon</i>	<i>Fruits Salad</i>	<i>Bread with cheese Cake</i>	<i>Banana with cream</i>	<i>Vegetables</i>
Sport	<i>Running 30 minutes</i>	<i>Swimming</i>	<i>Play football</i>	<i>Running 30 minutes</i>	<i>GYM</i>	<i>Tenis</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BreakFast	<i>Cereals with milk</i>	<i>Fruits (maybe an apple)</i>	<i>Natural yogurt with fruits</i>	<i>Toast with cheese and tomatoes</i>	<i>Bread and coffee</i>	<i>Pancakes with Nutella</i>	<i>Orange juice and bread with jam/jelly</i>
Lunch	<i>Meat with boiled vegetable</i>	<i>Meat with potatoes and broccoli</i>	<i>Roodies with tomato sauce</i>	<i>Rice with chicken and cauliflower</i>	<i>Fish with salad and spanach</i>	<i>Lentils with meat</i>	<i>Spanish omelette</i>
Dinner	<i>Beet cream soup</i>	<i>Sarmale</i>	<i>Salad with cucumber and tomatoes</i>	<i>Apple</i>	<i>Fruits Salad</i>	<i>Salad with cereals</i>	<i>Natural yogurt with kiwi and mango</i>
Exercise	<i>45 minutes of running</i>	<i>30 minutes of billing</i>	<i>45 minutes of swimming</i>	<i>30 minutes of running</i>	<i>60 minutes of playing tennis</i>	<i>45 minutes of walking in the park</i>	<i>Going to the GYM</i>

	<i>Breakfast</i>	<i>Brunch</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Sports</i>
<i>Monday</i>	<i>Milk with cereals</i>	<i>Bread</i>	<i>Soup & salad</i>	<i>Apple</i>	<i>Rice with tomatoes</i>	<i>Jogging</i>
<i>Tuesday</i>	<i>Doughnuts & Coffee</i>	<i>Banana</i>	<i>Chicken with salad</i>	<i>Orange juice</i>	<i>Green beans with carrots</i>	<i>Running and yoga</i>
<i>Wednesday</i>	<i>Yogurt</i>	<i>Peppers</i>	<i>Sausages</i>	<i>Orange</i>	<i>Salad</i>	<i>Basketball</i>
<i>Thursday</i>	<i>Tea with biscuits</i>	<i>Bread</i>	<i>Fish with lemon</i>	<i>Strawberry with chocolate</i>	<i>Salad</i>	<i>Tennis</i>
<i>Friday</i>	<i>Coffee</i>	<i>Blackberry</i>	<i>Cheese omelette</i>	<i>Grapes</i>	<i>Broccoli</i>	<i>Swimming</i>
<i>Saturday</i>	<i>*Sleep*</i>	<i>Milk with honey</i>	<i>Barbecue</i>	<i>Grapes</i>	<i>Cauliflower</i>	<i>Cycling</i>
<i>Sunday</i>	<i>*Much sleep*</i>	<i>Milk with toast</i>	<i>Spaghetti with tomatoes</i>	<i>Muffin</i>	<i>Sushi</i>	<i>Walk</i>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 ⁰⁰ <i>Milk with cereals</i>	7 ⁰⁰ <i>Milk with cocoa and toast with Nutella and butter</i>	7 ⁰⁰ <i>Omlette with tea</i>	7 ⁰⁰ <i>Yogurt with chia seeds and raspberries</i>	7 ⁰⁰ <i>Tomatoes, cheese, bread and tea</i>	9 ⁰⁰ <i>Butter with bread and tea</i>	10 ⁰⁰ <i>Coffee with cookies and bread with marmalade</i>
10 ⁰⁰ <i>Apple and kiwi</i>	10 ⁰⁰ <i>Sandwich and banana</i>	11 ⁰⁰ <i>Cucumber and carrots</i>	10 ³⁰ <i>Croissant</i>	14 ⁰⁰ <i>Pomelo</i>		14 ⁰⁰ <i>Fish and sweet potatoes</i>
14 ⁰⁰ <i>Fish with potatoes</i>	14 ⁰⁰ <i>Salmon with mamaliga and cheese</i>	14 ⁰⁰ <i>Pasta carbonara</i>	14 ⁰⁰ <i>Rice with chicken breast and vegetables</i>	13 ³⁰ <i>Soup with meat balls</i>	14 ⁰⁰ <i>Chicken breast with sweet potatoes and orange juice</i>	17 ⁰⁰ <i>Big fruits smoothie</i>
17 ⁰⁰ <i>2x pears</i>	18 ⁰⁰ <i>Protein shake and banana</i>	17 ³⁰ <i>Fruit salad</i>	17 ⁰⁰ <i>Banana and kiwi</i>	16 ³⁰ <i>Tura sandwich</i>	16 ³⁰ <i>Strawberries with chocolate syrup</i>	21 ⁰⁰ <i>Tomato soup</i>
21 ⁰⁰ <i>Tomatoes soup</i>	20 ³⁰ <i>Octopus</i>	20 ³⁰ <i>Rice with fried/fish</i>	21 ⁰⁰ <i>Rice salad with vegetables and dressing</i>	20 ³⁰ <i>Quesadillas and tacos</i>	20 ⁰⁰ <i>Pizza+Cola</i>	
6 ⁰⁰ <i>Running on the romoar wall</i> 1.		19 ⁰⁰ <i>Exercising in GYM</i> 2.			10 ⁰⁰ <i>Swimming</i> 3.	
DAY	7:00		13:00		19:00	18:00
	BREAKFAST		LUNCH		DINNER	EXERCISE

MONDAY	<i>Cereals + milk, fresh, orange juice,</i>	<i>Chicken, potatoes, peppers Desert: yogurt, apple, banana</i>	<i>Chicken soup Desert: yogurt, a mors, dark chocolate</i>	<i>30 min RUNNING</i>
TUESDAY	<i>Glass of milk whole wheat tread + cheese+ tomatoes + apple juice</i>	<i>Fish + onions + rice Desert: semolina pudding +cucumber</i>	<i>Salad + cheese Cherries</i>	<i>30 min Bicycle taur</i>
WEDNESDAY	<i>Whole wheat raisin muffin+ coffee, orange juice</i>	<i>Pasta + vegetables Desert: Yogurt, apple</i>	<i>Sandwich + cheese, tea Desert: fruits, nuts</i>	<i>30 min dancing</i>
THURSDAY	<i>Milk, cereals, biscuit, banana</i>	<i>Park, vegetables, rice, strawberry</i>	<i>Fresh salad Desert: house chocolate, pears</i>	<i>5 min Crunches 5 min Jumping 10 min Squats</i>
FRIDAY	<i>Whole wheat bread + mozzarella+ tomatoes</i>	<i>Baked potatoes, cheese, banana</i>	<i>Potato soup, carrots, cands</i>	<i>30 min yoga</i>



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This project is financed with support from the European Commission. This material only reflects the views of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.