

Lifestyle

BOOK

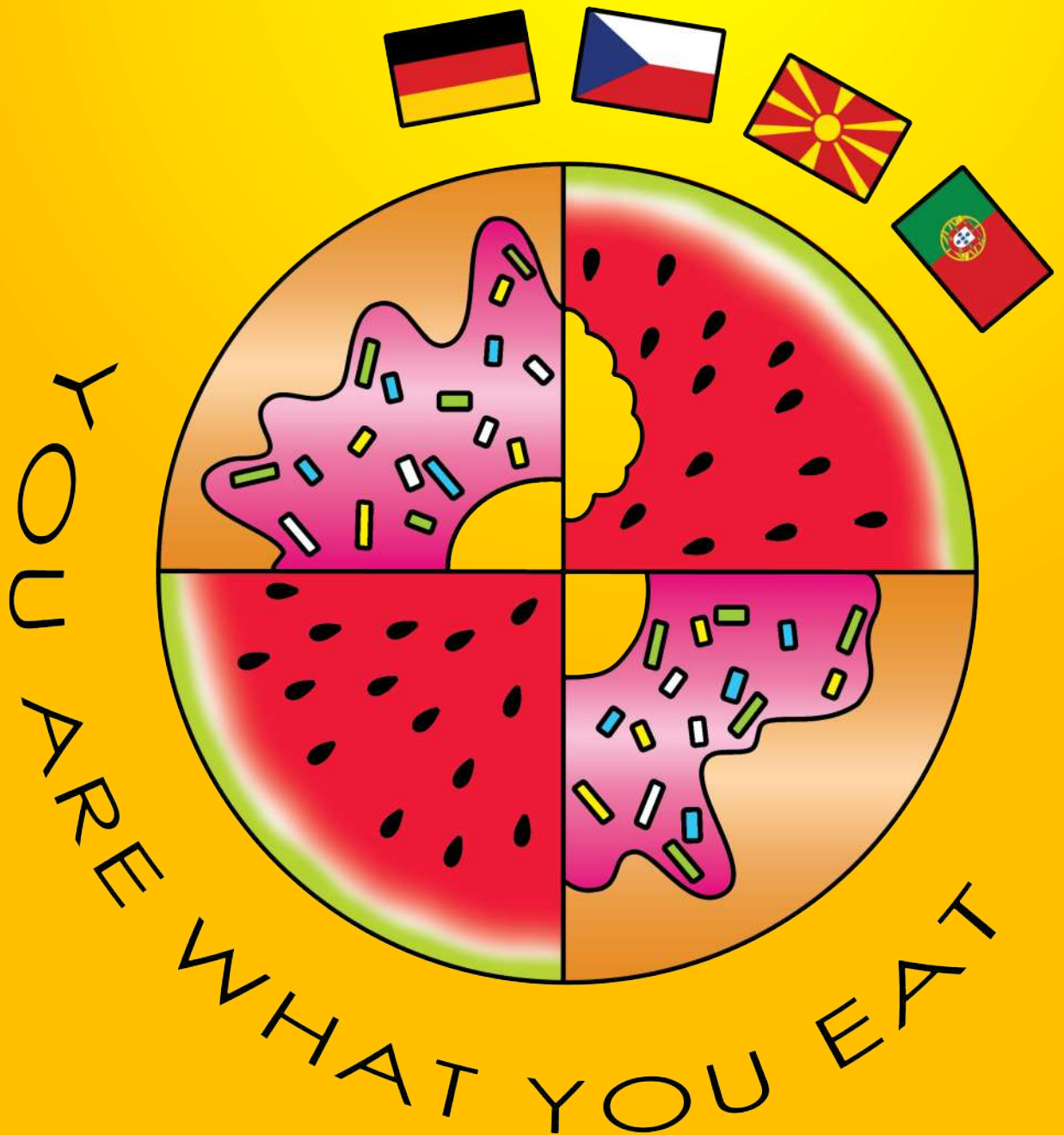


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Preface

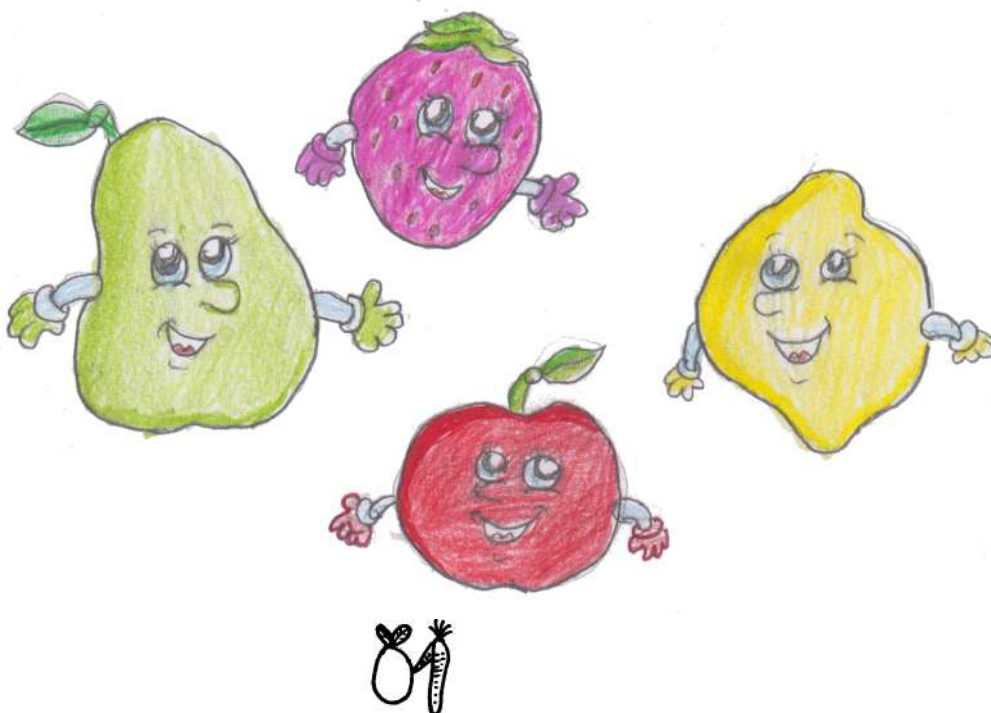
In 2019 some teachers from Portugal, the Czech Republic, North Macedonia and Germany had noticed that the nutrition of some of their students was abysmal. Chips for breakfast, dry instant noodles for lunch, chocolate bars and gummy bears for snacks and on top of that several liters of coke or other sugary drinks to quench their thirst. They decided that something needed to be done. They took action and came up with an international project on healthy nutrition: 'You are what you eat'. With this slogan in mind they came up with the plan to teach their children the basics of a healthy nutrition and show them that a healthy nutrition can benefit not just their health but their performance at school and, in the end, their whole life.

With many motivating activities the students were to not just theoretically learn about a healthy lifestyle but actively carry out different tasks in order to *experience* the benefits of a healthy lifestyle; all the while exchanging ideas and progress with their international partners. This ambitious task in mind, the project work began in September 2019. With the Corona pandemic starting in February 2020 everything changed and the projects future was in jeopardy. However, all teachers were eager to keep working on the project and so they did.

This small lifestyle book is supposed to give the interested reader an insight in the projects work and the benefits of a healthy lifestyle because, actually, it is true, *YOU ARE WHAT YOU EAT*.

Patrick Ode, coordinator

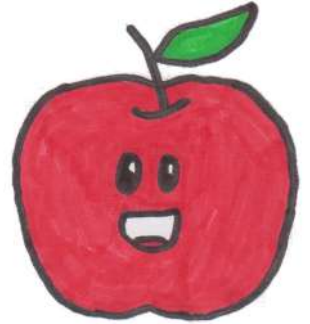
July 2022



GENERAL GENERAL information

What makes a healthy nutrition?

Many books have been written on this topic, from a lot of different angles, with a lot of different opinions. The aim of the following chapter is not to conclusively answer this questions, but to give an account of the very basics that the students learned about during the course of the project.



Why are people eating?

Some people eat because they are sad or bored or afraid, others because they are invited to a party where everybody else is eating, because they don't want to be rude, because it tastes so

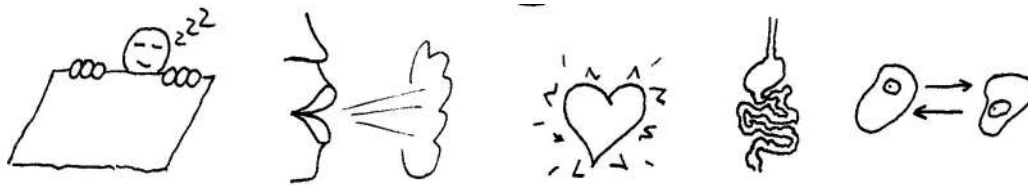
damn good, because otherwise the food might go bad or because no one else is going to eat it. There are tons of emotional and cultural reasons why people eat... And then there are those who, when asked, might answer "because I'm hungry". Hunger is your bodies way of telling you that it needs energy. This is the most basic reason why people eat: to give their body the energy it needs to exist, to survive, to just *be*. Unfortunately, most of us consume much more energy than the body needs, so our body, smart as it is, begins to store it for "bad times" and, bada boom bada bing, the next time you set foot on a scale or try on your favourite shirt,

you can actually notice the "storage": the scale might show an unexpectedly high number, the shirt might be a little too tight around the tummy... In order to avoid this situation it is helpful to know your personal basal metabolic rate and your physical activity level.



What is the personal basal metabolic rate, the physical activity level and the total energy expenditure?

Your personal basal metabolic rate is the energy you have to consume for your body to keep your vital functions alive, while you do nothing but lying motionlessly on your bed, breathing, hearing your heart beat thinking about nothing. In other words: It's the energy your body needs to not die.



As soon as you get up, walk around, do some sports or some (more or less) intense thinking your body needs more energy for everything you do throughout the day. The sum of the energy needed for all your activities is your physical activity level.



By the way: At your age, growing (in height, not in width!) also counts as a physical activity which is why young people have to consume more energy in comparison to older people.

If you sum up your basal metabolic rate and your physical activity level you arrive at your total energy expenditure and the number of calories you should consume per day.

How can you measure them?

There are many formulas to measure your exact energy expenditure. But, to be totally honest, in order to come up with a one hundred percent correct answer, you'd have to go to a sports physician who would conduct all kinds of experiments needing all kinds of different information, the most important ones being your sex, your age and how active you are during the day. However, for a healthy nutrition a correct number up to the decimal point is not that important. It is enough to have a reference point to start from which you can find in the following table.

Just decide how active you are (the higher the number of your physical activity level, or PAL, the more active you are), which sex you belong to and look for your age.

	reference point for total energy expenditure in kcal/day ¹					
	PAL-value 1,4 low activity level		PAL-value 1,6 medium activity level		PAL-value 1,8 high activity level	
	m	w	m	w	m	w
10 up to 13 years	1900	1700	2200	2000	2400	2200
13 up to 15 years	2300	1900	2600	2200	2900	2500
15 up to 19 years	2600	2000	3000	2300	3400	2600

Why is this number helpful when it comes to nutrition?

Now that you know your total energy expenditure, you know how much energy your body needs in form of food to keep you up and running. If you eat less, you might feel tired, your body will not build any muscles and you might lose weight, if you eat more, your body is going to store that extra energy in form of fat and you will gain weight. However, eating is not just about the calories (or energy) a certain food has. Much more important are the nutrients it contains because they are responsible for building muscles, delivering that energy or keeping you healthy.

Which nutrients are there and which function do they have?

The most important nutrients are carbohydrates, proteins and fats.

Carbohydrates are there to provide your body with energy. They consist of different sugar molecules and depending on their structure our body needs more or less time to transform them into energy. The sugar you find in different fruit like apples, for example, can be transformed quickly into energy. So if you need some energy fast, eat an apple. Starch, which can be found in rice, noodles, bread or potatoes, which is also a kind of sugar molecule, takes longer to provide our body with energy, but in comparison to the energy from the apple, the energy delivered through starch products will also last longer. This is why your main meals during the day should always contain some products rich in starch.

¹ Taken from <<https://www.dge.de/wissenschaft/referenzwerte/energie/?L=0>> (27.06.2022)

Another nutrient that provides our body with energy are fats. They contain twice as much energy as carbohydrates which is why you shouldn't eat too much of it if you don't want to exceed your total energy expenditure. There are two types of fats: the saturated fatty acids and the unsaturated fatty acids. The first ones can be found in animal products such as salami or butter; the second ones can be found in plant products, oils or fish. Especially the unsaturated fatty acids are important for our body because unlike the saturated fatty acids it cannot produce them on its own. A lot of positive effects are caused by unsaturated omega 3 fatty acids which can be found in nuts and fatty fish. If you eat fatty products, you should make sure that it contains a lot of these unsaturated fatty acids.

Moreover, there are proteins. They are the building blocks for the cells in our body and are also involved in a lot of different processes. Our body needs proteins to build muscles, for chemical reactions and the transportation of iron or oxygen. Proteins can be found in fish and dairy products, such as milk or yogurt, but also in eggs, meat and legumes.

Next to the three macro nutrients mentioned above, there are several micro nutrients which are also important. The two most important ones are vitamins and minerals. The body only needs small amounts of these but, unlike for instance fat, it cannot produce most of them on its own. So it is necessary that you eat food that contains these necessary vitamins and minerals. They are responsible for the metabolism and are needed for many other processes in the human body. The most important vitamins are vitamin A, B, C, D and E. Vitamin A plays an important role when it comes to our vision, Vitamin B improves our thinking, Vitamin C boosts our immune system and Vitamin D strengthens the stability of our bones. Products that are rich in vitamins are liver (A, B), spinach (A, B), whole-grain products (B), paprika (C), seabuckthorn (C), broccoli (C), nuts (E) or plant based oils (E). In order to make most of the vitamins try to buy and process these products fresh and don't boil them for too long.

Furthermore, there are several important minerals such as calcium, magnesium, sodium (salt), iron or iodine. They are necessary for the muscles, the heart, the brain and the bones and also play a part in the metabolism.

How can you find out whether food is healthy or unhealthy?

When you look closely at the wrappings of the products you find at the supermarket, you will notice that all of them have a table that shows you how much energy the product contains and how much carbohydrates, fat, protein and salt it has. Sometimes it also lists the vitamins or minerals. Based on the nutrients it contains and considering which and how much of them are important for our daily nutrition you can find a small food traffic light on the wrapping. The system is called nutri-score and classifies products from very good (A) to rather bad (E). Even

	100g	30g Portion
Energie / Energy / Energie / Energia / Energjska vrednost	2597kJ / 626kcal	779kJ / 188kcal
Fett / Fat / Graisses / Grassi / Mastobe	52g	16g
davon gesättigte Fettsäuren / of which saturated / dont acides gras satures / di cui acidi grassi saturi / od tega nasičene masčobe	7.9g	2.4g
davon einfach ungesättigte Fettsäuren / of which monounsaturated / dont acides gras mono-insaturés / di cui acidi grassi monoinsaturi / od tega enkrat nenasičene masčobe	27g	8.2g
davon mehrfach ungesättigte Fettsäuren / of which polyunsaturated / dont acides gras polyinsaturés / di cui acidi grassi polinsaturi / od tega večkrat nenasičene masčobe	17g	5.0g
Kohlenhydrate / Carbohydrate / Glucides / Carboidrati / Ogljikovi hidrati	11g	3.3g
davon Zucker / of which sugars / dont sucres / di cui zuccheri / od tega sladkorji	5.3g	1.6g
Eiweiß / Protein / Proteines / Proteine / Beljakovine	25g	7.4g
Salt / Salt / Sel / Sale / Sol	0.05g	0.02g



though the classification might vary slightly from country to country, it still makes it easy for you to identify products which are healthy or unhealthy.

So, the next time you are at the supermarket have a look at the nutri-score of the products you want to buy. And if the nutri-score is bad, try to find a healthier alternative. You don't have to eat only products of category A, but the more of them you eat, the healthier your nutrition will become. If you take your time, I'll promise, you will find a healthier alternative.

Inhaltsstoffe	Wert für 100g	Nutri-score
Kj in g	30800	4
Zucker in g	0,35g	0
Gesättigte Fettsäure	0,71g	0
Salz in g (Natrium)	0mg	0
Eiweiß	7,9g	4
Ballaststoffe	3,3g	4

Inhaltsstoffe	Wert für 100g	Nutri-Score-Punkte
Kj in g	22000	6
Zucker in g	2,5g	0
Gesättigte Fettsäure	2,67g	2
Salz in g (Natrium)	300mg	10

What and how much should you eat during the day?

One thing that must be stressed when it comes to the question what and how much you should eat is that eating should be fun. In our today's society eating is more than just the intake of energy to keep our body up and running. And eating should not be the constant calculation of nutrients or calories. Over dinner, you talk with your family about your day at school, at a barbecue you tell your grandparents what is new, a little snack can be a delightful distraction in a stressful or boring situation. The social and emotional aspect of food plays a very important role and mustn't be neglected. But it is up to you to decide WHAT and HOW MUCH you eat. Of course, fatty and sugary products seem like they taste well because they have tricked our body into believing that it needs them. But once you've started eating more consciously, you will notice

that you might not even need all that sugar or all that greasy convenience products and that they didn't taste so well after all.

An easy way to get an idea of what and how much you should eat during the day is offered by the food pyramid. It is based on everything that you have read above so far, and neatly illustrates



what you should eat much of and what you should eat only in small amounts.

The size of the different stories of the pyramid indicates how much you should eat of the products. At the bottom you find non-sugary drinks, water or unsweetened tea. You should drink up to 2 liters per day. In the next story you find fruit and vegetables. Eat three to five small servings per day. The next story contains wheat products. Eat them with breakfast, lunch and dinner. Also, have one serving of dairy products

per day and eat meat or fish only two times a week. Try to eat a handful of nuts for a snack and only use small amounts of oils. Last but not least, try to avoid products that are fatty or contain high amounts of refined sugar.

What happens if you eat too much sugar?

If you eat too much sugar, you won't notice the negative effects right away. But they exist and people should know about them. First of all, you find different types of sugar in many products, for example fruit (fructose) or dairy products (lactose). These types of sugar are not that problematic. The refined sugar is the problematic one. Too much refined sugar is addictive, which means that the body gets used to it and demands more and more - a vicious circle. Also, refined sugar is known to facilitate and speed up the growing of cancer cells. Due to its high energy content, it makes you fat and, on the long run, can lead to diabetes. Moreover, it is bad for our intestinal flora because it unbalances it. There are also studies that show that the consumption of too much refined sugar can lead to concentration problems and ultimately lead to Alzheimer's.



DO'S & DON'TS

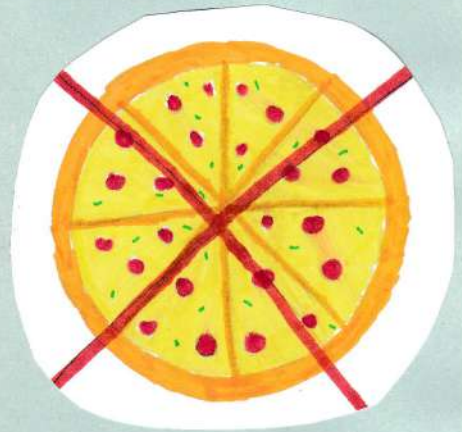
You should eat as many fruit and vegetables as possible.
You'd better drink 1-2 liters of water per day.
You're supposed to drink water or fruit when you get a LITTLE hungry.
You ought to eat granary bread more often than white bread.
You should eat meat and fish one or two times a week.



You shouldn't drink so much alcohol, coca cola or other sugary drinks.
You ought not to go to bed with a full belly.
You ought not to eat several servings.
You shouldn't eat so much food at the same time, because you can get tired.
You ought not to drink coffee on an empty belly, because you can get stomachache.

Do's & Don'ts

1. You should eat a variety of foods
2. You should eat two servings of fruit a day.
3. You'd better drink one liter of water a day. Even better are two liters of water.
4. You ought to avoid food with a lot of sugar or fat in it.
5. You should take a walk after eating, because this will help to digesting the food.



Do's

✓ or ✗

Don'ts



1. You ought to not drink beverages loaded with sugars like soda.
2. You should not use artificial sweeteners.
3. You are not supposed to eat prepared food like canned food or pizza.
4. You'd better not eat while watching TV or work.
5. You should not skip breakfast, it's the most important meal of the day.

Do's

Don'ts

for healthy living

Do's

- You ought to drink 2 liters water.
- You should consume less sugar and salt.
- You'd better try to do some easy sports.
- You ought to eat regularly but you are supposed to control the servings.
- You'd better eat fish at least once a week.

Don'ts

- You shouldn't smoke.
- You ought not to drink alcohol.
- You shouldn't skip meals.
- You'd better not eat after 7 pm.
- You shouldn't eat when you are bored.

RECIPE OF PORTUGAL

MUSHROOM QUICHE







List of ingredients (for 8 people):

- 1 package pie dough
- 1 tablespoon olive oil
- 4 shallots
- 250g mixed mushrooms
- 6 eggs
- 150g fresh cream
- 70g mozzarella cheese
- 1 garlic clove
- Thyme
- 1 teaspoon nutmeg
- Salt (as needed)
- Pepper (as needed)

Nutrition facts (per serving)	
Calories	377 kcal
Total fat	17.4 g
Sodium	0,4 g
Total Carbohydrate	48.5g
dietary fiber	1.3g
sugar	14.6g
Protein	10.5g



Step by step instruction

1	Dispose the dough on a tart pan. Adjust the edges. With a fork, make small holes in the dough.	
2	Cook the shallots finely chopped in a pan with olive oil; sauté until tender.	
3	Add the chopped mushrooms. Stir carefully till the mushrooms are well cooked.	
4	In a mixing bowl, whisk the eggs, add the fresh cream, a clove of crushed garlic, the thyme leaves, the nutmeg, the salt and the pepper, and stir it up until you obtain a homogeneous mixture.	
5	Add the mushrooms, the shallots and the cheese to the mixture.	
6	Pour the mixture into the tart pan.	
7	Cook it in a preheated oven (160°C) for 30 to 35 minutes.	
8	Cut into equal pieces and enjoy.	

RECIPE OF MACEDONIA



"TAVCE GRAVCE"

MACEDONIAN MOST POPULAR TRADITIONAL DISH



Background information

Tavce Gravce is the traditional dish of Macedonia that dates back to the 15th century. It quickly became popular among Macedonians as a dish eaten on Friday, because it is vegan food. In fact, don't be surprised if you see a lot of Macedonian families consuming Tavce Gravce every Friday even today.

Tetovo beans, a special type of regional bean called "Tetovec" are mentioned in many world cuisines, because they are one of the highest quality beans in the world. Its quality is based on the fact that it is found in the Tetovo valley, while the river Vardar flows into the valley, which has a humid source of spring water.

It's a white bean. Besides beans the dish contains a variety of vegetables.

The only uncomfortable thing about this dish is that you have to start soaking your beans a long time before serving it up.

This dish is also very suitable for vegetarians and vegans, by the way. It's totally vegan. "Posno", we would say in Macedonian. Traditionally, sometimes it is served with a sausage or bacon on top.

The traditional Tavce Gravce recipe culminates by serving it in a clay dish.

List of ingredients (for 2 servings)

300 grams of White bean (Tetovec)

1 liter of water

onions

oil




dried red pepper (maybe more)





red and black pepper and salt

sausages or bacon(optional)



Step by step instruction

1	Start soaking about 14h earlier! Take a big bowl with lukewarm water and place the beans in the water. Cover and let soak.	 <p>300 grams beans / 300 g pasulj 3 dry peppers / 3 suhe paprike 2 l water / 2 l vode</p>
2		The day after, drain the beans.
3	Throw the water away and put them in a pot to boil in which 1 liter of water is poured.	
4	 <p>boil on middlum teperature / kuhati na srednju temperaturu</p>	Boil the beans over low heat for about 3 hours.
5	Hot water is added during cooking as needed. (Beans swell and absorb water).	

6		Once the beans are cooked, set them aside, and with a soup pump, remove the thick part of the beans and place them in a clay dish.
7	Put 1 tablespoon of dried spices and half a teaspoon of salt in the beans.	 <p>salt / so</p>
8	 <p>30 ml oil / 30 ml ulje one chopped onion / 1 lseckan luk</p>	Put 3 tablespoons of oil in a pan, finely chopped small onion and fry.
9	Then after frying the onion until it turns a golden colour, set aside to cool slightly so it isn't too hot.	
10	 <p>1/2 tbs red pepper / 1/2 kašike crvene paprike</p>	Add two tablespoons of ground red pepper, stir and pour in the beans.
11	Stir the beans, arrange three or four pieces of traditional dry sausage on top (optional) and put in a preheated oven at 200 degrees to bake for about 30 minutes.	
		Remove the pan from the oven and serve.

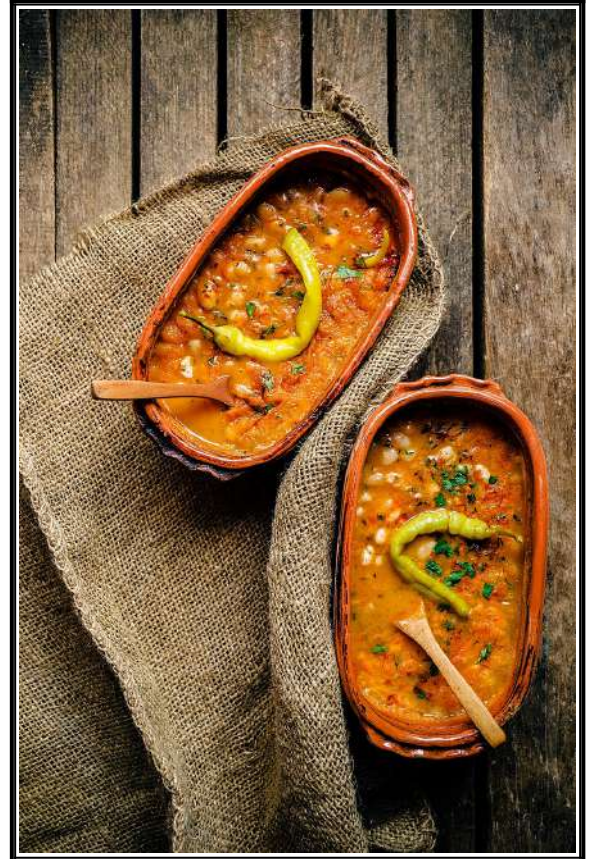
BEANS IN THE SERVICE OF HEALTH

We can really say that beans are SUPERFOOD because they contain dietary fiber, protein and antioxidants. It has protein, the same as meat. So, beans have an extremely beneficial effect on our health. It lowers cholesterol, regulates blood sugar, is good for the health of the digestive system and protects against cancer.

It is recommended to consume more often, and this is especially true for people suffering from diabetes and those who want to regulate their body weight.

Beans have also been shown to reduce the risk of heart disease due to the already mentioned low fat content.

But this is not the end either. Beans are also rich in folic acid, which is extremely important for pregnant women, and has a beneficial effect on mental health and improves memory.



And one tip:
Beans can make you fart,
so don't eat them before writing a term
paper. That might be
embarrassing.:D

RECIPE OF Germany

Mashed potatoes with fried onions and scrambled eggs



List of ingredients (for 8 people)

1.5 kg of potatoes

18 eggs

2 large Spanish onions

200g of sour creme

Some milk

100g of butter

salt as needed

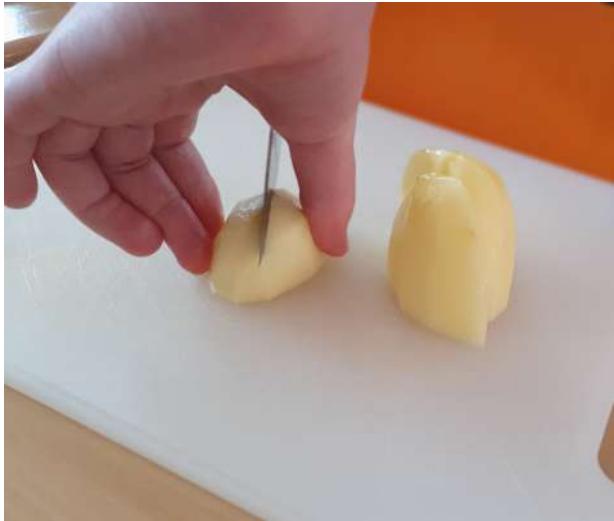


pepper as needed

Some oil for the pan

Nutrition facts (per serving)	
Calories	560 kcal
Total fat	37,6 g
Sodium	2g
Total Carbohydrate	31g
dietary fiber	4,6g
sugar	5,4g
Protein	24g



Step by step instruction

1	<p>First, peel the potatoes, cut them into small pieces (cubes) and put them in a pot, together with three cups of salted water.</p>	 A close-up photograph showing a person's hands peeling a potato on a white cutting board. A small knife is being used to remove the skin. Another peeled potato is visible next to it.
2	 A photograph showing a person's hands slicing an onion on a wooden cutting board. The onion is cut in half, and thin slices are being removed. A blue-handled knife and a silver-handled knife are visible on the board.	<p>Peel the onions, cut them in half and cut the two halves into thin slices.</p>
3	<p>Boil the potatoes for approx. 25 minutes.</p>	 A photograph of a stainless steel pot on a stove. The pot is filled with cubed potatoes and water. A lid is being lifted from the pot, and steam is visible. The stove has a control panel with a 'ZEIT' (time) dial and a 'FUNKTION' (function) dial.

4



Put some oil in the pan, add the onions and fry them until they are translucent.

5

Meanwhile, put the eggs in a bowl and whisk them together until you have a homogeneous mixture.



6



Add some milk, some salt and some pepper to the mixture according to your personal liking.

7 Put the mixture in a frying pan and fry until the mixture starts to get firm. Move the eggs around with a wooden spoon from time to time.



8



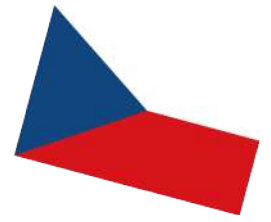
After the potatoes are boiled, add the sour creme and some butter.

9 Mash the potatoes with a potato masher until you get a homogeneous mixture.



10 Put everything on a plate and enjoy your meal.

Recipe of Czech Republic



Potato pancakes (in Czech: Bramboráky)



List of ingredients (for 4 people)

1 kg potatoes

2 - 3 cloves of garlic

100 ml milk

2 eggs

120 g smooth flour

oil





salt

marjoram



1 serving (200g): 298 kcal/1 250 kJ

Step by step instruction

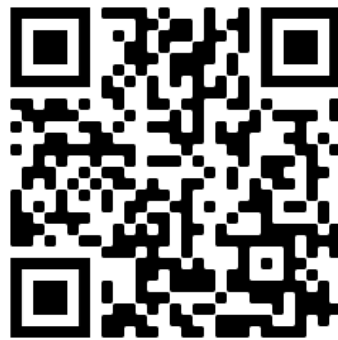
1	Peel raw potatoes and grate them. Strain the excess liquid.	
2		Add the flour, the eggs, the salt, the pressed garlic and the marjoram. Pour the milk. Stir well.
3	Heat a small amount of oil in a pan.	
4		Fry the pancake on both sides. The healthier option is to make small pancakes and bake in the oven at 200°C for 30 minutes.
5	Serve them hot or cold.	

This recipe is suitable for vegetarians. If we want to reduce the amount of oil when frying, we use a special Teflon pan with a minimum amount of oil or without oil. It is possible to make small pancake and bake in the oven at 200°C for 30 minutes. Vegetable salad is recommended as a side dish. Potatoes are a typical ingredient for preparing meals. Our region produces the most potatoes in the Czech Republic.

LINKS TO SPORT VIDEOS

"If I just go for a walk for 10 minutes, it's okay to eat this whole chocolate bar." Well, it turns out: It is not that simple and it takes much more than just walking for 10 minutes to burn the amount of calories found in a bar of chocolate. If you want to find out what kind of sports you have to do to burn certain amounts of calories, you should watch the following videos where students will show you what you actually have to do.





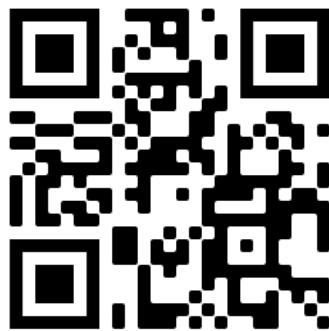
Links to nutrition videos

Have you ever wondered what would happen if you changed your diet? No sugar for a week? No meat for 5 days? No animal products at all for 10 days?

The following students were brave enough to try it and shared their experience in a vlog.

Have fun watching them how they experience ups and downs, praising the benefits and cursing the setbacks, all the while trying their best to keep going.

Would you have been up for the challenge?



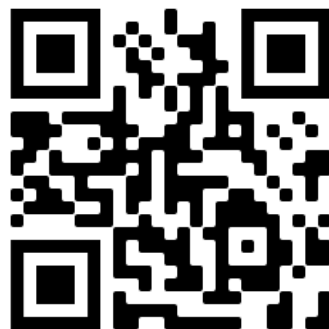
Inga



Beatriz



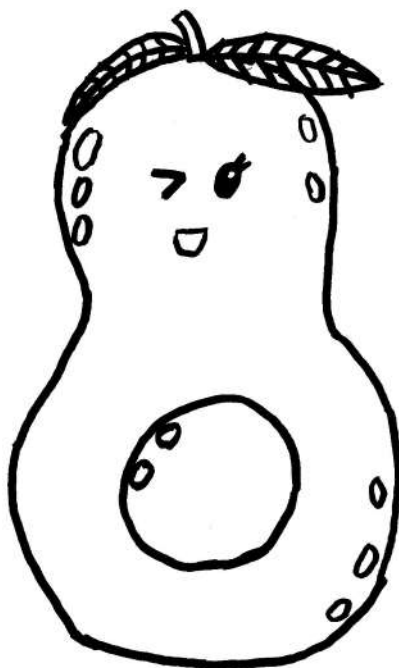
Zahra



Barbara

Teodora

Shirley



Jana

Veronika

Link to the Cooking Show

During the project, the students tried out many different recipes and chose the

most popular for the cooking show. In

this show you can watch the whole process of cooking a meal from buying the products to proudly presenting the final dishes.



FUNNY SPORTS

Jogging?! Too monotonous! Riding a bike?! Too boring! Swimming?! Too exhausting! --Is this something you have been thinking from time to time? Well then, the following pages might be for you! After watching the videos about some serious sports activities here are a few more fun ways how to burn some calories... Maybe you can try them together with your friends at your next party?!



Cheese Rolling

This kind of sport is practiced near Gloucester, England and has been around for more than 200 years. Since the 1980 there are even official winners. Nowadays participants come from all over the world.

Be careful though, there have been reports about injuries from time to time.



High Heels Running

Something challenging for the girls (or the boys?!) is running in high heels. There are many events in different cities involving high heels nowadays. In 2019, a woman ran the marathon in Paris in high heels, for example. It took her a little bit more than 6 hours to finish - a new world record.

Running around a table



Things you need: Table

Run around a table of any size and every 2 minutes reward yourself with a 30-second break.

Weight	40-45kg	46-51kg	52-57kg	58-63kg	64-70kg
Time	35 min	32min	28 min	25 min	23 min

This table shows you how long you need to do it in order to burn the amount of calories for one serving of the Macedonian dish from page 13.

Ways to make it more fun:

1. Compete with friends (every two minutes of running see who did more laps around the table)
2. High-five a friend (if you have two tables put them one meter apart from each other. After this step, have a friend run around one of the tables and you run around the other one. Every time you two cross paths high-five each other.)

Jumping rope while jogging around a building

Things you need: Jumping rope

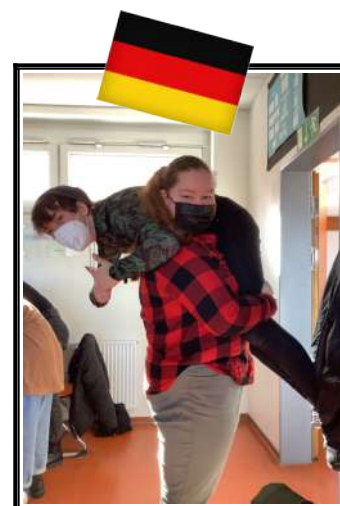
weight	40-45kg	46-51kg	52-57kg	58-63kg	64-70kg
time	38min	35min	32min	28min	25min

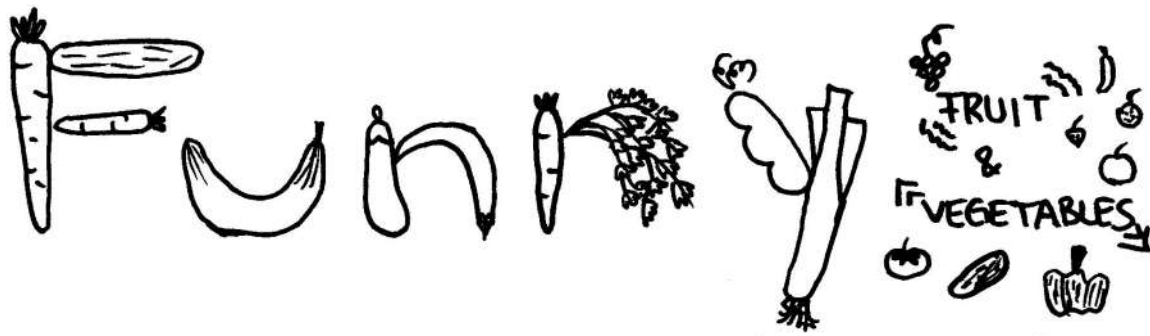
Challenge yourself: (try to jump eights while jogging)



Wife carrying

This funny sport activity originated in Northern Europe. However, contests have taken place in many other countries, too. There are different ways how to carry the wife: the classic piggyback (left picture), the fireman-style (right picture) or the Estonian style. BTW: The 'wives' have to weight at least 49 kilograms.





During the mobilities in Germany, in Portugal and in the Czech Republic the students visited local farmer's markets or supermarkets in order to look for fruit or vegetables that were unknown to them, that looked funny or had a funny foreign name. Here are their findings.

English: medlar

Macedonian: musmula



MEDLAR is a fruit that you don't eat fresh, you wait till its overripe and soft and you can make jam, jelly and syrup from it. It contains approx. 44 kcal and the best time to buy it seasonally is from August to November. They taste a little bit like peaches.

English: palm kale

German: Schwarzkohl/Palmkohl

PALMKALE comes originally from Tuscany in Italy and the best time to buy it seasonally is in November. It contains approx. 39 kcal per 100 grams and is rich in dietary fiber, vitamin C and calcium. You can use it in many ways, for example for a quiche, bruschetta or for a Pappardelle sauce with meat balls.



English: okra

Macedonian: bamja



OKRA is a vegetable that looks like a finger, it has minerals and vitamins. OKRA is great for preparing sauces and meals like soup, salad or the traditional Macedonian meal 'Turlitava'. It contains only 20 kcal per 100 grams. They taste tangy and a little sour but are not too spicy.

English: parsley root

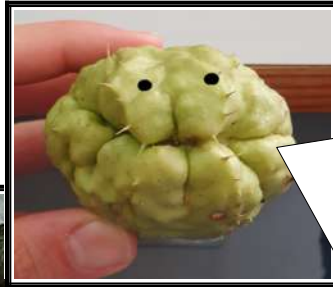
German: Petersilienwurzel

PARSLEY ROOT is a vegetable that can be found in the North and Middle of Europe. It can be bought throughout the year, but the best time to buy it is fall or winter. It tastes somewhat sweet and can be used for soups or stews and it can also be eaten raw. 100 grams contain only 20kcal but are rich in vitamin C and minerals. Also, they have more than half as many dietary fiber than carrots.



English: chayote

Portuguese: chuchu



The CHAYOTE is related to pumpkins or the zucchini. It originated from South America and contains a lot of vitamin C and other healthy minerals, like potassium, calcium or iron. You can use it raw for a salad, but it can also be grilled, cooked or baked. It has a little nutty flavor and even the leaves are edible, like spinach. 100 grams contain only 19 kcal.

English: dried apricots

German: getrocknete Aprikosen

DRIED APRICOTS originally come from the Middle EAST. Nowadays, most of them come from Turkey. The best time to buy them seasonally is between May and September. You can enjoy them in your muesli, you can add them to a salad or just eat them as a healthy snack. If you are a sports person, try them. They satiate you well and offer a lot of energy. 100 grams contain 240 kcal.



English: Jerusalem artichoke

Czech: topinambury



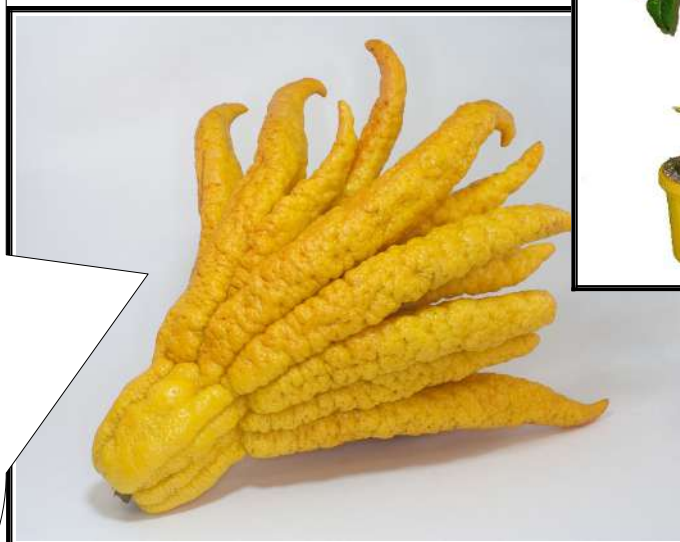
The JERUSALEM ARTICHOKE came to Europe from North America in 1600. It quickly became a staple carbohydrate, but by the end of the 18th century, people had replaced it in their diets with the potatoes. Jerusalem artichokes taste aromatic, earthy and a little nutty. Fortunately, the resurgence in growing heritage, regional vegetables is bringing the tasty tuber back into our gardens.

Jerusalem artichoke tubers look a little like ginger root with brown skin and an irregular lumpy shape. Jerusalem artichokes taste great in a variety of different dishes. Like other root vegetables they can be roasted, fried. They can also be used raw in salads or puréed to make delicious soups.

English: Budha's hand

Czech: Budhova ruka

BUDHA'S HAND is a citrus fruit, which looks like a lemon with long, finger-like segments growing from it. We cannot buy it at the shops, but it is possible to grow it. Budha's hand is grown in our conditions as a container plant at home or in an outdoor location during the summer. Budha's hand can be eaten raw. Unlike other citrus fruits, budha's hand is sweet and crunchy, not tough and bitter. Budha's hand has high amounts of vitamin C.



PUZZLE PAGES

HEALTHY HABITS

1. Complete the crossword puzzle:

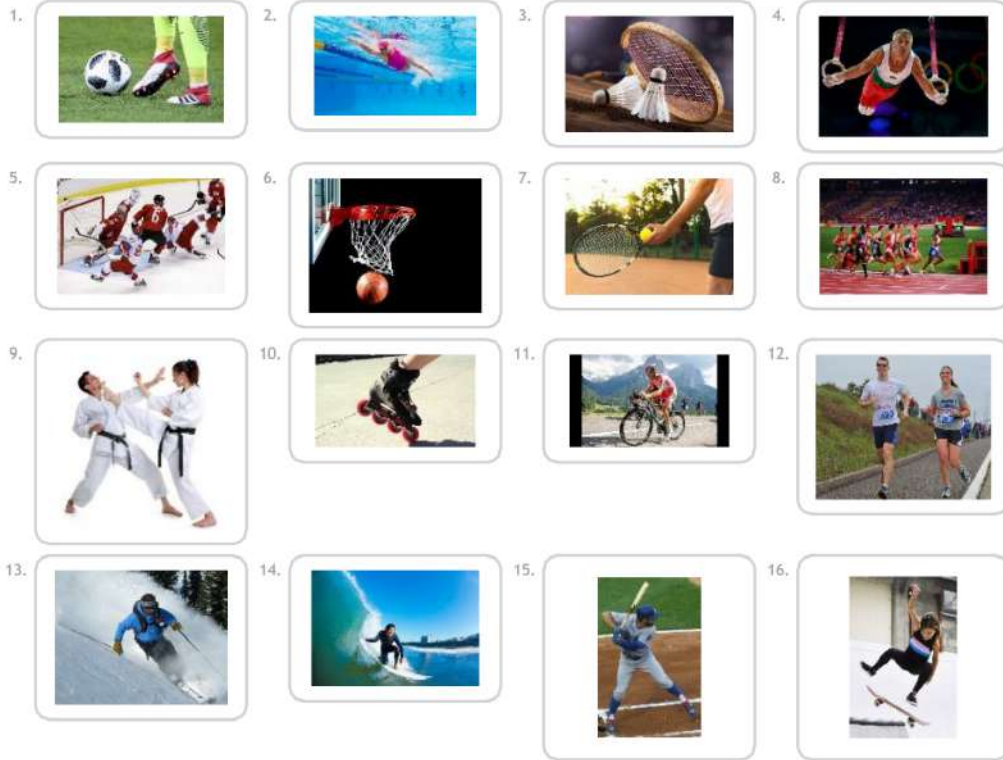
The crossword puzzle grid is as follows:

- Clue 1: 1 down (5 letters)
- Clue 2: 2 down (5 letters)
- Clue 3: 3 down (5 letters)
- Clue 4: 4 across (7 letters)
- Clue 5: 5 across (4 letters)
- Clue 6: 6 across (6 letters)

Illustrations include: a boy playing sports, a boy playing with toys, a boy taking a shower, a boy eating vegetables, a boy eating fruit, a boy sleeping, a carrot, and a strawberry.

RIDDLES	ANSWERS
1 - What has to be broken before you can use it?	
2 - What has a crown but is not a king and has scales but is not a fish?	
3 - What jumps, sneezes and turns inside out?	
4 - What has legs, but doesn't walk?	

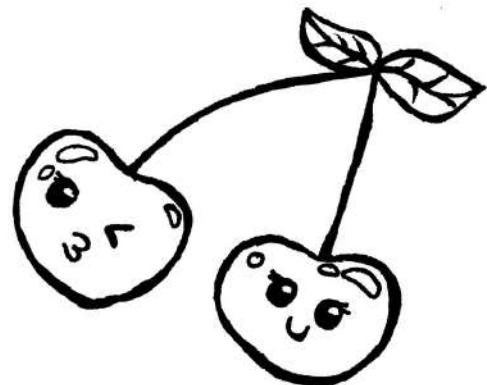
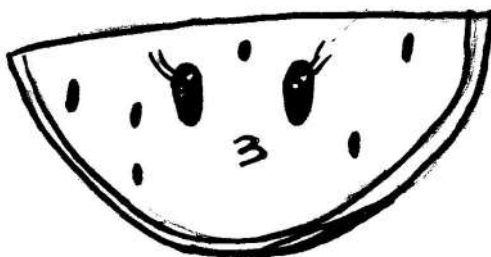
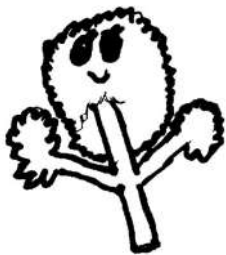
Word search: Find the words for the following sport activities in the word grid.



C	T	S	K	A	T	E	B	O	A	R	D	I	N	G	T
F	D	Z	V	D	M	B	H	O	C	K	E	Y	W	B	E
O	B	A	S	K	E	T	B	A	L	L	H	O	Z	A	N
O	R	X	C	Y	C	L	I	N	G	B	K	V	W	D	N
T	O	J	W	S	K	I	I	N	G	X	N	S	J	M	I
B	L	P	Y	A	R	S	U	Q	M	I	R	M	X	I	S
A	L	A	Y	K	A	R	A	T	E	X	N	V	M	N	F
L	E	L	C	A	T	H	L	E	T	I	C	S	P	T	C
L	R	O	S	S	B	I	R	U	N	N	I	N	G	O	F
Y	S	W	E	G	O	B	C	A	A	O	P	Q	V	N	B
X	K	R	A	C	O	G	S	Z	J	G	N	C	N	N	Y
K	A	B	A	S	E	B	A	L	L	Y	Q	O	S	Y	E
Y	T	A	G	Y	M	N	A	S	T	I	C	S	L	E	Q
K	I	S	U	R	F	I	N	G	T	O	S	Q	J	C	W
W	N	J	F	E	K	T	F	P	U	H	D	T	F	H	R
O	G	P	B	Z	Y	L	Z	S	W	I	M	M	I	N	G

True or False?: Tick whether the following statements are true or false.

	TRUE	FALSE		TRUE	FALSE
To get protein we have to eat only meat.	<input type="radio"/>	<input type="radio"/>	Balanced diet is the most important thing.	<input type="radio"/>	<input type="radio"/>
If you fed up cold quickly you have to eat more fruit	<input type="radio"/>	<input type="radio"/>	Carbohydrates give us energy when we are exercising	<input type="radio"/>	<input type="radio"/>
Broccoli contains a lot of vitamin D.	<input type="radio"/>	<input type="radio"/>	We need calcium for strong hair, skin, bones.	<input type="radio"/>	<input type="radio"/>
Eating nuts, seeds and vegetables is important for strong bones	<input type="radio"/>	<input type="radio"/>	We need protein to have strong muscle.	<input type="radio"/>	<input type="radio"/>
We don't need fat and sugar.	<input type="radio"/>	<input type="radio"/>	Your body can protect only vitamin C.	<input type="radio"/>	<input type="radio"/>
It is in to eat a lot of tablets with extra vitamins.	<input type="radio"/>	<input type="radio"/>	Fish oil is not too healthy.	<input type="radio"/>	<input type="radio"/>



Word salad: Rearrange the letters to form a word or phrase and write them into the boxes.



d o a b n m i t n

--	--	--	--	--	--	--	--



o u j d

--	--	--	--



e o n c a g i n

--	--	--	--	--	--	--



g k n i i s

--	--	--	--	--	--



h c t a s l e i t

--	--	--	--	--	--	--



v l l e b a l y o l

--	--	--	--	--	--	--	--



l t a b e

n n t s i e

--	--	--	--	--

--	--	--	--	--	--



g s m a t i c s y n

--	--	--	--	--	--	--



y g c l n c i

--	--	--	--	--	--	--



r y a h r c e

--	--	--	--	--	--	--



m m i s w g i n

--	--	--	--	--	--	--



b e s b a l a l

--	--	--	--	--	--	--	--

Two Jigsaws



Solutions

Healthy habits

ANSWERS: 1. fruits 2. sleep 3. vegetables 4. exercise 5. play 6. shower

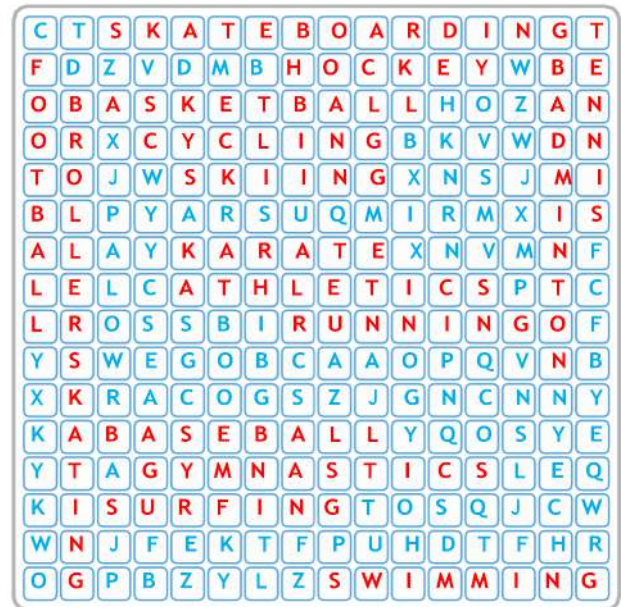
Riddles

1 An egg, 2 Pineapple, 3 Popcorn, 4 A table

True or False?

<p>TRUE FALSE</p> <p>To get protein we have to eat only meat. <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE</p> <p>If you fed up cold quickly you have to eat more fruit. <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE</p> <p>Broccoli contains a lot of vitamin D. <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE</p> <p>Eating nuts, seeds and vegetables is important for strong bones. <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE</p> <p>We don't need fat and sugar. <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE</p> <p>It is in to eat a lot of tablets with extra vitamins. <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE</p>	<p>TRUE FALSE</p> <p>Balanced diet is the most important thing. <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE</p> <p>Carbohydrates give us energy when we are exercising. <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE</p> <p>We need calcium for strong hair, skin, bones. <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE</p> <p>We need protein to have strong muscle. <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE</p> <p>Your body can protect only vitamin C. <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE</p> <p>Fish oil is not too healthy. <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE</p>
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Word search



Word salad

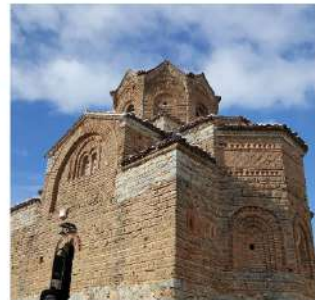
badminton, judo, canoeing, skiing, athletics, volleyball, table tennis, gymnastics, cycling, archery, swimming, baseball

Lovely Memories

During the project the participating students visited North Macedonia, Germany, Portugal and the Czech Republic. Here are some impressions of a time well spent.

North Macedonia (03.02.2020-06.02.2020)





Germany (07.03.2022-10.03.2022)





Portugal (26.04.2022-29.04.2022)





Czech Republic (30.05.2022-03.06.2022)





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