



**Erasmus+ Programme**

**"Destination: Happiness!"**

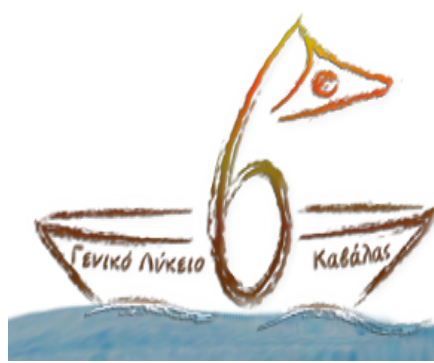
**2019-1-PL01-KA229-065687**

**6<sup>th</sup> Senior High School of Kavala**

**Module III: Research**

**"Balanced and unbalanced diet"**

**Makridi Sofia, student of the 1<sup>st</sup> Grade**



## UNBALANCED DIET



The unhealthy eating habits can affect our nutrient intake and cause health problems such as:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke
- diabetes
- osteoporosis
- cancers
- depression and stress
- tiredness and incapacity to work

## BALANCED DIET

### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Opting for a balanced, adequate and varied diet is an important step towards a happy and healthy lifestyle.

- Vitamins and minerals in the diet are vital to boost immunity and healthy development.
- Healthy diet can protect the human body against certain types of diseases, such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal problems.
- Healthy diets can also contribute to an adequate body weight.
- Healthy eating is a good opportunity to enrich life by experimenting with different foods from different cultures and origins.
- The benefits of eating a wide variety of foods are also emotional, as variety in colors and flavors are important ingredients to a balanced diet.



## References

1. <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/is+your+health+at+risk/the+risks+of+poor+nutrition>
2. <https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/benefits-of-a-balanced-diet>
3. [https://www.google.com/search?q=%CE%B9%CF%83%CE%BF%CF%81%CF%81%CE%BF%CF%80%CE%B7%CE%BC%CE%AD%CE%BD%CE%B7+%CE%B4%CE%B9%CE%B1%CF%84%CF%81%CE%BF%CF%86%CE%AE&rlz=1C1GCEA\\_enGR876GR876&sxsrf=AOaemvIJzKTaHUa3lMe6x9dGzixKzXJi1A:1630653341719&source=lnms&tbm=isch&sa=X&sqi=2&ved=2ahUKEwiS5LyJoeLyAhUoILkGHbecCMYQ\\_AUoAXoECAEQAw&biw=1536&bih=754#imgrc=VyEOEOU+7H9RYM](https://www.google.com/search?q=%CE%B9%CF%83%CE%BF%CF%81%CF%81%CE%BF%CF%80%CE%B7%CE%BC%CE%AD%CE%BD%CE%B7+%CE%B4%CE%B9%CE%B1%CF%84%CF%81%CE%BF%CF%86%CE%AE&rlz=1C1GCEA_enGR876GR876&sxsrf=AOaemvIJzKTaHUa3lMe6x9dGzixKzXJi1A:1630653341719&source=lnms&tbm=isch&sa=X&sqi=2&ved=2ahUKEwiS5LyJoeLyAhUoILkGHbecCMYQ_AUoAXoECAEQAw&biw=1536&bih=754#imgrc=VyEOEOU+7H9RYM)
4. [https://www.google.com/search?q=%CE%B9%CF%83%CE%BF%CF%81%CF%81%CE%BF%CF%80%CE%B7%CE%BC%CE%AD%CE%BD%CE%B7+%CE%B4%CE%B9%CE%B1%CF%84%CF%81%CE%BF%CF%86%CE%AE&rlz=1C1GCEA\\_enGR876GR876&sxsrf=AOaemvIJzKTaHUa3lMe6x9dGzixKzXJi1A:1630653341719&source=lnms&tbm=isch&sa=X&sqi=2&ved=2ahUKEwiS5LyJoeLyAhUoILkGHbecCMYQ\\_AUoAXoECAEQAw&biw=1536&bih=754#imgrc=WR1IEHzS7vOvLM](https://www.google.com/search?q=%CE%B9%CF%83%CE%BF%CF%81%CF%81%CE%BF%CF%80%CE%B7%CE%BC%CE%AD%CE%BD%CE%B7+%CE%B4%CE%B9%CE%B1%CF%84%CF%81%CE%BF%CF%86%CE%AE&rlz=1C1GCEA_enGR876GR876&sxsrf=AOaemvIJzKTaHUa3lMe6x9dGzixKzXJi1A:1630653341719&source=lnms&tbm=isch&sa=X&sqi=2&ved=2ahUKEwiS5LyJoeLyAhUoILkGHbecCMYQ_AUoAXoECAEQAw&biw=1536&bih=754#imgrc=WR1IEHzS7vOvLM)