

A7 A SOUND MIND IN A SOUND BODY

After having dealt in national teams with eating habits and mass media influence. The students presented a prezi in France (12-18 April 2015)

1. Food additives were studied and experiments were carried out with the biology teacher.

See Facebook

https://www.facebook.com/Women-as-Spiritus-Movens-towards-Equality-in-the-European-Citizenship-357915224396006/?hc_ref=PAGES_TIMELINE



European menu workshop: learning how to decode food labels and how to test additives in food.



97 personnes atteintes

Booster publication

J'aime Commenter Partager

5

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2. In national teams in France the students worked on an ideal meal based on a balanced diet. They worked with the help of a nutritionist. The work was based on a game with dishes (starter, main , dessert) prepared by every country.

RESULTS :

TURKEY suggested for a meal of 1026.8 kcal :

- ★ Starter : Hummus
- ★ Main course : Vegetables (tomatoes , cucumbers and sliced bread)
- ★ Dessert : Watermelon

FINLAND suggested for a meal of 1514 Kcal

- ★ Starter : Creamy soup
- ★ Optional starter : Salad with eggs and tomatoes
- ★ Dessert : Watermelon

ITALY suggested for a meal of 903 kcal.

- ★ Starter : Pasta and vegetables
- ★ Main course : Fois gras
- ★ Salad

France suggested for a meal of 719 kcal

- ★ Starter : Pastries with vegetables
- ★ Beef stew
- ★ Watermelon

Spain suggested for a meal of 559 kcal

- ★ Starter : Oysters
- ★ Main course : Salad
- ★ Dessert : Watermelon

Poland suggested for a meal of 977 Kcal

- ★ Starter : Soup
- ★ Salad and fish bread
- ★ Dessert : Custard tart

