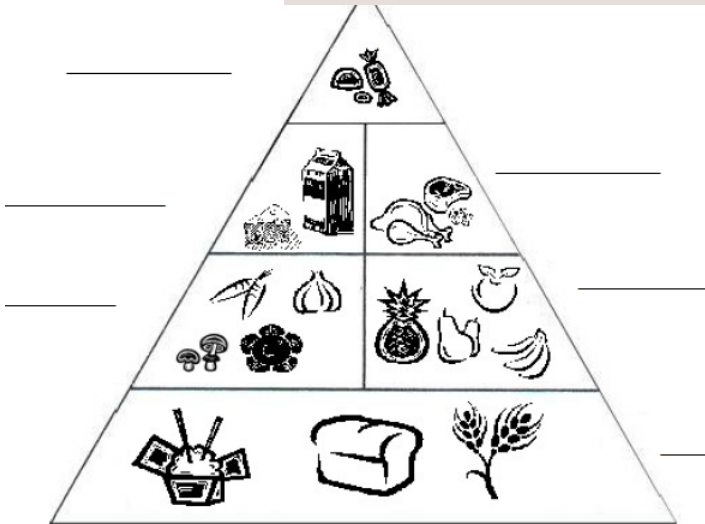


Reflecting on health

Health doesn't only mean good physical condition but it also refers to emotional and social balance. Eating healthy, going to check-ups, getting exercise is all very good but don't forget to nourish your mind to be able to express yourself in a positive nondestructive way! Besides check your feelings, thoughts and actions in situations. This will let you have good relationships with your friends and family ☺☺☺

the food pyramyd



Put the labels on the pyramid:

1. Milk, yoghurt and cheese group
2. Fats, oils and sweet group
3. vegetable group
4. Bread, cereal, pasta and rice group.
5. Fruit group
6. Meat, poultry, fish, dry beans, eggs and nuts groups

The importance of good nutrients. Discussion and results of the survey:

1. Natural foods don't contain chemicals.
2. They have plenty of vitamins so that you can eat more portions.
3. Natural foods help prevent diseases
4. Grains, fruit and vegetables are healthy.
5. Cakes, chips, candy and in general the food in the upper part of the pyramid are to be taken with moderation.

Make the right choice for a healthy body

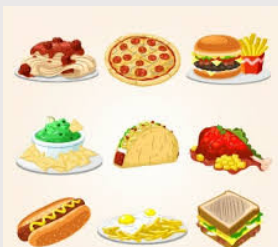
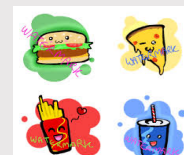
Students find pictures of food which is advisable to eat regularly

enjoy

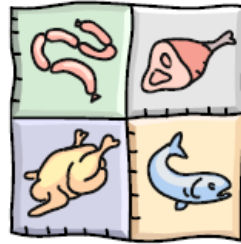


Students find pictures of food which is **NOT** advisable to eat regularly

Avoid



Photos + vocabulary of good lifestyle



Specific words about healthy behaviour and sensible food choices.

- ✓ Breastfeeding = when a woman feed her baby milk from her breast
- ✓ Serving = one portion of food to eat
- ✓ Dairy = milk products
- ✓ Proteins = meat products from an animal
- ✓ Bread/grain = wheat, oats, rice, barley that is made into flour or cereal

Diet and diseases

Contaminated food can cause **diseases** with serious consequences on people's health. Parasites, viruses, bacteria, harmful substances, toxic chemicals microorganisms are also why foodborne diseases are created. Example of foodborne diseases are E.coli, Salmonella, Vibrio Rulnificus, Tuberculosis and Botulism. **The symptoms** are connected with vomit diarrhea, abdominal pain, fever, chill, nausea and dehydration. The best thing to do when you experience these symptoms is to drink a lot of water and to consult a doctor.



Vibrio vulnificus

Mishandling of food

"Let food be thy medicine and medicine be thy food."

The use of **antibiotics** on livestock and **poultry** is a question of concern for all of us. In fact antibiotics in food animals can pose a risk to humans. Some bacteria may become resistant to drugs. So if people ingest the bacteria with food and get ill, they may not respond to antibiotic treatment.

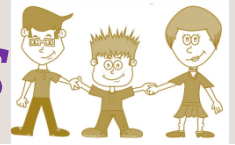
Many countries in the European Union have banned the use of antibiotics in meat animals.

Also **additives** added to food to colour, sweeten or preserve may be dangerous for our health.





Mental disorders



What are mental disorders?

- Anxiety
- Attention-deficit/hyperactivity disorder (ADHD).
- Autism spectrum disorder (ASD).
- Eating disorders (anorexia nervosa, bulimia nervosa and binge-eating disorder)
- Mood disorders (e.g. depression)



What do they cause in children?

- Anxiety is a persistent problem that interferes with their daily activities.
- ADHD includes symptoms in three categories: attention problem, hyperactivity and impulsive behaviour.
- ASD affects ability to communicate with others
- Eating disorders can make kids so preoccupied with food and weight that they focus on little else.
- Mood disorders cause persistent feelings of sadness or extreme mood swings.

How can the choice of food help?



Good nutrition is essential for our mental health. Eating fresh fruit or fruit juice every day, vegetables and salad may be a decisive factor for our well-being. Consuming fewer healthy foods (fresh fruit and vegetables, organic foods and meals made from scratch) and more unhealthy foods (chips and crisps, chocolate, ready meals and takeaways) has a negative impact on our body. Less sugar and fewer calories, other changes such as exercising and losing weight are essential to *living*

Avoid these monsters !!!!



What else can you do?



Do whatever "moves" you down your personal path.

- ✓ keep moving
- ✓ prevent weight gain
- ✓ check out the amount of calories.
- ✓ reduce your portions
- ✓ enjoy being in the open air
- ✓ move, move, move!!!!



It's All About You!

Get the most nutrition out of your calories.

Find your balance between food and physical activity.

Make smart choices from every food group.

BE REALISTIC BE ADVENTUROUS BE FLEXIBLE BE SENSIBLE BE ACTIVE