

WORKSHOP

December 2011

Project: GRUNDTVIG PROJECT
2011 – 2013 Lifestyles Revisited



Education and Culture DG

Lifelong Learning Programme

Grundtvig

A different function in organism :

- fats and carbohydrates – source of energy
- protein and minerals – a building role
- vitamines and minerals – control function



10 rules of healthy food and extra information about w Healthy Eating Pyramid



A close-up photograph of a grey plastic tray filled with various sliced vegetables. The tray contains several slices of orange carrots, green celery sticks, green bell pepper strips, and white cucumber slices. The vegetables are arranged in a somewhat organized manner, with some slices overlapping. The background is a light-colored wooden surface.

Healthy Eating Pyramid

The Healthy Eating Pyramid is a simple, trustworthy guide to choosing a healthy diet.

Its foundation is daily exercise and weight control since these two related elements.

The Healthy Eating Pyramid builds from there, showing that you should eat more foods from the bottom part of the pyramid (vegetables, whole grains) and less from the top (red meat, refined grains, potatoes, sugary drinks, and salt).

Limitation of eating – especially animal 's fat

Fat is the most high-caloric ingredient in our meals.

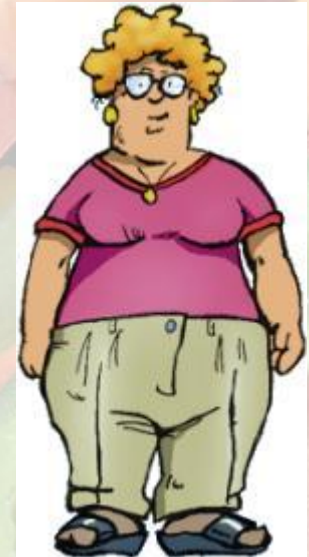
Tradition polish cuisine prefer „visible” fats (*butter, oil, fat in the meat*) and „invisible” fats –*consist in dishes and products (meat, cheese, sweets).*



- OBESITY -

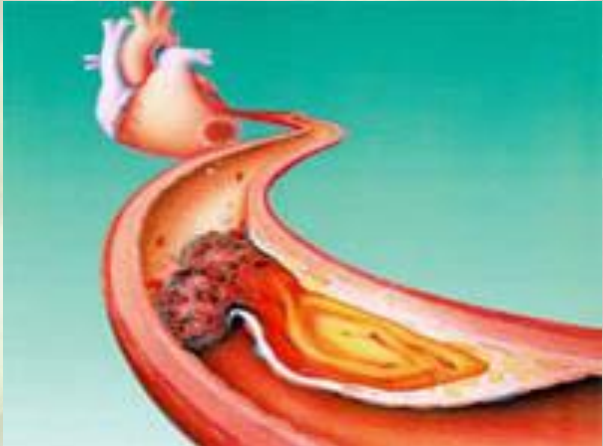
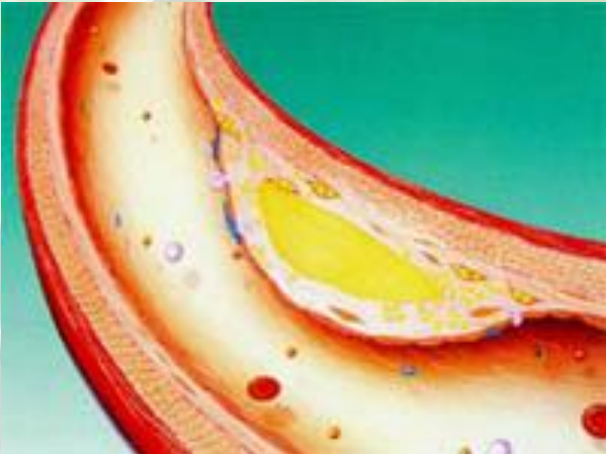
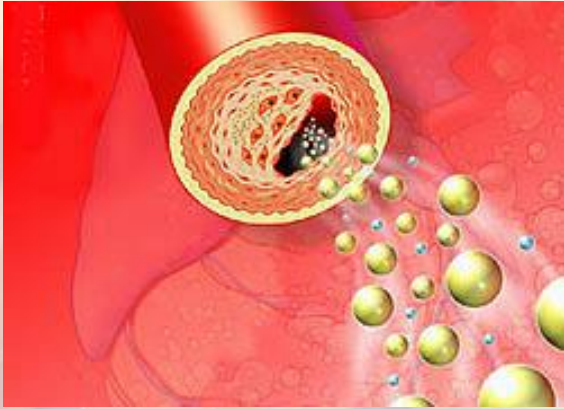


Obesity
„an apple”



Obesity
„a pear”

An example of illness related to improper eating habits: arterio-atherosclerosis



DIRECTIONS

1. Drink a milk!



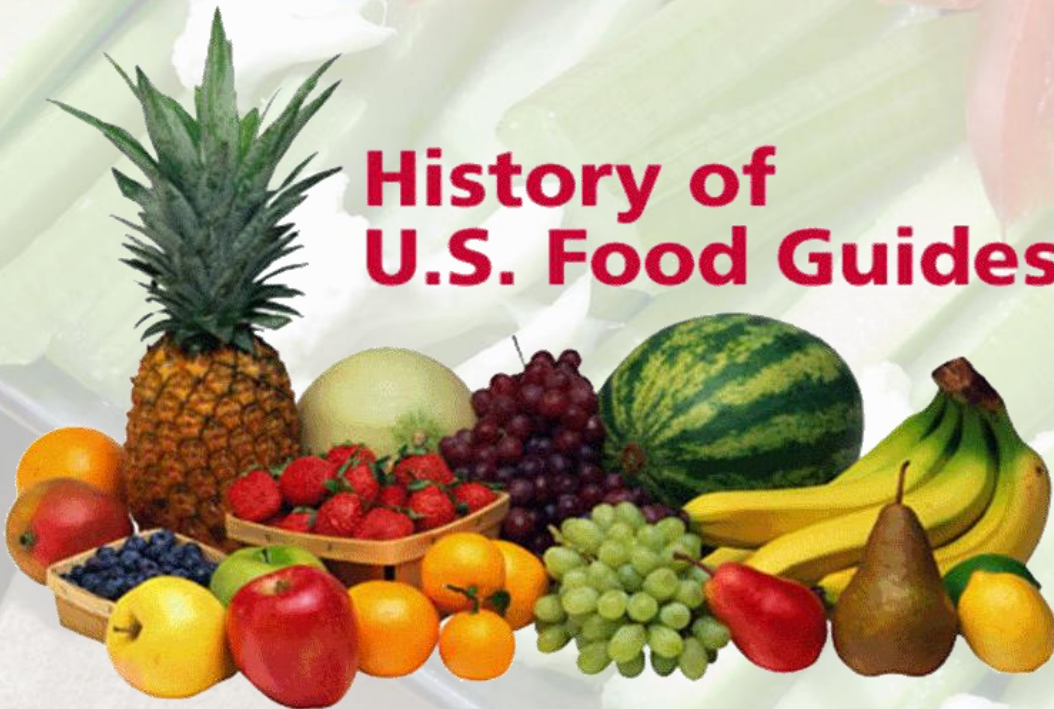
2. More whole grains

3. Less sweets ☹️




**4. More vegetables
and fruits - till 600-
700 g a day**

**History of
U.S. Food Guides**



5. Eat more fish (2-3 times a week)



A close-up photograph of a tray filled with sliced vegetables. The tray contains several rows of sliced carrots, cucumbers, and celery sticks. Small dollops of a white, creamy dip are scattered among the vegetables. The background is a light-colored wooden surface.

**Final discussion about:
Food as a source of energy and life.
Healthy eating recipes.**