

A Guide for Health Lifestyle

Being healthy isn't a goal.

It's a way of living.

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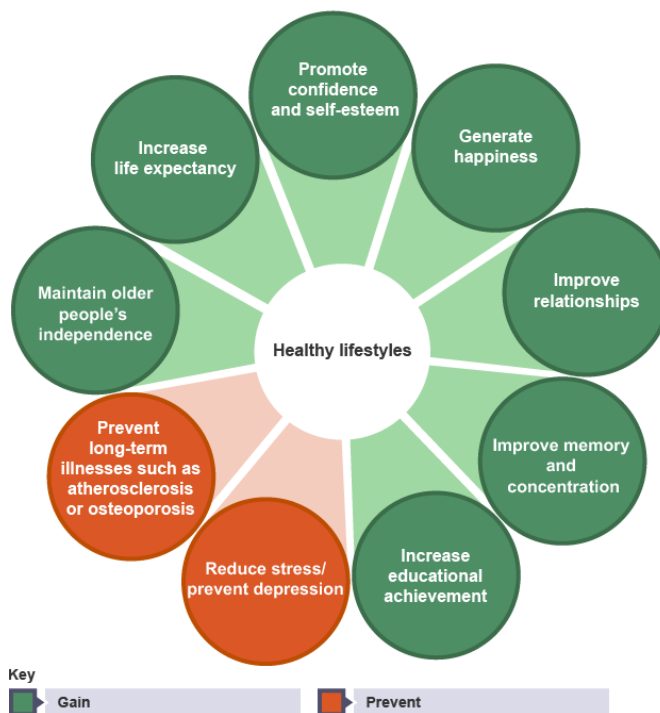
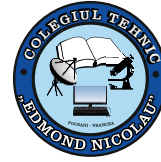
“Challenge to change, Challenge to exchange – Alternative for a Healthy Inclusive Society”

2019-1-RO01-KA105-062073



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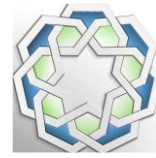
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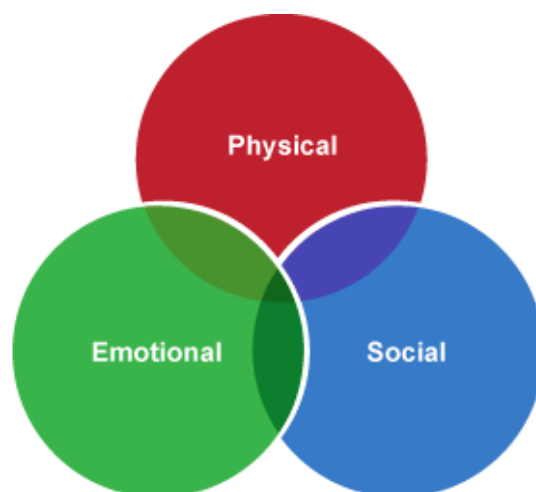


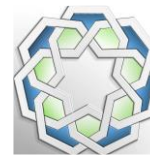
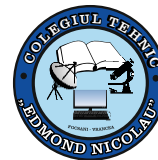
Buddha

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear”

What does healthy living mean for people in the 21st century?

“Movement is medicine for creating change in a person’s physical, emotional, and mental states”. This is just only one conclusion of the document entitled *“Let’s get physical. The impact of physical activity on wellbeing”* published by Mental Health Foundation for the Mental Health Awareness Week in 2013 in UK. This report highlights the importance of physical activity for our mental wellbeing which includes factors such as “individuals’ ability to develop their potential, work productively and creatively, build positive relationships with others and contribute to their community”. The World Health Organisation (WHO) defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”.





BENEFITS OF SPORTS



We all agree that physical activity is good for body, mind and spirit. Serving as an excellent physical activity to improve fitness, sports played at any age strengthen bones and muscles, tone our body, help people to have control on maintaining weight which is essential nowadays when more and more children and teenagers are affected by obesity and sedentary life. What Latins have been thinking about for two thousand years now, “*Mens Sana in Corpore Sano*” (“Healthy Mind in the Healthy Body”) has been demonstrated in the last decades by neuroscience researchers.

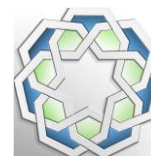
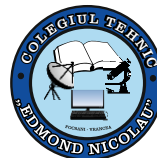
Physical benefits

A large amount of research points to the beneficial impact of sport and physical activity in terms of prevention of ill health, therapeutic and management effects (particularly for people affected by cancer), improvements in strength, balance, movement and motor skills, and maintaining a healthy body weight. But the physical well-being outcomes include improved quality of sleep, increased energy levels, healthy early years development, reduced unhealthy behaviours such as smoking, reduced mortality, effective



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pain management and improved quality of life in ageing. Well-being for life can be defined as feeling comfortable, healthy and happy, not only physically but mentally too.

Academic benefits for students:

Playing individual or team sports has huge benefits on students' academic achievement, mainly because of the positive influence of identity formation and emotional development, knowing that the determination and the goal-setting skills sports required can be transferred to the classroom. That's way many European educational systems encourage increasing the number of classes for Physical Education per week. Numerous studies have demonstrated that sports help to develop leadership qualities and foster team spirit in children and teenagers. They involve in competitions, they teach in a gentle way how to win and how to loose, exposing young people to both aspects of life, success and failure while preparing them to accept both with a positive spirit. Good sportsmanship is a trait that carries over from childhood from adulthood.

According to recent research, children and youth doing regular physical activity compared to those who don't play sports show:

- ✓ **Self-knowledgeable and attain higher grades at school**
- ✓ **Self-esteem and confidence builder**
- ✓ **Stronger peer relationships and manage emotions**
- ✓ **More academically oriented friends and greater family achievement**
- ✓ **Greater involvement in volunteer work with leadership activities**

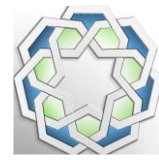
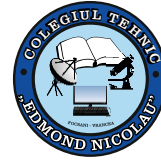
Playing sports has a positive impact on the development of social skills:

- ✚ **Learning how to interact with people**
- ✚ **Learning how to communicate with people**
- ✚ **Learning to collaborate as a team**
- ✚ **Building a competitive spirit**
- ✚ **Fostering collective thinking**



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+ Giving sense of accomplishment

+ Boosting people's confidence further

Sport provides an opportunity for children and youth to engage in valuable and positive relationships, to safely navigate and negotiate between right and wrong as they learn to interact with peers and adults. Youth involved in sports is more “psychologically resilient”.

Life skills such as *goal setting, persistence, teamwork, perseverance* and *character development* may transfer from sport to academics, family life, and work.

DANCE

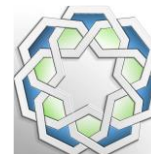
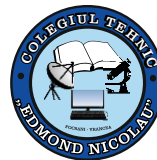
Dance is exercise, so the physical benefits of dancing can be similar to that of other sports or cardio activities. Having no age limit, dancing can be seen by some of us as a funny relaxing social activity which allows us to connect with friends or meet new people, but also as a way of expressing our emotions. Coming from the darkness of time, dance is an essential part of our culture, being one of the most enjoyable methods of relaxation, revival and attaining a positive attitude towards life. The ancient Greeks were convinced of the therapeutic benefits of dance and used it in order to positively influence education and maintain mental health. It even became a therapy in 1940. The dance therapy combining modern dance and psychiatry is also called movement therapy and it is based on the idea that there is a unit between the body-movement and the psychic- and emotions, and the human problems of the people come precisely from this split mind-body. According to the specialists in dance therapy, we are no longer in direct contact with what we feel, we no longer know how to love and let ourselves be loved. More and more popular in our stressed and globalised society, dance therapy helps to rediscover oneself, and affective problems will move from the unconscious to the conscious. This is the first step toward healing for people who practice this interesting kind of therapy.

Why do human beings like or love to dance? People dance for all kinds of reasons all around the world: to mourn, to celebrate, to give thanks, to heal, to preserve cultural heritage and amazing legends being considered as an important part of the intangible heritage in many parts of the world. Dance is also used to demonstrate physical prowess, to assert individuality or to entertain on TV, on stage or even in the street. Who can imagine life without dance? Hard to do it as it gives us an overall sense of well-being. Through dance, we can better understand our common humanity and



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combine in the most beautiful and exciting way the movement with music, art and communication, which brings us good mood and health.

Let's discover the **extraordinary benefits of dance for the human health:**

- improves the overall condition of your heart, lungs and muscles
- increases aerobic fitness and heart health
- improves muscle tone
- increases muscular strength and motor fitness
- improves endurance, stamina and overall physical strength
- safely strengthens bones
- reduces the risk of osteoporosis
- increases agility and coordination
- improves flexibility
- improves balance, spatial awareness and peripheral vision
- tones the body and controls weight management
- many types of dance use the entirety of the body, putting it into prime condition
- uses a full range of body motion, exercising all the muscles and joints of the body
- increases physical confidence
- improves mental functioning
- improves general and psychological well being
- provides effective stress and anxiety management
- increases confidence and self esteem
- provides the opportunity to meet new people
- reduces feelings of isolation and exclusion
- improves social and interaction skills
- teaches how to effectively work in group settings

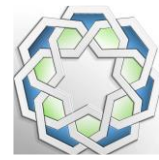
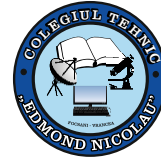
Mental benefits:

Mental illness is a global problem affecting more and more people worldwide in the 21st century. Headache, stress, insomnia, fatigue and anxiety are all measures of mental ill health. Regular physical activity is a powerful medicine for many common mental health challenges. It can have a profound positive impact on depression, anxiety, ADHD (Attention- Deficit Hyperactivity Disorder) and more. Attention Deficit Hyperactivity



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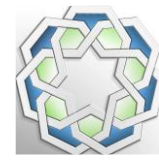
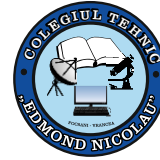
Disorder is relatively common among children and it is characterized by attention deficit, accompanied by impulsivity and/or hyperactivity. A study published in 2012 (which can be found <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3556380/>) reveals that 20 minutes of cardio exercise on a treadmill improved the intellectual performance of both ADHD and control group children aged 8-10 years old, proving that children achieved better results in reading, comprehension and Mathematics after doing physical exercises. In addition, performance in attention tests was improved in both groups of children.

Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain’s dopamine, and serotonin levels—all of which affect focus and attention. In this way, exercise works in much the same way as ADHD medications.



A. Sports help us to **have a better mood**: sports can improve our mood, bringing us happiness, relaxation, the social opportunity to meet friends or new people connected by the same interest in practicing physical activity for a better life. Participating in any sport can protect children, youth and adults against social isolation.

B. Physical activity can make children, teenagers and adults have **improved relationships**: when a child or a teen is feeling lonely and unable to make friends,



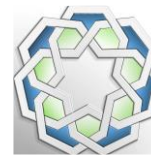
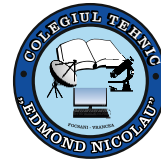
shared physical activities such as playing a game or walking in the middle of the nature can give them a sense of belonging and companionship. Even if we suffer from social anxiety and therefore have difficulties in adapting to group environment, a particular focus, such as a sport, may relieve some of the social pressure. Over time, by sharing experiences with others, developing rapport and working towards common goals can help anyone focus and develop the confidence to speak up in front of unknown people, for example at school or when we meet new people from a different country or expressing different culture.

- C. Sports **improve our concentration**: regular physical activity contributes a lot to keeping our key mental skills sharp (critical thinking, learning, good judgment)
- D. Physical activity and sports **relieve stress and depression**: improving the quality of sleep, any physical activity such as jogging, walking in a park or doing aerobics and so on helps us fall asleep faster and deepen our sleep. Why is it so important to have a good sleep? Sleeping better can improve our mental outlook next day, as well as improving our mood and ability to work efficiently. Being physically active, our mind is distracted from daily stressors and helping us fighting against negative thoughts because exercise reduces the levels of stress hormones in our body while stimulating production of endorphins, which are natural mood lifters and leave us more relaxed and optimistic. Without having the side-effects of antidepressant medication, but treating as a moderate one, physical exercise is a powerful depression fighter because it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. Seen also as a distraction, physical activity allows people to find some quiet time to escape of negative thoughts that feed depression.
- E. Exercise is a natural and **effective anti-anxiety treatment**. Defined by the American Psychological Association as “an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure”, anxiety affects millions of people, being the most frequent mental illness in many countries. Knowing the difference between normal feelings of anxiety and an anxiety disorder requiring medical attention can help a person identify and treat the condition. Sports and physical activity relieve tension and stress, boosts physical and mental energy,



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and enhances well-being through the release of endorphins. Specialists recommend people suffering from anxiety simple activities that can help soothe the mental and physical signs of anxiety. These techniques include meditation, deep breathing exercises and yoga. Included in the treatment of anxiety and depression, Yoga can reduce the feeling of fear and sadness, improving sleep, lowering the heart rate of people with anxiety and depression. In addition, Yoga has the benefit of being able to be practiced by people of all ages, without the need for expensive equipment and can be adapted even for people with disabilities.

Physical Activity Guidelines For Children And Young People

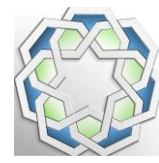
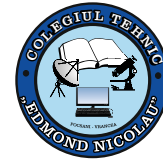
- **Do 2 types of physical activity every week: aerobic exercise and exercises to strengthen muscles and bones**
- **Spend at least 60 minutes of moderate intensity physical activity a day across the week**
- **Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones**
- **Reduce the time spent sitting or lying down**
- **Spend more time in the middle of the nature for walking, jogging, playing sports, breathing fresh air and enjoying daylight which is beneficial for producing vitamin D**

Activities for children and youngsters strengthening muscles and bones:



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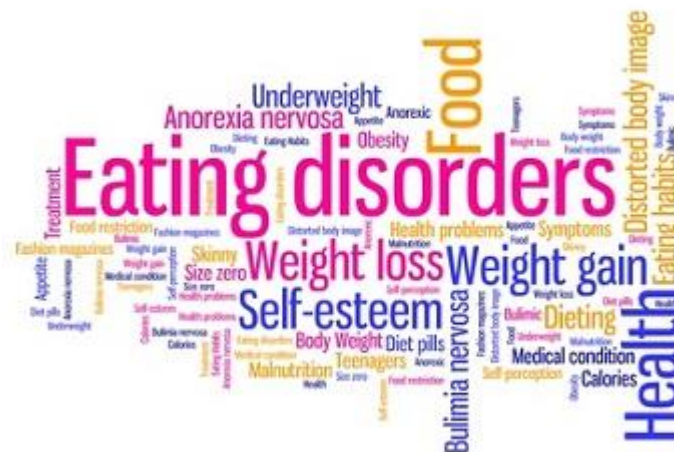
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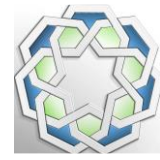
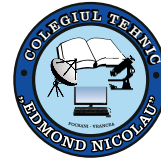
- Walking
- Running
- Games such as “hide and sick”
- Skipping with a rope
- Swinging on playground equipment bars
- Tennis
- Football
- Basketball
- Gymnastics
- Climbing
- Rugby
- Dance
- Hockey
- Aerobics
- Yoga
- Badminton
- Martial arts
- Resistance exercise with exercise bands, weight machines or handheld weights

As a conclusion that we all should consider, when we move our body, we tone our muscles as well as our minds, so running in the park or in a forest, or even going to the gym can ensure long-term physical and mental harmony essential for our personal well-being.

EATING DISORDERS AND UNHEALTHY DIETING



Eating disorders are serious conditions related to persistent eating behaviors that negatively impact health, emotions and the ability to function in important areas of life. Even if the exact



cause of these eating disorders is not known, certain factors might put teenagers at risk of developing eating disorders, including:

- **Societal pressure:** popular culture tends to place a premium on being thin. Even with a normal body weight, teens can easily develop the perception that they're fat. This can trigger an obsession with losing weight and dieting.
- **Favourite activities:** participation in activities that value leanness-such as modelling and elite athletics-can increase the risk of teen eating disorders.
- **Personal factors:** genetics or biological factors might make some teens more likely to develop eating disorders. Personality traits such as perfectionism, anxiety or rigidity also might play a role.

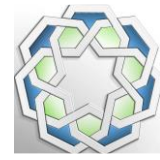
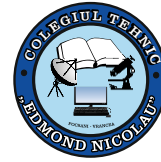
Some of the symptoms that might indicate an eating disorder include:

- ✓ **Skipping meals, making excuses for not eating or eating in secret**
- ✓ **Excessive focus on food**
- ✓ **Persistent worry or complaining about being fat**
- ✓ **Frequent checking in the mirror for perceived flaws**
- ✓ **Misusing laxatives, diuretics or enemas after eating**
- ✓ **Excessive exercise**
- ✓ **Regularly going to the bathroom right after eating or during meals**
- ✓ **Eating much more food in a meal or snack than is considered normal**
- ✓ **Expressing depression, disgust, shame or guilt about eating habits**

The most common eating or nutrition disorders are **anorexia nervosa** and **bulimia nervosa**. Considered as two faces of the same coin, anorexia and bulimia favour a distorted image on one's body, but, while anorexia is the refusal of food and starvation, bulimia is the consumption of exaggerated amounts of food and, subsequently, the use of different methods to eliminate it from the body.

Both anorexia and bulimia may have excessive concern for the figure, most often accompanied by unfounded discontent with the number of kilograms. People who tend to develop a nutritional disorder are overly attentive to what they eat, are very restrictive of the menu and tend to consume only diet foods. But the manifestations differ for each individual.

Teenagers with **anorexia** may take extreme measures to avoid eating and control the quantity and quality of the foods they do eat. They may become abnormally thin, or thin for



their body, and still talk about feeling fat. They typically continue to diet even at very unhealthy weights because they have a distorted image of their body.

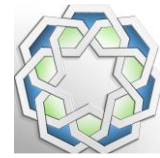
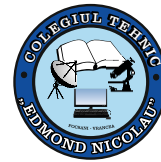
Signs of anorexia may include:

- A distorted view of one's body weight, size or shape; sees self as too fat, even when very underweight
- Hiding or discarding food
- Obsessively counting calories and/or grams of fat in the diet
- Denial of feelings of hunger
- Developing rituals around preparing food and eating
- Compulsive or excessive exercise
- Social withdrawal
- Pronounced emotional changes, such as irritability, depression and anxiety

Physical signs of anorexia include rapid or excessive weight loss; feeling cold, tired and weak; thinning hair; teenagers with anorexia often restrict not only food, but relationships, social activities and pleasurable experiences.

People suffering from **bulimia** are obsessed with the fear of gaining weight. There is a recurring pattern of eating large amounts of food (binge eating), which is usually followed by self-induced vomiting, taking laxatives or diuretics, fasting or exercising excessively (purging). People with bulimia often feel a lack of self-control and have an excessive concern with their bodyweight and shape. People with bulimia often have a weight in a healthy range and hide their binge eating/purging behaviour pattern from others. We can recognize the symptoms of bulimia:

- overeating, to the point of refusal
- vomiting caused immediately after the meal
- appeal to laxatives, diuretics, enema
- excessive sports and intense physical activity, overwhelming
- refusal to eat in public and eating in secret
- menstrual disorders
- bloating
- dry skin
- hair loss
- dental erosion, cavities



- salivary glands inflamed
- depressive and anxious states, isolation
- states of agitation and irascibility

These eating disorders could impair physical health and psychosocial functioning, and can even cause death in severe cases.

HEALTHY EATING FOR AN ACTIVE LIFESTYLE

If we eat healthier, we feel better, it’s something that we all know or hear more and more from TV spots or radio as there are plenty of campaigns all over the world. We should start learning good habits that lead to a healthier lifestyle.



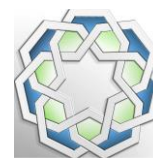
The body needs a balance of nutrients in order to stay healthy. There are 5 groups of nutrients of which macronutrients (macro=large or whole) need to be eaten in larger quantities than micronutrients. And water/fluids because our body needs to be hydrated to stay healthy.

	Purpose	Examples
Proteins	Tissue growth – known as the body's building blocks.	Animal products – meat, fish, dairy; plants – lentils, nuts, seeds.
Carbohydrates	Source of energy. Divided into: simple carbohydrates – sugars and complex carbohydrates – starches.	Simple – sugar, glucose, fructose; complex – bread, pasta, rice, potatoes.
Fats	Source of energy. Four types: monounsaturated, polyunsaturated (omega 3 and 6), saturated and trans fats.	Monounsaturated – olive oil, avocados; polyunsaturated – oily fish, nuts, sunflower oil, soya beans; saturated – full-fat dairy, fatty meats; and trans fats – many snack foods.



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Minerals	Essential for many processes, eg bone growth/strength, nervous system, red blood cells, immune system. Need small amounts only.	Calcium – milk, canned fish, broccoli; iron – watercress, brown rice, meat; zinc – shellfish, cheese, wheatgerm; potassium – fruit, pulses, white meat
Vitamins	Essential for many processes, eg bone growth, metabolic rate, immune system, vision, nervous system. Need small amounts only.	A – dairy, oily fish, yellow fruit; B – vegetables, wholegrain cereals; C – citrus fruit, broccoli, sprouts; D – oily fish, eggs, fortified cereals.

THE FOOD PYRAMID

Since World War II, food based advice has been given to ensure adequate intakes of both **macronutrients** (proteins, carbohydrates, and fats) and **micronutrients** (vitamins and minerals), often using a system of food groupings. This involved placing foods with similar characteristics into the same food group and advising people to eat from each group every day. However, during the 1970s nutritionists became concerned with the over-consumption of fats, especially saturated fats, and sugars, and the lack of fibre in the diet. As a result, advice in developed countries tended to become more nutrient-based, with emphasis on macro- rather than micronutrients. This was mixed with some food-based advice to encourage eating more or less of those foods which were high or low in macronutrients of concern, but the use of traditional food groups became less popular.

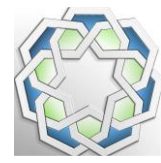
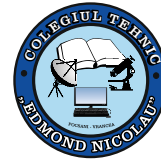
In Europe, the main public health problems are diet- and lifestyle-related non-communicable conditions such as obesity, heart disease, diabetes and cancer.

Nearly all European countries have developed **Food-Based Dietary Guidelines** based on the principle to provide guidance for a healthy balanced diet that will help prevent non-communicable diseases such as heart disease and cancer. Common recommendations include eating plenty of fruits, vegetables and complex carbohydrates, and choosing foods which are lower in saturated fat, salt and sugar. The use of food groups, as in food pyramids and circles, ensures the inclusion of all basic foods and gives positive messages about what we should be



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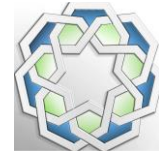
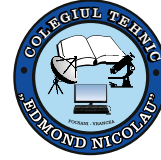
eating as well as some qualifying information to help us avoid eating too much of certain foods.

The most popular graphic **Food-Based Dietary Guidelines** is the form of a pyramid. Austria, Belgium, Finland, Greece, Ireland, Latvia, Spain, Germany and Switzerland are some of the countries that make use of such a food guide pyramid.

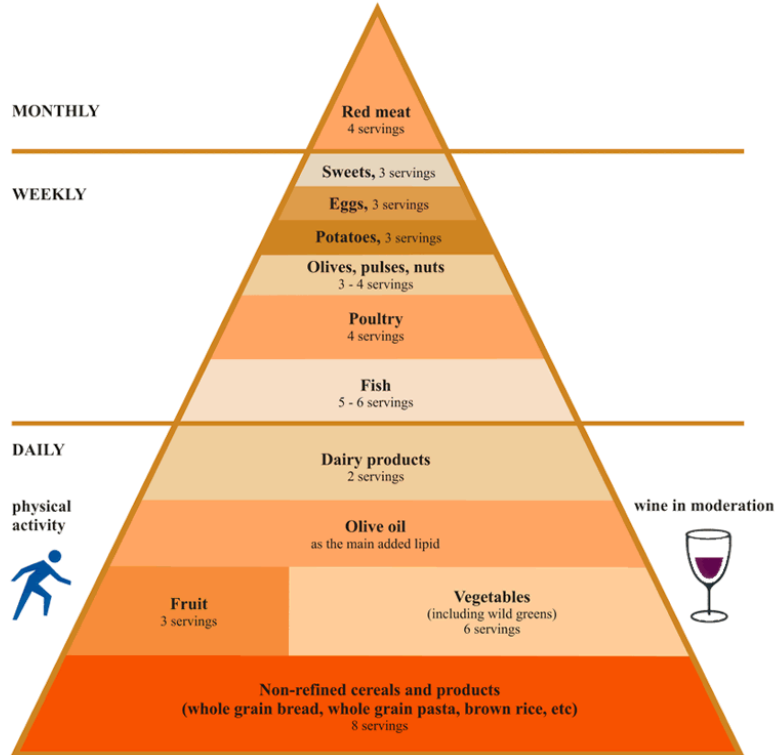
The **Spanish Pyramid** adds water and exercise recommendations below the base of the graphic, and depicts advice for moderate intakes of wine and beer on the side of the pyramid.

Both the Greek and Spanish food pyramids reflect local culture and health advice by including a small sub-section in the middle of their pyramids for olive oil.





MEDITERRANEAN DIET



One serving equals approximately half of the portions as defined in the Greek market regulations (portions served in restaurants)

Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

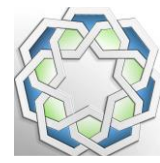
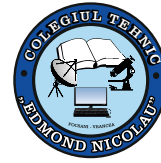
Source: Supreme Scientific Health Council, Hellenic Ministry of Health





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The **Harvard Healthy Eating Pyramid**: the widest part at the bottom is for things that are most important and the foods at the narrow top are those that should be eaten sparingly, if at all.

As doctors and nutritionists recommend people to balance every day diet by paying attention to micro and macronutrients, it's necessary to have an idea about micronutrients and macronutrients and read properly the food labels before buying from shops and supermarkets. Dietary components, micronutrients, which we usually call vitamins and minerals, are required by the body in small amounts and they are vital to development, disease prevention and wellbeing. Human body can't produce micronutrients; therefore people need to have a balanced diet and make sure the food provides vitamins and minerals needed for optimal health. Micronutrients are considered micro-nutrition since our body requires only very tiny amounts of them for basic survival. However, if the body does not get the necessary amounts of micronutrients required for optimal body function, then severe health complications may arise.

Obtaining the minimum required levels of micronutrients in the daily diet is not difficult, mainly by eating lots of fresh fruits and vegetables spanning the rainbow, such as red cherries, purple grapes, yellow bell peppers and orange carrots.

Deficiencies in micronutrients such as vitamin D, vitamin A, iron, iodine and zinc can have devastating consequences for people's health.

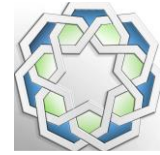
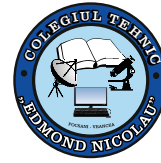
Iron

- ✓ essential mineral critical for motor and cognitive development, it's an important component of hemoglobin, the substance in red blood cells that carries oxygen from lungs to transport it throughout the body. Hemoglobin represents about two thirds of the human body's iron. If we don't have enough iron, our body can't make enough healthy oxygen-carrying red blood cells
- ✓ without healthy red blood cells, your body can't get enough oxygen. "If you're not getting sufficient oxygen in the body, you're going to become fatigued" (Paul Thomas, EdD,



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RD, a scientific consultant to the American National Institutes of Health, Office of Dietary Supplements)

- ✓ necessary to maintain healthy cells, skin, hair, nails

Iodine

- ✓ one of the most important minerals required by a fetus for brain and cognitive development, though the iodine content in most foods and beverages is low
- ✓ the body needs iodine to make thyroid hormones which control the body's metabolism and many other important functions; thyroid hormones are also needed for proper bone and brain development during pregnancy and childhood
- ✓ the amount of iodine per day depends on the age: for children 1-8 years old 90 micrograms, for children 9-13 years old 120 micrograms, for teenagers 14-18 years old 150 micrograms and adults 150 micrograms every day

Iodine can be found in:

- fish (such as cod and tuna), seaweed, shrimp and other seafood (generally rich in iodine)
- dairy products (milk, yogurt, cheese) and products made from grains (different types of bread and cereals)
- fruits and vegetables
- iodized salt

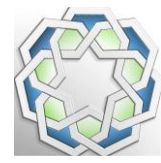
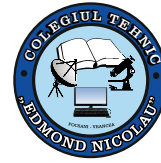
Zinc

- ✓ a mineral that promotes immunity, resistance to infection, and proper growth and development of the nervous system
- ✓ responsible for a number of functions in the human body and it helps stimulate the activity of at least 100 different enzymes
- ✓ vital for a healthy immune system, correctly synthesizing DNA, promoting healthy growth during childhood and healing wounds
- ✓ according to a Canadian research conducted at the University of Toronto and published in “Neuron” (a medical magazine), zinc has a crucial role in communication of neurons and influences our memory and learning process



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- ✓ beneficial in reducing the duration and severity of the common cold
- ✓ may also be benefic for treatment of acne, ADHD, osteoporosis
- ✓ sources of zinc: beans, animal meats, nuts, fish and other seafood, whole grain cereals, dairy products (milk, yogurt, butter, cheese)

Magnesium

- ✓ about 60% of the magnesium in our body is found in bone, while the rest is in muscles, soft tissues and fluids, including blood
- ✓ every cell of the body contains it and needs it to function
- ✓ it's involved in more than 600 reactions in the human body
- ✓ helps convert food into energy, creating new proteins from amino acids
- ✓ is part of the contraction and relaxation of muscles, playing an important role in nervous system regulation because it helps regulate neurotransmitters, which send messages throughout the our brain and nervous system

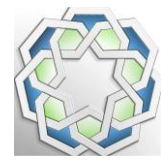
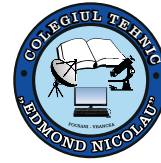
Food sources of magnesium:

- **Pumpkin seeds:** 46% of the Recommended Daily Intake (RDI) in a quarter cup (16 grams)
- **Spinach, boiled:** 39% of the RDI in a cup (180 grams)
- **Swiss chard, boiled:** 38% of the RDI in a cup (175 grams)
- **Dark chocolate** (70–85% cocoa): 33% of the RDI in 100 grams
- **Black beans:** 30% of the RDI in a cup (172 grams)
- **Quinoa, cooked:** 33% of the RDI the in a cup (185 grams)
- **Halibut:** 27% of the RDI in 100 grams
- **Almonds:** 25% of the RDI in a quarter cup (24 grams)
- **Cashews:** 25% of the RDI in a quarter cup (30 grams)
- **Mackerel:** 19% of the RDI in 100 grams
- **Avocado:** 15% of the RDI in one medium avocado (200 grams)
- **Salmon:** 9% of the RDI in 100 grams
- **Bananas:** 9% of the RDI in one large banana



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Vitamin A: it occurs as *both retinol* and *beta-carotene*, which is then converted by the body into retinol; it's an essential micronutrient necessary for healthy vision and gums which is necessary to support healthy eyesight and immune system functions. Children who are deficient face an increased risk of blindness and death from infections such as measles and diarrhea. We get it from: *retinol-oily fish, full cream dairy products, egg yolk; beta-carotene: orange, yellow and green fruits and vegetables*

Vitamin C: the *ascorbic acid* is good to get a healthy working immune system; it promotes healthy teeth and gums, healing of wounds, and absorption of iron by the body. We get it from: fruit and vegetables such as citrus fruit and juices, berries, pineapple, parsley, broccoli, spinach, cabbage

Vitamin E: a potent antioxidant that can help combat free radical damage within the body and helps red blood cells form and use vitamin K; it may play a role in preventing cancer and heart disease. We get it from: wheatgerm, wholegrains, vegetable oils, nuts and seeds, fish, fruit and vegetables

Vitamin D: helps absorb and maintain proper blood levels of phosphorus and calcium, minerals needed for development and healthy teeth and bones. A deficiency in vitamin D can cause rickets, which increases the chance of a child having fractures. We get it from: sunlight (about 10 minutes every day), cod liver oil and oily fish such as herring, salmon, tuna and sardines, eggs

Vitamin B1: called also thiamin helps release energy from carbohydrates and it's needed for proper working of the heart, digestive and nervous systems. It's important for growth. We get it from: yeast extract, wheatgrain, nuts and seeds, breakfast cereals, lean pork

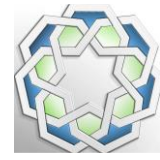
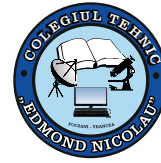
Vitamin B2: also called riboflavin, it's important for growth and repair of tissues, especially the skin and eyes. It helps release energy from food. We get it from: milk, cheese, butter, yoghurt, egg whites, almonds, mushrooms, green vegetables and wholemeal flour and cereals

Vitamin B3: niacin helps control cholesterol levels and to release energy from food, being important for nervous system and digestive health. We get it from: lean meat, yeast, peanuts, tuna and salmon, vegetables, eggs, milk



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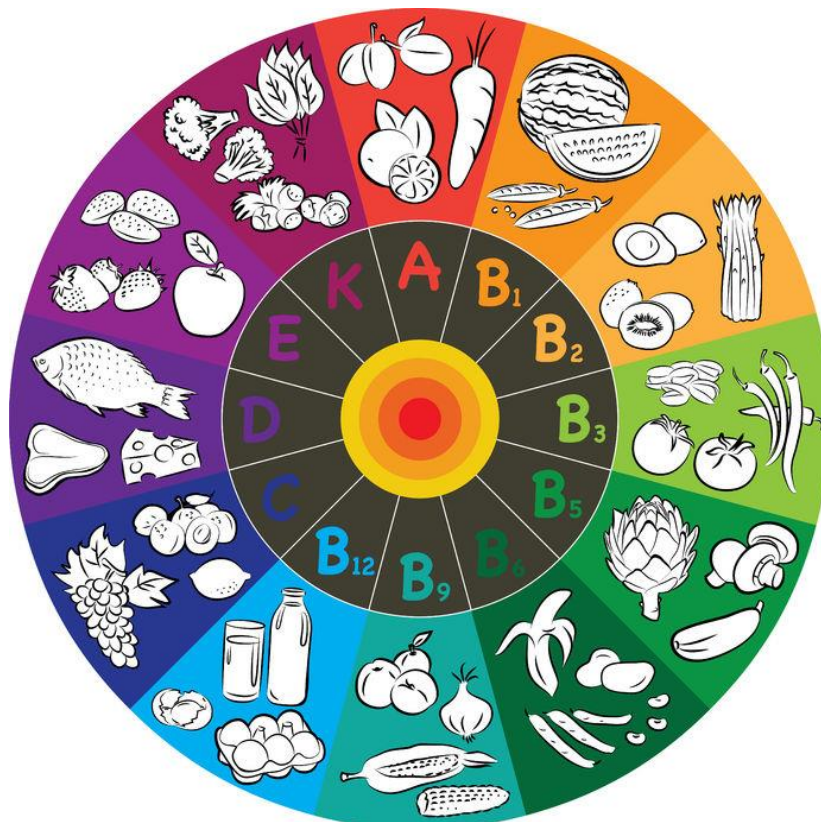
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Vitamin B6: known as pyridoxine, it helps process protein and carbohydrate, assisting in making red blood cells. It's also important for brain function and immune system health. We get it from: poultry, lean meat, fish, soybeans, nuts, green leafy vegetables

Vitamin B9: known as folate or folic acid, it's involved in producing red blood cells and DNA. It keeps the nervous system healthy and it's important in early pregnancy to prevent neural tube defects. We get it from: yeast extracts, green leafy vegetables, peas, nuts, avocado

Vitamin B12: works to produce new blood and nerve cells and DNA. It helps process carbs and fats. We get it from: animal products such as lean meat, chicken, fish, seafood, eggs and milk

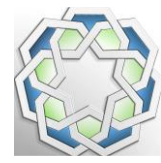
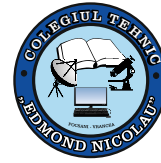


Portion Size Matters – Portion Size Control



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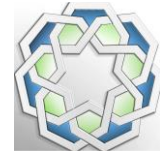
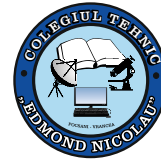
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Why should we pay attention to portion sizes? Is it an important aspect related to healthy habits and lifestyle? Yes, we all must pay attention not only to the ingredients or the quality of food, but also to the quantity or the portion sizes because it's easy to overload the plate and eat too much. Portion control is also the key to weight management. Over the years portion sizes have grown and people tend to eat much more than they need, especially without practicing regular physical activity. That's why nutritionists recommend being mindful of how much and what we eat. The size of our hand is good for measuring a healthy portion. One good piece of advice is to start eating on smaller plates so we feel as if our plate is full before we sit down to a meal. We should remember that eating is not a pastime or something to do when we are bored or stressed out. Mindlessly eating in front of the television or running to the refrigerator if we have had a bad day are both bad eating habits that cause further health problems down the road.

Here are some *suggestions about the portion sizes*:

- A serving of protein: **1 PALM**
- A serving of vegetable: **1 FIST**
- A serving of carbohydrates : **1 CUPPED HAND**
- A serving of fats: **1 THUMB**



“Handy” Guide to Correct Food Portions

We often know what to eat but not how much. It turns out that whether you are a man or woman, big or small, your own hand is the perfect measuring device for you. Follow this handy guide to determine correct food portions for your next meal. *Source: Arizona State University School of Nutrition & Health Promotion*

Protein



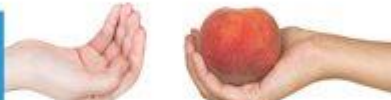
The size of your palm not including fingers or thumb for meats

Veggies



The size of your two hands cupped together for vegetables and leafy greens

Fruit



The size of your cupped hand for fruits

Starches



The size of your fist for starches, such as rice, potatoes, pasta

Fats



The size of the tip of your thumb for fats, such as oil, mayo, peanut butter.

Cheese



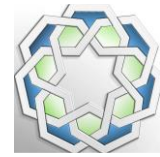
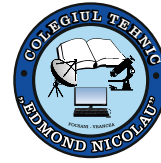
The size of your entire thumb is one serving

Courtesy of Home Sweet Home Care Inc. • HomeSweetHomeCareInc.com

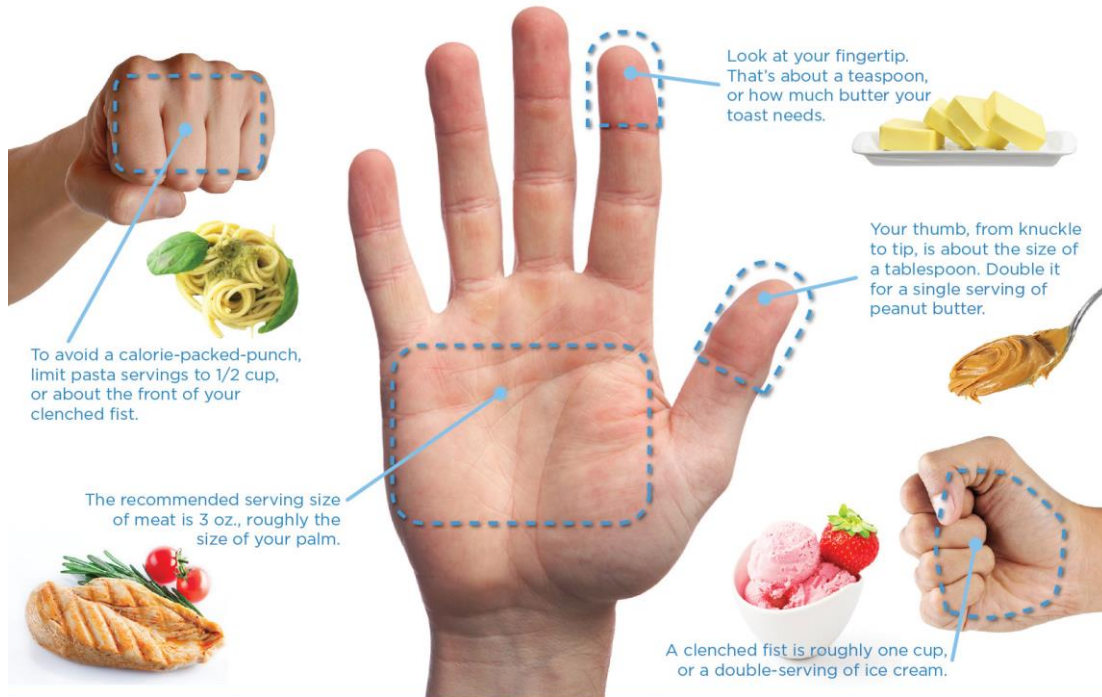


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Hand Guide to Portion Control



Sources:
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>
<http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

www.GuardYourHealth.com

What to do for Portion Control:

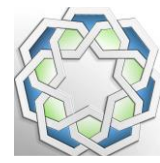
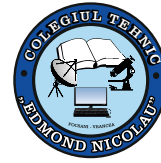
- Being aware of realistic portion sizes and using the "divided plate" concept can help people avoid overeating.
- The divided plate concept means to divide the plate into 4 equal sections: one of the top quarters for proteins, another top quarter for starch (preferably a whole grain), the bottom part for veggies or a combination of vegetables and fruit.
- None of the foods should overlap or be piled high in order to keep portions under control and balance our meals.

But sometimes these visual cues can be hard — especially when foods are difficult to measure, like a sandwich. It can also be hard to estimate foods like chips and cookies that we might eat right out of the bag.



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Suggestions for portion control:

- Eat your meals on a smaller plate so your meal looks larger. A sandwich on a dinner-size plate looks lost;
- Avoid taking an entire bag of chips or a container of ice cream to the couch. It's better to put the snack in a bowl, and sit at the table to eat it;
- Don't eat in front of the TV or other screens because you do not pay attention to what and how much you eat while focusing on the screen. We should also enjoy our meal, delight our senses and appreciate the display of the food;
- Try single-serving size foods to help your body learn what an appropriate portion size is;
- Eat three well-balanced meals (with vegetables, fruit, proteins, and starch) and one or two healthy snacks at regular times throughout the day. Skipping meals or waiting too long between them can make you more likely to overdo it at the next meal. Especially, do not skip breakfast as your metabolism will slow during the day;
- Add more salads, other vegetables, and fruit to your diet, especially at the start of a meal. This can help control hunger and give a sense of fullness while controlling calorie intake;
- Try not to rush through your meals. It's important to slow down and think about food as nourishment. Take time to eat as having a meal should be a pleasant moment and beside this, it actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly, chew well and stop eating before you feel full;
- Be aware that most restaurant portions are three or four times the right serving size. Try sharing meals with friends, ordering an appetizer as a main dish, or packing up the extra to take home before you begin to eat;
- Don't be tempted to go for the giant value meal or the jumbo drink just because they're not so expensive than the regular size.

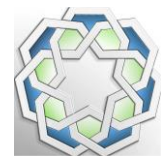
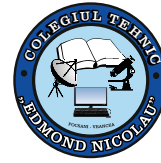
CUTTING DOWN ON HIDDEN SUGAR, THE DIET SABOTEUR

Sugar is a type of simple carbohydrate that occurs naturally in some dairy products, fruit and vegetables, giving them a sweeter taste. The body digests dairy products, fruit and vegetables



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containing natural sugar at a slower rate than products with added sugar, making them a lasting source of energy. But sugar is also an additive in certain foods and drinks and specialists agree that all the sugar added to processed food offers no nutritional value because sugar is an empty calorie that can sabotage any healthy diet, contribute to weight gain and increase the risk of serious **health problems** such as **high blood pressure, heart disease, liver disease, type 2 diabetes, obesity, hyperactivity, mood disorders** and **metabolic diseases**.

The World Health Organisation recommends that we should reduce the amount of “free sugars” we eat, meaning any sugars that are added to food or drinks, or present naturally in unsweetened fruit juices, fruit purees and pasta, honey and syrups. The same *World Health Organisation* says that no more than of 5% of our daily calories should come from added sugars.

To be aware of added sugar in food products, it is vital to read labels carefully and know the names for **added sugar**:

- **dextrose**
- **sucrose**
- **lactose**
- **agave nectar**
- **maltose**
- **molasses**
- **coconut sugar**
- **honey**
- **high-fructose corn syrup**
- **corn sweetener**
- **crystalline fructose**
- **evaporated cane juice**

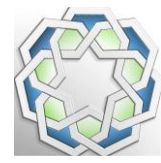
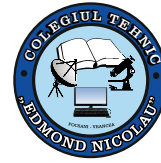
According to the American Heart Association (AHA), the maximum amount of added sugars per day concerns **25 grams** (or **6 teaspoons** containing **100 calories**) for **women** and **37.5 grams** (or **9 teaspoons** containing **150 calories**) for **men**. Children and teenagers should use only occasionally food and drinks containing added sugars as they need nutritious meals in order to grow and develop healthy.

In addition, it is very important to know that **food products** which are considered **high in sugar** contain **more than 22.5 grams of total sugars per 100 grams** and avoid them or use them very rarely. We all should prefer food products **low in sugar** as they contain **5g or less of total sugar per 100 grams**.



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Drinks are considered **high in sugar** if they contain more than 11.25g of total sugars per 100 ml and low in sugar if they contain 2.5g or less of total sugars per 100ml.

Tips for cutting down on sugar:

- **avoiding liquid sugar** which can be found in soft, fizzy drinks and juices knowing that the liquid sugars causes a greater spike in blood glucose levels. A healthy choice is to drink water or unsweetened fruit juice. Replacing these drinks with unsweetened herbal tea, coffee without sugar, sparkling mineral water, or just water can help us stay hydrated without increasing our sugar intake.
- **avoiding packed foods** because more than 75% of packed foods in supermarkets contain added sweeteners (to flavour and preserve the food). Here are some examples:
 - candies and chocolate
 - desserts
 - breakfast bars
 - breakfast cereals
 - yogurt
 - savory snacks
 - sauces and salad dressings
 - milk and soy beverages
 - canned, frozen, and dried fruit
- **focusing on whole foods** including vegetables, fruit, lean meat, poultry, tofu, fish, whole unprocessed grains, nuts and seeds
- **using spices** such as cinnamon, vanilla, nutmeg, cardamom or aromatic herbs which Mediterranean populations love so much as these herbs grow widely around the Mediterranean areas (rosemary, mint, bay leaves, thyme, basil)

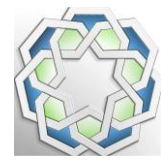
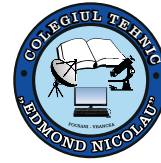
We would like to remind everyone that we are the only one “guilty” for making **personal negative lifestyle choices**. Let’s get aware that everything we do to have a healthy life is a personal choice and avoiding the following bad habits can contribute to our wellbeing:

- **not doing enough physical activity**
- **being too sedentary, for example sitting or lying down for long periods**
- **having an unhealthy diet (eating too much or too little, eating too much fat/sugar/salt)**



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- *not getting enough sleep or having erratic sleep patterns*
- *smoking*
- *abusing alcohol (drinking too much and/or too often)*
- *misusing substances, for example taking drugs, using performance-enhancing drugs, overusing prescription or over-the-counter drugs*
- *self-harming*
- *ignoring signs and symptoms of illness or emotional strain*

MEDITERRANEAN DIET

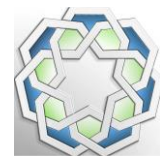
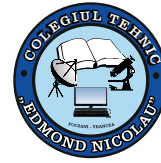
It is a centuries-old approach to meals, traditional to the countries bordering on the Mediterranean Sea, such as Italy, Spain and Greece. Interest in the Mediterranean diet began in the 1960s with the observation that coronary heart disease caused fewer deaths in Mediterranean countries, such as Greece and Italy, than in the U.S. and northern Europe. More recent studies found that the Mediterranean diet is associated with reduced risk factors for cardiovascular disease. It is also recognized by the World Health Organization as a healthy and sustainable dietary pattern and as an intangible cultural asset by the United National Educational, Scientific and Cultural Organization.

Many medical researches show that a typical Mediterranean diet includes lots of vegetables, fruits, beans, cereals and cereal products, for example wholegrain bread, pasta and brown rice. It also contains moderate amounts of fish, white meat and some dairy. It seems that the combination of all these elements bring health benefits, but one of the key aspects is the inclusion of healthy fats. Olive oil, which is a monounsaturated fat, is most commonly associated with the Mediterranean diet, but polyunsaturated fats are also present in nuts, seeds and oily fish. Olive oil, the primary source of added fat in the Mediterranean diet, provides monounsaturated fat, which has been found to lower total cholesterol and low-density lipoprotein (LDL or "bad") cholesterol levels. Nuts and seeds also contain monounsaturated fat.



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There is also an emphasis on sitting down and enjoying a meal among family and friends, as well as avoiding snacking, and getting plenty of physical activity. It's not just about the food: it's a *way of being*. The Mediterranean diet should be paired with an active lifestyle for better results, for example doing regular physical activity (at least one a week spend some time for dancing, jogging, playing sports, walking, trekking, cycling, canoeing and so on).

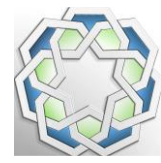
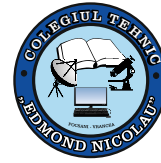
GUIDELINES TO BE FOLLOWED FOR MAXIMUM BENEFIT when considering a Mediterranean diet:

- Base every meal on fruits, vegetables, whole grains (whole wheat bread, brown rice, quinoa and bulgur), olive oil, beans, nuts, legumes (lentils, dried peas and beans), seeds, herbs and spices;
- Always eat breakfast: never skip the breakfast as it contributes to the metabolism and brings a lot of energy for the day. Fruit, whole grains, and other fiber-rich foods are a great way to start your day;
- Eat fish at least twice a week: fish such as tuna, salmon, herring, sablefish (black cod), and sardines are rich in Omega-3 fatty acids, and shellfish like mussels, oysters, and clams have similar benefits for brain and heart health;
- Eat moderate portions of cheese and yogurt daily to weekly;
- Eat moderate portions of poultry and eggs every two days or weekly;
- Eat red meat sparingly or limit to three-ounce portions;
- Drink plenty of water each day, and drink wine in moderation—no more than one glass a day for women, two glasses per day for men;
- Focus on fruits and vegetables and make these the staple of the diet;
- Eat beans, legumes, nuts, and whole grains daily;
- Season foods with herbs and spices instead of salt, fat, and sugar;



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- Cook food with olive or avocado oil as standard, instead of butter;
- Focus on lean proteins, primarily fish, and eat less than 3 ounces of chicken or red meat per week;
- Limit the intake of sweet and high-sugar foods and base most dessert intake around fruit.

A key part of Mediterranean dining culture is **eating with others**, and **sharing healthful, nutritious meals**. It is a great way to approach a diet with the support of family or close friends. They can help reinforce the changes.

Nowadays more and more people are interested in adopting a healthy lifestyle and show a high interest for the Mediterranean diet as they realize its benefits. Past research has shown that this type of diet can help :

- ✓ *lower cholesterol,*
- ✓ *help with weight loss,*
- ✓ *improve rheumatoid arthritis,*
- ✓ *reduce the risk for developing Alzheimer's disease, diabetes, and various types of cancer.*

Good food is a pretty powerful health booster. Whole grains, legumes, fruit, and vegetables are packed with fibre, which slows digestion and helps control blood sugar. Monounsaturated fats in olive oil, nuts, and fish can have anti-inflammatory effects, which may help stave off heart disease and many other conditions.

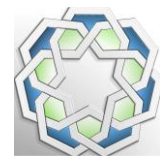
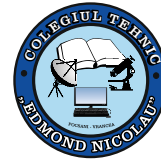
The idea of Mediterranean diet also includes, beside food and drink, social and cultural aspects:

- *Balanced mealtimes*
- *Enough hours of sleep*
- *Resting after eating*
- *Participating in social and cultural events*
- *Regular physical activity*



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Benefits of the Mediterranean diet:

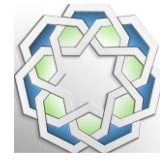
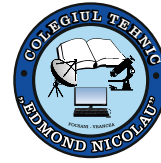
1. **Fights inflammation:** Fatty fish like salmon, mackerel, and tuna are high in omega-3 fatty acids, which help reduce inflammation. And there is another aspect to consider: the omega-3s in fish help keep skin cells strong and elastic. Omega-3 fatty acids also help decrease triglycerides, reduce blood clotting, and decrease the risk of stroke and heart failure.
2. **Helps people live longer:** The antioxidant and anti-inflammatory effects of fruits, vegetables, and olive oil may help fight oxidative damage linked to aging.
3. **Keeps your brain sharp:** foods that are packed with antioxidants, like nuts and olive oil, may help delay the onset of mental decline. Research suggests that the Mediterranean diet may improve cholesterol, blood sugar levels, and overall blood vessel health, which in turn may reduce your risk of Alzheimer’s disease, while the high levels of antioxidants in the Mediterranean diet can prevent cells from undergoing a damaging process called oxidative stress, thereby cutting the risk of Parkinson’s disease in half.
4. **Protects against type 2 diabetes:** A Mediterranean diet is rich in fiber which digests slowly, prevents huge swings in blood sugar, and can help maintain a healthy weight.

EXTRA VIRGIN OLIVE OIL is very popular in all Mediterranean countries and people from all around the world started to use it for its various health benefits knowing that people tend to live longer and healthier lives in regions where olive oil is an essential part of the diet, such as Andalucía in the south of Spain. Extra virgin olive oil is the highest quality oil available, extracted from the olive fruit without the use of any heat or chemicals.



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Nutrient composition of extra virgin olive oil

Fairly nutritious, extra virgin olive oil contains modest amounts of vitamins E and K and plenty of beneficial fatty acids. One tablespoon or 13.5 grams of olive oil contains:

- **Saturated fat:** 14%
- **Monosaturated fat:** 73%, mostly oleic acid
- **Vitamin E:** 13% of the Daily Value
- **Vitamin K:** 7 % of the Daily Value

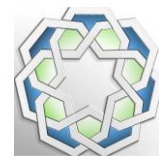
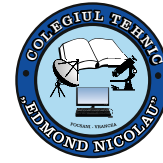
Based on scientific evidence, the extra virgin olive oil has got major health benefits for those who use it in their everyday diet:

- It's a fantastic **source of antioxidants** and **healthy fats**: despite the regular olive oil which is refined and stripped of important nutrients and antioxidants, extra virgin olive oil contains more than 30 different types of phenolic compounds, which are powerful antioxidants helpful in protecting the body against *free radicals* (molecules that cause cell damage and contribute to disease and the aging process). It's also



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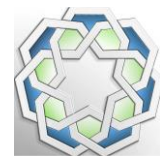
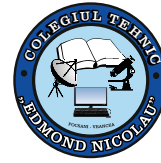


- primarily made up of monounsaturated fat (more than 65%), so a diet high in the extra virgin olive oil is linked with favourable effects on markers of cardiovascular disease such as heart disease and stroke;
- It could **reduce the risk of heart disease**: it is well known that the populations living in Mediterranean regions have low rates of mortality from heart disease and their consumption of extra virgin olive oil is thought to contribute to this situation. Nowadays heart disease is the number one cause of premature death worldwide. But recent medical researches reveal that the active compounds in extra virgin olive oils have powerful cardio-protective properties such as helping to lower blood pressure and preventing the hardening of the arteries called atherosclerosis;
 - It may **protect against stroke**: the second largest cause of mortality after heart disease, stroke shares many of the same risk factors, such as high cholesterol and high blood pressure. A diet high in olives and extra virgin olive oil has been shown to dramatically reduce the risk of stroke in observational studies;
 - It may **reduce the risk of type 2 diabetes**: more and more young people and children are affected by type 2 diabetes and it seems that the food we eat, the lifestyle we have are responsible for this frightening disease. Type 2 diabetes is characterized by the reduced effectiveness of insulin, the hormone that moves glucose (sugar) out of blood and into cells to be used as energy. The phenolic compounds (which are powerful antioxidants) of extra virgin olive oil can aid in glucose metabolism and improve the sensitivity and effectiveness of insulin. That's why it's better to use olive oil instead of sunflower oil or palm oil for frying food, preparing salad dressings or even pouring on top of cold or hot dishes as it happens in the Mediterranean regions where people use large quantities without being afraid to get fat.



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More about Type 2 Diabetes

The rate of type 2 diabetes is increasing around the world.

Type 2 diabetes may lead to:

- Vision loss, even blindness
- Kidney failure
- Heart attacks
- Strokes
- Amputations
- Infections

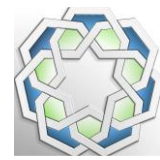
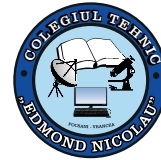
Dietary recommendations to prevent diabetes:

- Replace refined grains with whole grains
- Reduce intake of added sugar and processed foods
- Increase fruits and vegetables intake
- Increase fiber intake
- Eat less meat, preferably white meat
- Eat healthy fats (extra-virgin olive oil, Omega-3 fats which can be taken from fish, walnuts and seeds)
- Try to cook your own meals if possible, taking into consideration all the dietary changes you want to make in order to lead a healthy life



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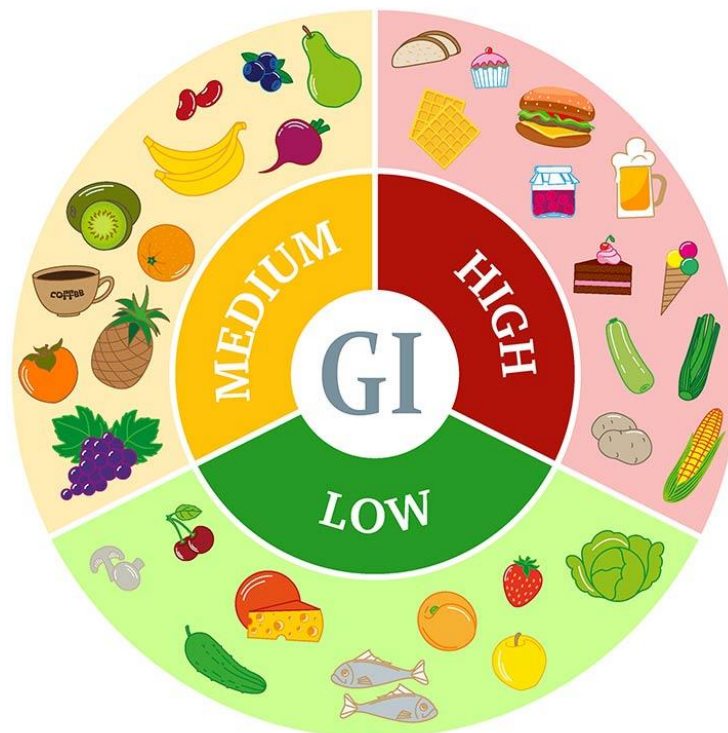
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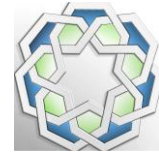
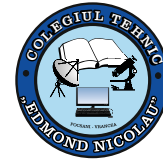


In order to prevent diabetes and to avoid gaining weight it is recommended to pay attention to the glycemic index of different food items.

What is the **Glycemic Index**?

The glycemic index (or GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar (glucose) levels after eating. Foods with a high GI are those which are rapidly digested, absorbed and metabolised and result in marked fluctuations in blood sugar (glucose) levels. Low GI carbohydrates – the ones that produce smaller fluctuations in your blood glucose and insulin levels – is one of the secrets to long-term health, reducing your risk of type 2 diabetes and heart disease. It is also one of the keys to maintaining weight loss.





Glycemic Index

Low GI (<55); Medium GI (56-69); High GI (>70)

Grains/Starches

Spaghetti - 42
 Corn, sweet - 54
 Wild rice - 57
 Sweet potatoes - 61
 White rice - 64
 Cous-Cous - 65
 Whole Wheat Bread - 71
 Muesli - 80
 Baked potatoes - 85
 White bread - 100
 Bagel, White - 103

Vegetables

Asparagus - 15
 Broccoli - 15
 Celery - 15
 Cucumber - 15
 Lettuce - 15
 Peppers - 15
 Spinach - 15
 Tomatoes - 15
 Chickpeas - 33
 Cooked carrots - 39

Fruits

Grapefruit - 25
 Apple - 38
 Peach - 42
 Orange - 44
 Grapes - 46
 Banana - 54
 Mango - 56
 Pinaapple - 66
 Watermelon - 72

Dairy

Low-fat yogurt - 14
 Plain yogurt - 14
 Whole milk - 27
 Soy milk - 30
 Fat-free milk - 32
 Skim milk - 32
 Chocolate milk - 35
 Fruit yogurt - 36
 Ice-cream - 61

Proteins

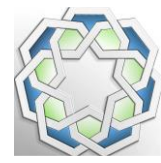
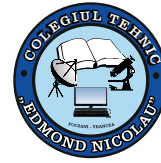
Peanuts - 71
 Dried beans - 40
 Lentils - 41
 Kidney Beans - 41
 Split Peas - 45
 Lima Beans - 46
 Black-eyed Beans - 59

- It may **protect against certain cancers**: there are less situations of cancer in Mediterranean regions where olive oil consumption is high. Even if the specialists don't know yet exactly how it works, it seems that we should consider olive oil for having anti-cancer properties and introduce it in our diet for its various benefits, not only for the fragrance and the great taste;
- It promotes **brain health**: a Mediterranean diet which includes olive oil has been shown to promote cognitive function and stimulate the brain activity, good reason to protect the human brain from Alzheimer's disease. It's not only about longevity but also staying in a good mental shape and enjoying life as much as we can by using natural products and choosing to adopt a healthy diet based on proper food, good habits.



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Food, which is very important for having a healthy life, also contributes to our enjoyment from a social point of view. We all love sharing a meal with family and friends and find it a great way to relax and strengthen social bonds. Food also plays an essential part in our cultural identity as traditional cuisine is passed down from one generation to the next. Now when the world becomes more globalised, it is easier for everyone to access cuisines from different countries in order to get a taste of cultural diversity through typical dishes, traditional food and drinks as **expression of cultural identity**. We can consider that food is a portal into culture, a vehicle for expressing culture and we should embrace our heritage through our culture's food while becoming more informed about other cultures by trying their foods.

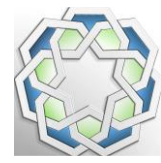
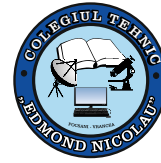
TYPICAL DISHES IN SPAIN (Andalusia)

Andalusian cuisine has been influenced by a multitude of flavours, from Romans, North African to Moors, Christians and Jews. The excellent local products that come from its diverse geography and climate, together with the historic legacy left by the villages of the land have created a varied, rich and incomparable cuisine. Based in the healthy



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Mediterranean diet, the typical Andalusian cuisine takes the flavours and aromas from the land, sea and mountains.

BREAD AND OLIVE OIL

The most traditional breakfast which mainly characterizes Andalusia is bread and olive oil.



Known as liquid gold, olive oil is eaten on toast with a pinch of salt. Containing antioxidants and vitamins, olive oil on a toast is an excellent choice for starting a new day with a simply but tasty breakfast.

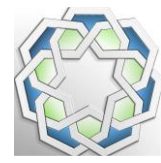
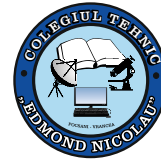
BREAD, OLIVE OIL AND TOMATO





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Simple, healthy and typical for the south region of Spain called Andalusia, the breakfast can consist in bread, extra virgin olive oil and tomato sauce or sliced fresh tomato. This combination of vitamins is great to start the day with force as being light and providing sufficient nutrients for work, sport and routine. Spanish people often add “jamon serrano” for a better taste and natural fat. This typical breakfast has real healthy benefits knowing that the vitamin C found in tomatoes helps to better absorb the iron in the “jamon serrano”, and the fatty acids in the olive oil help the body to absorb the lycopene which is a powerful antioxidant in the tomato.

AJOBLANCO WHITE GARLIC GAZPACHO



Ingredients for 6 people

- 500 g breadcrumbs
- 100 g peeled almonds
- 3 garlic cloves
- 1 kg Malaga grapes
- 1/2 c wine vinegar
- 1 c olive oil and salt

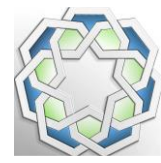
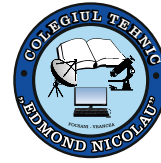
Preparation

Submerge the breadcrumbs in water until they are soaked, then squeeze the water out. Meanwhile, peel the almonds.



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Put everything into a mortar and mash it with the garlic cloves until fine. Then add the oil little by little, as if making mayonnaise, until it becomes a paste. Lighten it with water and vinegar until it is a creamy broth.

Peel the grapes and remove the seeds. Add them to the broth and season with salt. Ajoblanco is always served very cold.

WHITE GARLIC GAZPACHO

Ingredients for 6 people

- 200 g bean flour
- 1.2 kg potatoes
- 2 garlic cloves
- 1/2 c wine vinegar
- Olive oil
- Rock salt

Preparation

Grind the bean flour in a mortar with the garlic cloves and a few grains of rock salt, adding a little water and vinegar until it makes a paste. Then add the oil, little by little so that the cream doesn't curdle, diluting it with more water to get a light cream. This soup is served very cold, accompanied by roasted potatoes or, sometimes, fried bread croutons.

Avocado Caprese Salad

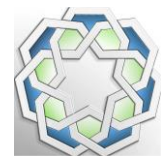
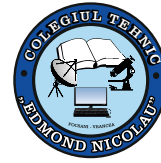
Ingredients

- 2 cups fresh arugula
- 2-3 campari or cocktail style tomatoes sliced
- 1/2 avocado pitted and sliced
- 3 slices fresh mozzarella cheese
- fresh basil leaves
- 1 tablespoon extra virgin olive oil



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- 1 1/2 teaspoons balsamic vinegar
- generous pinch of sugar or dollop of honey
- kosher salt and freshly ground black pepper

Preparation

Assemble the arugula, tomato, avocado slices and mozzarella in a serving bowl. Top with torn or slivered basil leaves. Whisk the extra virgin olive oil in a small bowl with the balsamic vinegar, sugar or honey and season with kosher salt and freshly ground black pepper to taste and pour over the salad. Toss to coat and serve.

Blood Orange, Fennel and Avocado Salad with Lemon Citronette

Ingredients

Salad

- 4 large handfuls of spring greens
- 2 blood oranges, sliced into segments
- 1 bulb fennel, quartered, cored and sliced into super thin strips (reserve fennel fronds)
- 1 avocado, diced
- 2 ounces (about 1/3 cup) goat cheese, crumbled
- 3 tablespoons sliced almonds

Citronette

- 1/4 cup olive oil, more to taste
- 1 lemon, preferably organic, zested and juiced
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- Sea salt and lots of freshly ground black pepper, to taste

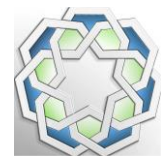
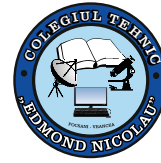
Preparation

Lightly toast the almonds: In a small skillet over medium heat, toast the almonds for a few minutes, stirring frequently so they don't burn. Once the almonds are fragrant and starting to turn golden, remove from heat and transfer to a plate.



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In a large serving bowl, combine the greens, segmented blood oranges, sliced fennel, diced avocado, goat cheese and warm almonds. If the fennel’s feathery fronds (say that five times fast) are in good shape, chop up a handful’s worth and toss them into the salad.

In a small bowl, whisk together the salad ingredients until emulsified. Whisk in more olive oil if the dressing tastes too tart. The final result should be pleasantly tangy.

Once you’re ready to serve, drizzle citronette over the salad (you might not need all of it) and toss. Serve immediately.

Citrus Shrimp and Avocado Salad

Ingredients

- 1 pound medium shrimps 31/40
- 8 cups greens such as arugula spinach, or spring mix
- Fruity or lemon-flavored extra virgin olive oil
- Juice of 1/2 lemon or 1/2 orange
- 1 avocado sliced or diced
- 1 shallot minced
- 4 ounces toasted sliced almonds
- Kosher salt and freshly ground black pepper

Preparation

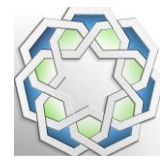
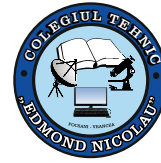
Prepare the recipe for the Pan-Seared Citrus Shrimp, or gently warm the leftover shrimp. Or, if you prefer, serve the shrimp chilled.

Toss the shrimp with the salad greens in a large bowl. Lightly drizzle with olive oil, and if desired, some of the sauce remaining from the shrimp with a generous squeeze of citrus, and toss lightly to coat. Add the avocado, shallots and sliced almonds and then season with kosher salt and freshly ground black pepper and serve.



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Traditional Homemade Tortillas

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 3/4 cup water
- 3 tablespoons olive oil

Preparation

In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes. Divide dough into 8 portions. On a lightly floured surface, roll each portion into a 7-in. circle.

In a greased cast-iron or other heavy skillet, cook tortillas over medium heat until lightly browned, 1 minute on each side. Keep warm.

Spanish Potato Tortilla

Ingredients

- 3 large potato (or 4-6 smaller potatoes)
- 6 large egg (or more as needed)
- 1 onion optional
- Extra virgin olive oil
- Salt

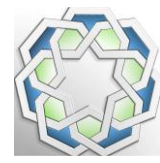
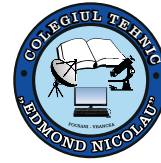
Preparation

Peel the onion and slice it thinly. Peel and wash your potatoes and break them into small, somewhat evenly sized pieces, but do not work too hard at it, because this is only so that will cook at a similar rate.



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Fill the frying pan with enough extra virgin olive oil to cover the potatoes and begin to heat it over low to medium heat. When it has warmed up, add the potatoes and fry at medium heat, stirring them to keep them from burning and sticking to the bottom of the pan. When fried at a relatively high temperature in a lot of oil, the potatoes get crispy and taste a lot better.

After frying for a little while, add the onions, then keep cooking and stirring until the potatoes begin to brown and get tender.

When you see the eggs starting to set, especially at the edges, try to help separate the tortilla from the pan by running a spatula around the edges and by swirling the pan a little to check to see if the tortilla has been released from the pan. You are now ready to flip the tortilla.

To flip the tortilla, take a plate that is bigger than the size of your frying pan and place it upside down over the top of your pan. Firmly hold the plate over the pan as you carefully flip the pan over allowing the tortilla to fall onto the plate. Place your pan on the heat again, and carefully slide the tortilla into the pan, uncooked side down.

Cook for a couple of minutes more, long enough to finish cooking through to the center of the tortilla. You have successfully made a Spanish tortilla, and can flip it once more, this time onto a serving plate.

Cut the tortilla and serve it!

ROMANIAN EATING HABITS

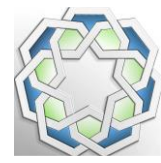
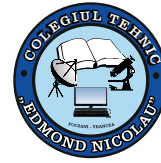
Romanian food is known to be delicious, but not very healthy, with a preference for foods such as red and fat meat, especially pork and beef, eggs, dairy products, white bread and sugar. The proportion of fish is very low, but there are some regions near the Danube river where the daily intake of fish is really high. One good aspect, however, is the fact that Romanian people tend to cook their own meals rather than go to the restaurant, therefore, if the ingredients are fresh, natural and attentively chosen and prepared, the food remains tasty, but it can be healthy as well.

People from rural areas grow their own fruits and vegetables in their gardens, they also have their own poultry, cattle, pigs or sheep, so the products they eat and sell are natural, unprocessed and healthier. Furthermore, the fish farms, especially the trout farms, become more and more popular in Romania. Known for more than *sarmale* and *papanashi*, Romanian traditional cuisine is a perfect comfort food with an intense mix of flavours. It is actually a mix of dishes and cooking techniques borrowed from neighboring cultures, such as



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Hungarian, German, Turkish and Slavic, but transformed and enriched with local herbs and spices.

Here are some traditional Romanian recipes:

Cornmeal Mush With Cheese (*Mămăligă cu brânză*)

Ingredients:

- 1½ quarts water
- 1½ teaspoons salt
- 1½ cups fine yellow cornmeal (must be yellow)
- 4 tablespoons butter
- 1 cup sour cream
- 1/3 pound white cheese, such as brick or Muenster, grated
- 1/3 pound yellow cheese, such as Colby or Cheddar, grated

Preparation

In a 4-quart heavy stove-top casserole, bring 1½ quarts of water to a boil. Add the salt and move the pan off the stove. Stirring constantly, slowly sprinkle in the cornmeal. Stir well so that you have no lumps. Return to the burner and bring to a boil. Turn down to a simmer and let the mush cook slowly for 20 minutes or more, or until it is thick. Stir often during this process. The final product should be the consistency of thick cake batter. If it is too thick, stir in a little more water.

In an 8 by 8-inch glass baking dish melt the butter for a moment in the oven preheated to 350°F. Spoon in one half of the cornmeal mush and cover the bottom of the dish. Add one half of the sour cream, spreading it over the mush. Then add half of the cheeses, spreading evenly.

Add one half of the sour cream, spreading it over the mush. Then add half of the cheeses, spreading evenly. Make two layers: in 8 by 8-inch glass dish. Place another layer of mush, sour cream, and cheese on top of the first layer. Place in the oven until the cheeses are melted and slightly browned on top. You should serve immediately.

Sour Soup With Meatballs (*Ciorbă de perișoare*)

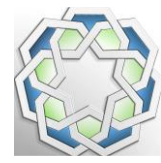
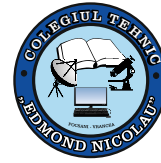
Ingredients:

- 2 - 3 pound bones
- 1 pound minced beef
- 3 chopped onions
- Salt and pepper



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- 1 shredded carrot
- A little bread
- 1 small finely shredded parsnip
- 2 tablespoons milk
- 1 tablespoon plain flour
- 1 oz chopped celery leaves
- 1 egg
- 1 oz chopped dill
- 1 oz chopped parsley
- ½ oz finely chopped lovage
- 1 sprig of thyme

Preparation

Make a broth from the bones by simmering in salted water for 3 - 4 hours.

Strain, add 2 onions, the carrot, the parsnip, the celery, the parsley and the thyme.

While these are cooking put the minced meat into a bowl, add salt, pepper and 1 grated onion, a handful of bread soaked in milk, the flour, egg and dill.

Mix well, form into small balls, and drop into the boiling soup.

Simmer for another 10 - 15 minutes. Then add the souring agent (see below) and the chopped lovage.

SOURING AGENT: Often, particularly during the summer, the Balkan people add a souring agent to soups. This can be citric acid, diluted with a little water, or it can be the juice of unripe green plums, grapes or rhubarb, stewed and sieved. A more complicated method is to allow cabbage and other vegetables to ferment for a short time and then pour off the juice.

Stuffed Cabbage Leaves With Sauerkraut or Cabbage Rolls (*Sarmale în foi de varză și varză acră*)

Considered to be Romania's national dish, these stuffed cabbage rolls are actually of Turkish origins, but the Romanians claim that theirs are the best. And they are probably right.

The initial recipe was strongly modified over time until it reached what is considered to be now the perfect stuffing. A balanced mixture of rice and minced meat (usually pork or pork combined with beef) and other vegetables and local herbs is rolled in cabbage leaves or young grape leaves for a delicate flavour.

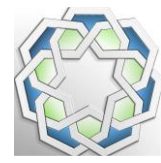
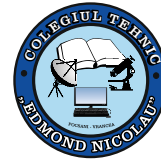
Ingredients

- 1 pound fresh sauerkraut
- A 2½-to 3-pound white cabbage



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- ¼ cup long-grain unconverted white rice
- 1½ pounds lean ground pork
- 3 cups finely chopped onions
- 1 teaspoon crumbled dried thyme
- 1½ teaspoons salt
- 8 tablespoons unsalted butter (1 quarter-pound stick), cut into small bits
- 1 cup tomato puree, mixed with 1½ cups water
- ¼ teaspoon ground hot red pepper (cayenne)
- 1 cup finely chopped green pepper
- 6 lean bacon slices
- 4 tomatoes, cut lengthwise into quarters



Preparation

Drain the sauerkraut, wash it under cold running water, and let it soak in cold water for 10 to 20 minutes, depending upon its acidity. A handful at a time, squeeze the sauerkraut until it is dry. Set aside in a bowl.

Remove the bruised and tough outer leaves of the cabbage and wash the head under cold running water. Drop it into a large pot of boiling water and cook briskly for about 10 minutes.

Remove the cabbage with tongs, but let the water continue to boil. Carefully peel off as many of the outer leaves as you can without tearing them. Then return the cabbage to the boiling water and cook for a few minutes longer.

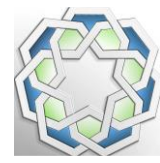
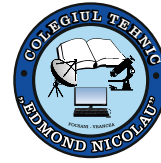
Again peel off the softened outer leaves. Repeat the process until you have detached 12 perfect leaves. Pat them dry with paper towels and set them aside.

Bring 1 quart of water to a boil over high heat and stir in the rice. Boil briskly, uncovered, for 10 minutes, or until partially cooked. Drain the rice in a sieve or colander, run cold water over it and set aside.



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Grind the pork together with $\frac{1}{2}$ cup of the onions through the finest blade of a meat grinder into a deep bowl. Add the rice, thyme and salt, knead vigorously with both hands, then beat with a wooden spoon until the mixture is smooth and fluffy.

Lay the cabbage leaves side by side and, with a small knife, trim the base of each leaf of its tough rib end. Place about $\frac{1}{2}$ cup of the pork filling in the centre of each leaf (smaller leaves will take less), and roll up each leaf tightly, tucking in the ends to make a neat oblong package.

Preheat the oven to 350. Melt the butter over moderate heat in a heavy 3- to 4-quart casserole.

When the foam begins to subside, add the $2\frac{1}{2}$ cups of onions and, stirring frequently, cook for about 5 minutes, or until they are soft and translucent but not brown.

Add the puree-and-water mixture and ground red pepper and bring to boil. Then with a fork stir the contents of the pan into the sauerkraut.

Spread about one third of the mixture on the bottom of the casserole. Arrange 6 of the cabbage rolls side by side on top, then sprinkle them with $\frac{1}{3}$ cup of the green pepper.

Cover the rolls with half of the remaining sauerkraut mixture, arrange the rest of the cabbage rolls on top and again sprinkle them with another $\frac{1}{3}$ cup of the green pepper.

Add the rest of the sauerkraut mixture and pour in any liquid remaining in the bowl. Sprinkle with the final $\frac{1}{3}$ cup of green pepper and arrange the bacon strips on top.

Bring to a boil on top of the stove, cover the casserole tightly, and bake in the middle of the oven for 1 hour. Then arrange the tomato quarters in one layer across the top of the bacon, recover, and bake $\frac{1}{2}$ hour longer.

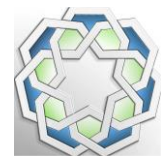
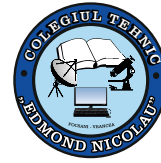
Serve at once, directly from the casserole. Pork *sarmale* $\frac{1}{8}$ traditionally accompanied by *mamaliga (Romanian polenta)*.

Sarmale is characterized in Romania by the acidulated flavour of fermented cabbage leaves. To ferment a cabbage, place it in an 8- to 10- quart casserole and cover with 6 quarts of cold water. Add $1\frac{1}{2}$ cups of salt and bring to a boil. Lower the heat and simmer, partially covered, for 10 minutes. Place a heatproof plate on top of the cabbage to keep it sub-and set it aside for 3 days. Separate the large leaves, drain, and use in place of the fresh cabbage leaves described above. The tastiest cabbage rolls are those slowly cooked in clay pots in the oven, covered with a little water, some cabbage brine for sourness, and some slices of traditional bacon for a tasty smoky touch.



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Quinces With Meat (Gutui cu carne)

Ingredients:

- 1 pound veal or beef or one small chicken small chicken
- 2 cups stock or water
- 1 teaspoon flour
- 6 large quinces
- 1 tablespoon sugar
- ½ cup butter or lard
- Salt and pepper

Preparation

Cut the meat into small pieces, fry them in the fat until rich brown, add good teaspoon flour, let it brown, add stock and seasonings and simmer. Peel and quarter the quinces, dry them and fry them in fat in another pan. When the meat is nearly cooked, add the quinces. Let them simmer until tender but do not overcook.

Tripe Soup (Ciorbă de burtă)

Ingredients:

- Yolks of 2 eggs
- 1 cup vinegar
- 1 cup butter
- 1 pound tripe
- 3 onions
- 2 cloves of garlic
- 4 chili peppers

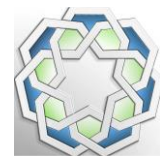
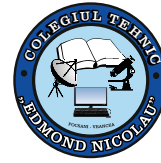
Preparation

Bring the tripe to the boil in cold water and drain. Cover with fresh water, the chopped onions, the garlic and 2 pimientos or peppers and the vinegar. Soak for an hour and then chop finely and add 2 more chili peppers. Simmer all together until the tripe is tender and thicken the liquid with butter and egg yolks. Serve hot.



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Mashed Beans (*Fasole Bătută*)

Ingredients:

- ½ pound dried Northern beans, rinsed and drained
- 1 medium yellow onion, peeled and coarsely chopped
- 1 medium parsnip, peeled and coarsely chopped (1½ cups)
- 3 cloves garlic, peeled and crushed
- 1½ teaspoons salt, or more to taste

GARNISH

- ½ pound bacon, cut into small dice
- 1 medium yellow onion, peeled and chopped
- Salt and freshly ground black pepper to taste

Preparation

Place the beans in a 6-quart pot and cover them with 2 inches of water above them. Set the pot on the stove and bring to a boil. Cook for about 2 minutes, and then turn off the heat. Skim off any foam, cover, and let stand for 1 to 2 hours.

Add enough water to cover the beans about 1 inch above them. Add the onion, parsnip, garlic, and salt. Cover and bring to a simmer. Cook covered, for 1 hour, or until beans are tender. Do not let the water boil away completely. Add more if needed.

When the beans are fully cooked, pour off some of the broth if too soupy and reserve it. Place the beans in a blender with the vegetables and enough of the broth to puree. Beans should be the consistency of pudding.

Add more of the broth as needed to puree, but do not make it too soupy. The beans will thicken a little as they cool. Set aside, covered, in a warming oven.

For the garnish place the bacon in a frying pan, with the chopped onion, and fry until the bacon is crisp and the onion is soft. Drain off excess grease. Add the bacon and onion to the beans and serve. Add salt and pepper if needed.

ANOTHER VERSION:

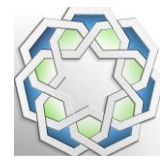
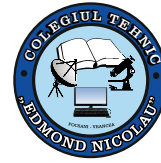
The beans are pureed and left plain. No bacon is used. Instead slice an onion thinly for frying. Place 3 to 4 tablespoons of oil in a frying pan, add 1 teaspoon sweet paprika, and sauté slightly. Add the sliced onion and sauté until soft.

Place the beans in a serving dish, spoon the onion over the top, and serve. Or place the sautéed onion-paprika mixture in a separate dish and let guests serve themselves. Do not



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drain off the oil. The dish should be a little greasy.

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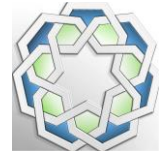
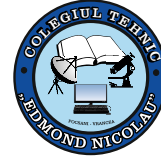
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The content of this guide for healthy lifestyle was created by the 20 Romanian participants, students and teachers from Colegiul Tehnic “Edmond Nicolau” (“Edmond Nicolau” Technical High School situated in Focșani, Romania) after the mobility period which took place from 6th to 12th of October 2019 at Motel Flora from Lepsa village, Vrancea county.

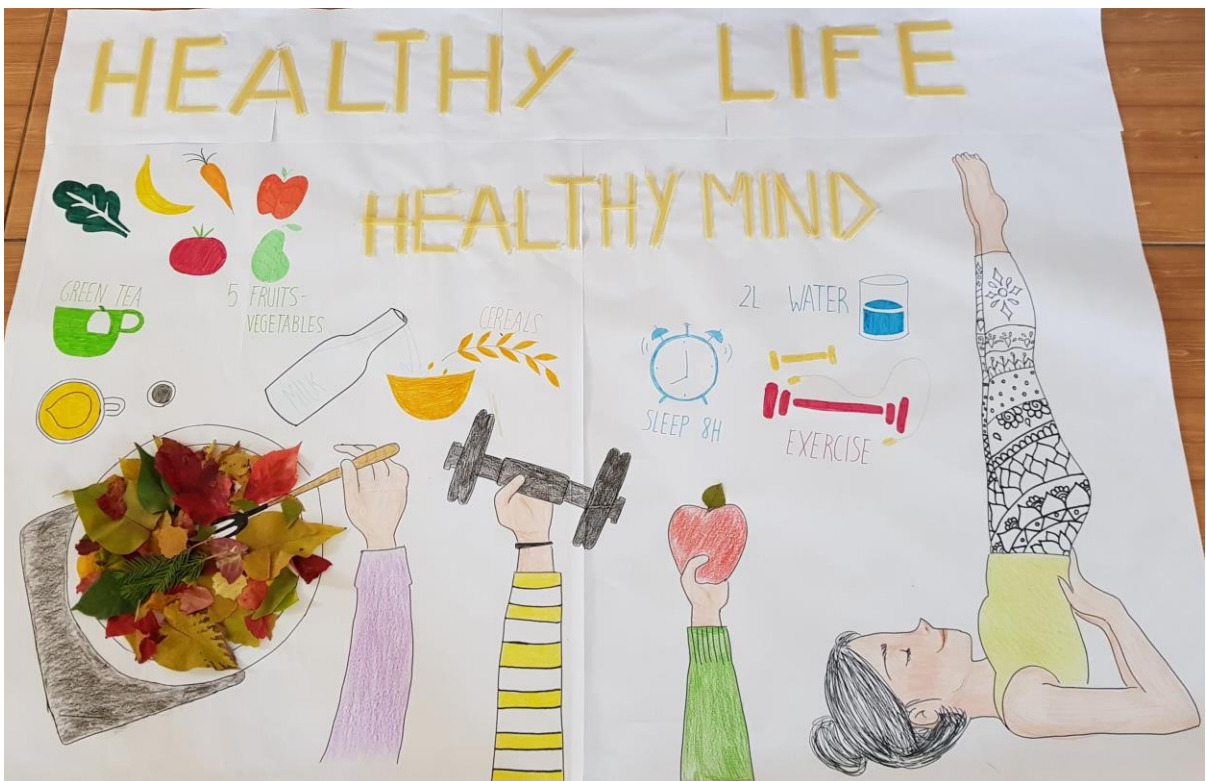


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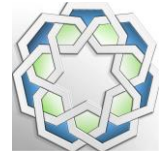
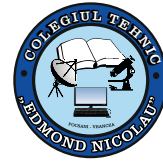
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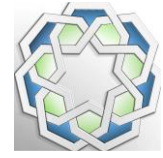
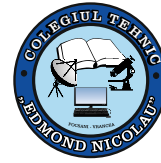
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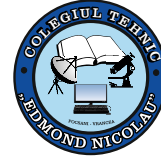
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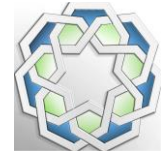
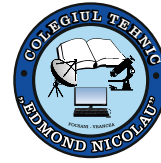
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