Erasmus+

3,2,1 ... Time for Health

Eating habits

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Eating habits

Bad eating habits is a major **health problem** which can lead to many diseases, such as obesity.

Obesity at school age leads to a greater risk of developing obesity in adulthood.

Poor nutrition, **reduced physical activity** or **lack of exercise** are factors in obesity.

BAD HABITS
and unhealthy lifestyle

SWEETS

JUNK FOOD

REST AT HOME

UNHEALTHY DRINKS

In the age of the Internet, video games, television, unhealthy and processed foods, few children decide to actively spend their free time. Instead of walking, they choose the next episode of their favorite TV series or the next level of the game.

Watching TV or surfing the Internet, children watch food advertisements, from which they learn that it is best to have breakfast with "healthy" cereals, nut cream or a delicious sweet snack and "healthy, full of vitamins and sugar" juice. These types of ads create bad eating and lifestyle habits.

It is necessary to change <u>the eating *habits*</u> and increase <u>physical activity</u> and raise *the* awareness of <u>a healthy and active *lifestyle*</u>.

Fast food: local and traditional dishes; the way food is produced; promoting a healthy eating culture; buying products from local sources prepared according to traditional recipes is fashionable and can be an excellent alternative to the culture of destroying people with junk food.

Slow food, added to a healthy, active lifestyle, can be an ideal form for spending free time outdoors with peers.
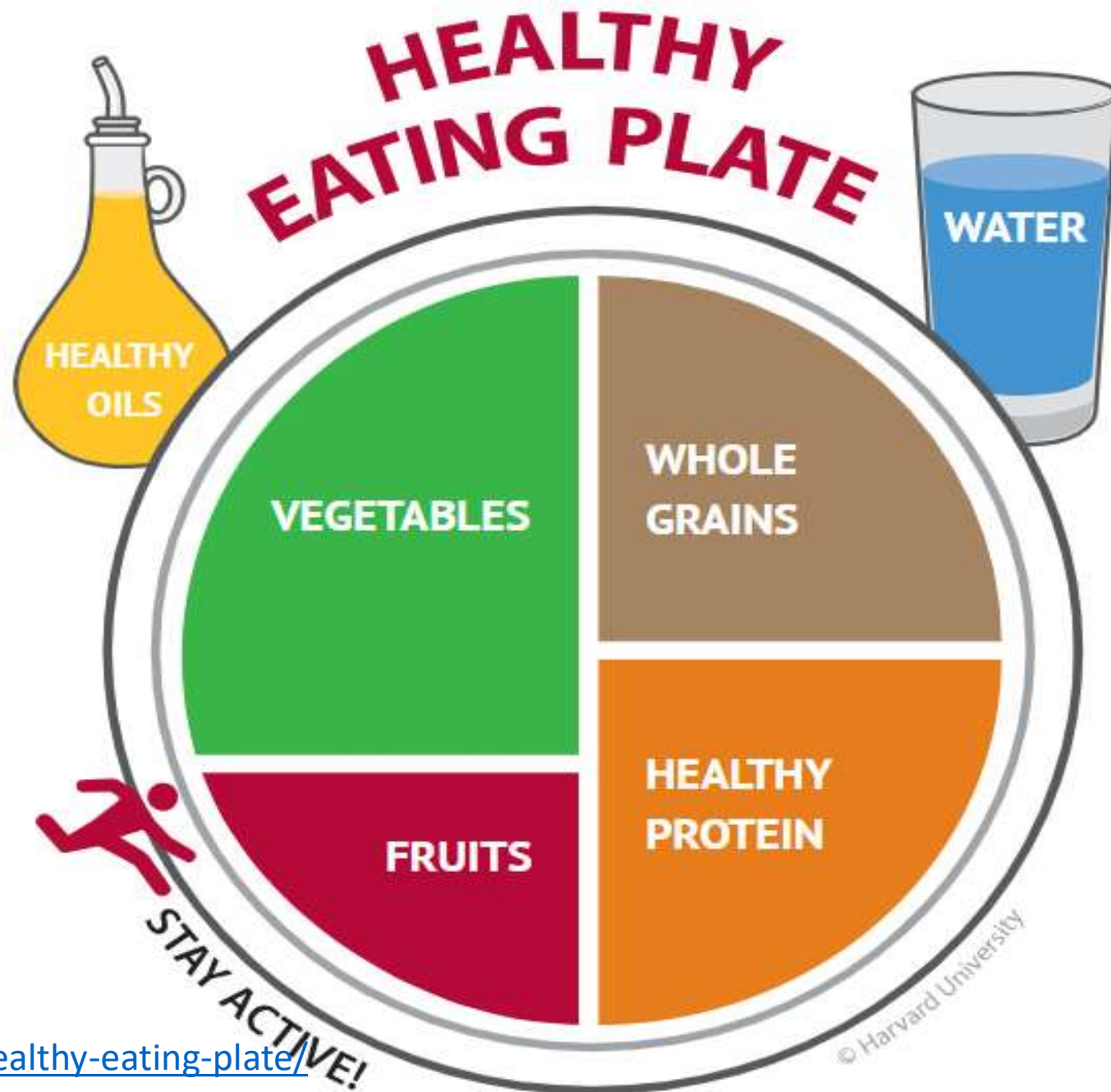
A campaign to change the eating habits and physical activity of students

Healthy food

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
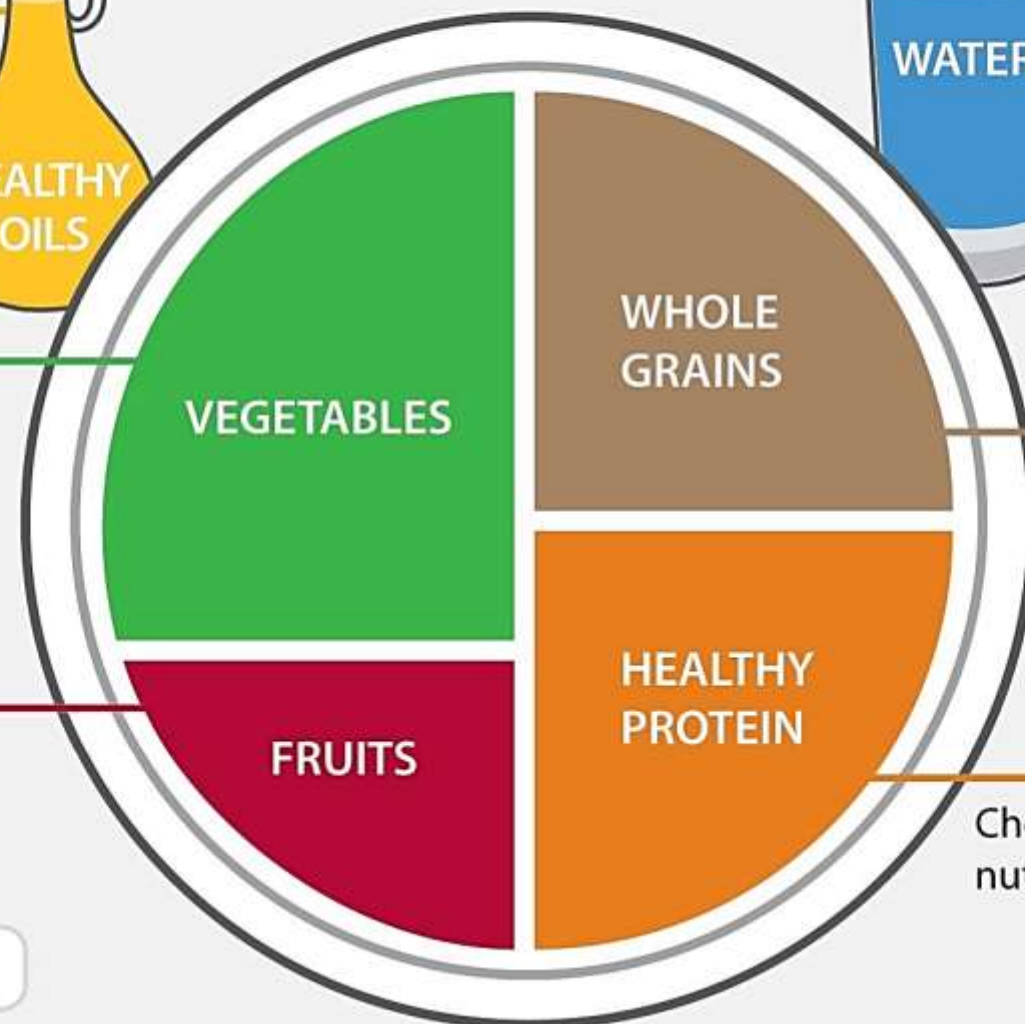
HEALTHY OILS

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

VEGETABLES

WHOLE GRAINS

HEALTHY PROTEIN

FRUITS

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

Happy healthy day

Healthy Daily habits
Healthy Lifestyle
Healthy eating plate
Healthy food day
How to be healthy?