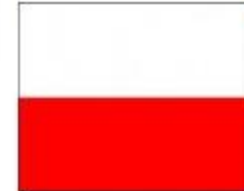




COOK HEALTHY - EAT HEALTHY - LIVE HEALTHY



EFFECTIVE WAYS TO PREVENT OBESITY



This book is the result of a partnership between five schools under KA2 Erasmus + program. Each school was invited to present some effective ways to prevent obesity.

The participating schools were Fatima Hospitality School (Portugal), Liceul Tehnologic "Constantin Brancusi" (Romania), Technik żywienia i usług gastronomicznych w ZSP Ryglice (Poland), IPSSAR "P.pi Grimaldi" (Italy) and Kumburgaz Mesleki ve Teknik Anadolu Lisesi (Turkey).

Worldwide obesity
gains 30 %



What is obesity?

► Energy balance  Overweight and Obesity

► Energy IN = Energy OUT

► Calories

► Energy IN



Energy OUT



► Energy imbalance causes body to store fat

-It is different from being overweight, which means weighting too much.

-The weight may come from muscles ,bones, water or fat. Both terms mean that a person's weight is greater than what is considered healthy for his height.

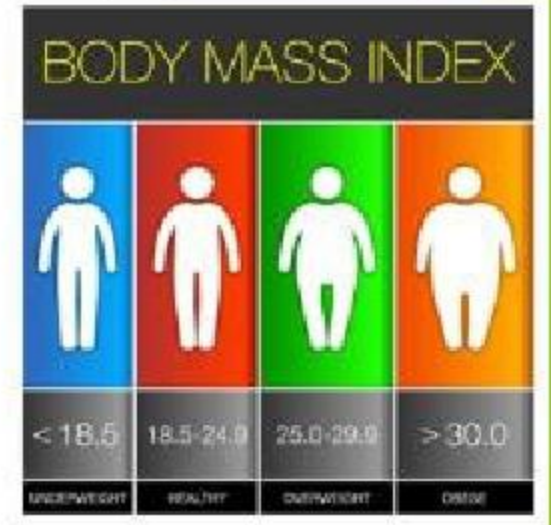
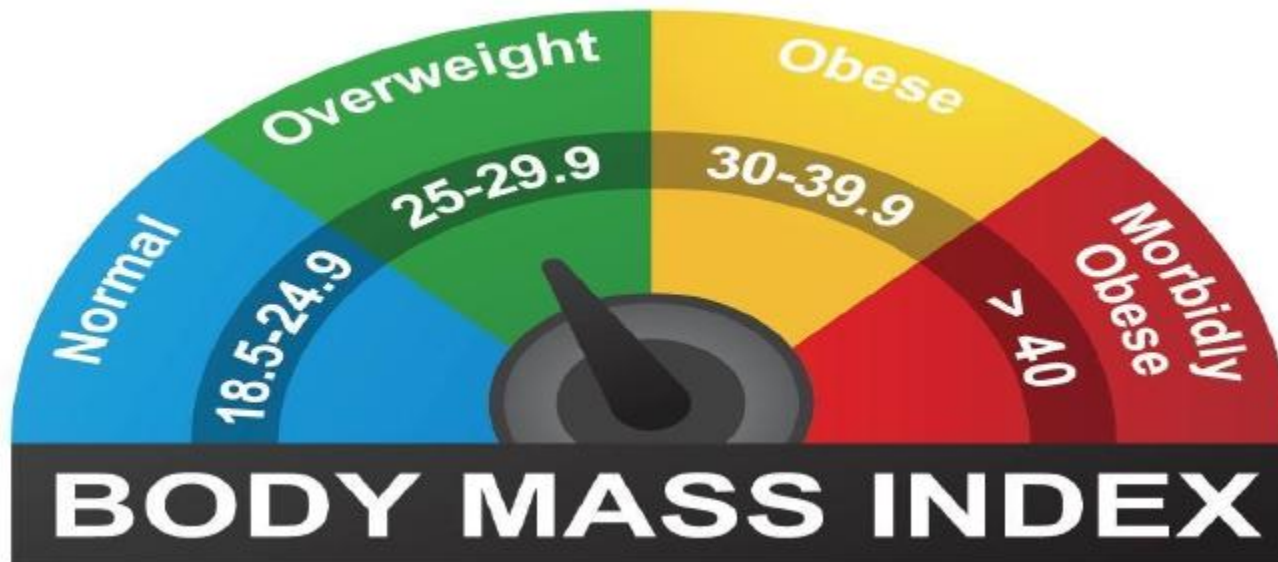
- Obesity occurs over time when you eat more calories than you use. The balance between calories in and out is wrong.

What is obesity?

- The foods we eat every day contribute to our well-being.

Obesity results from the accumulation of excess fat on the body. Obesity is considered a chronic (long-term) disease, like [high blood pressure](#) or [diabetes](#).

Obesity is defined as having a body mass index (BMI) of greater than 30. The BMI is a measure of your weight relative to your height.



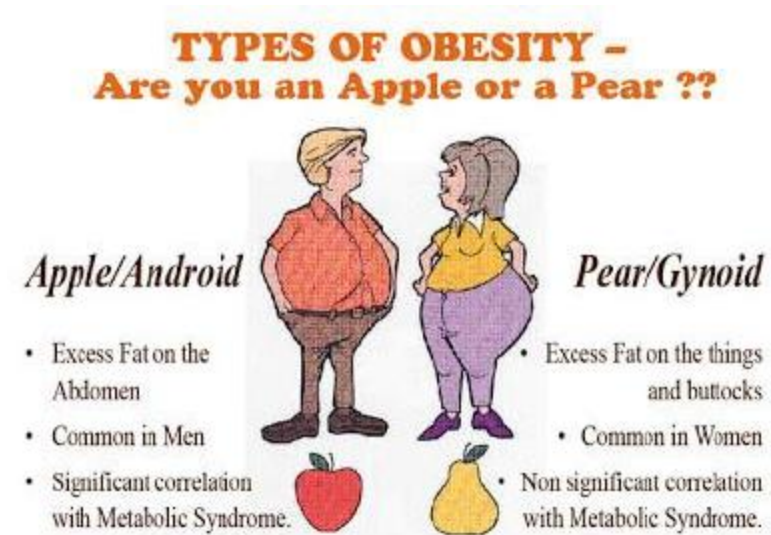
Who is obese?

- ▶ Body mass index is closely related to body fat percentage but is much easier to measure
- ▶ What does BMI tell you?
- ▶ Normal weight = 18.5-24.9
- ▶ Overweight = 25.0-29.9
- ▶ Obese = 30 or greater
- ▶ Morbidly obese = 40 or greater
- ▶ $BMI = \text{WEIGHT (KG)} / \text{HEIGHT} \times \text{HEIGHT (CM)}$
- ▶ $\text{Body Fat Percentage} = 1.2(BMI) + 0.23(\text{age}) - 10.8(1=\text{males}/0=\text{females}) - 5.4$



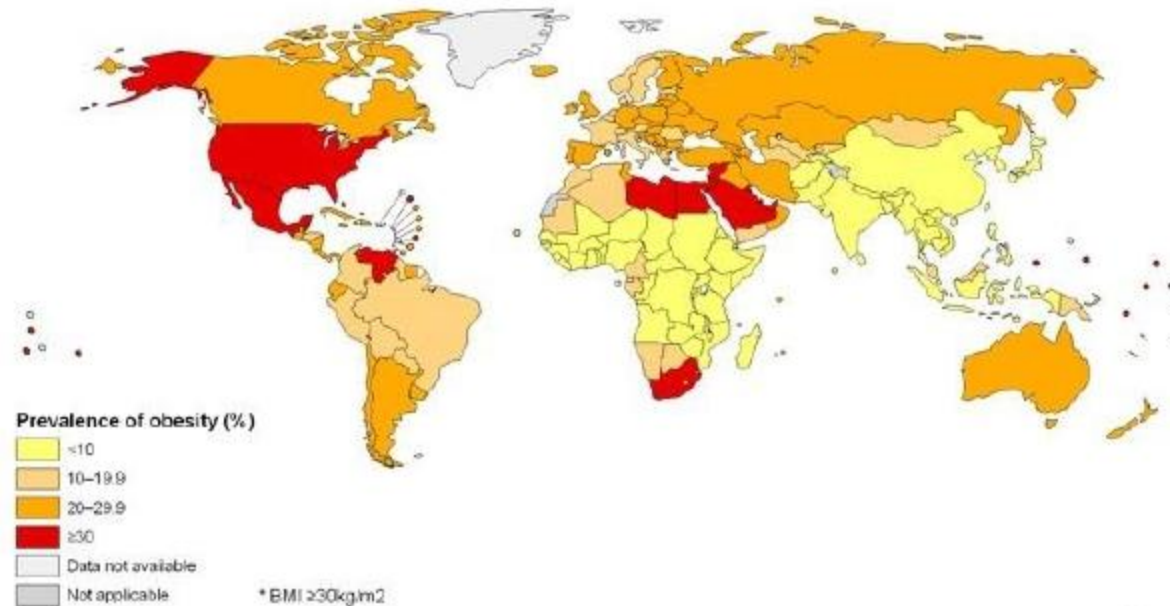
Who is obese?

- ▶ BMI >30
- ▶ Percentage of body fat >25% men - 21-25% borderline
- ▶ >33% women - 31-33% borderline
- ▶ Fat distribution -android adiposity
- ▶ Waist circumference > 94 cm men
- ▶ > 80 cm women



Rates of obesity worldwide

- ▶ The prevalence of obesity worldwide is increasing, particularly in the industrialized nations such as the United States, Canada and most countries of Europe
- ▶ Data from studies suggest that at least 15% of men and 22% of women in Europe are obese
- ▶ [childhood obesity](#)



What is causing it?



► Obesity, however, has many causes:

- Balance between calorie intake and consumption
 - Genes:
 - Family lifestyle
 - Emotions
 - Environmental factors = Lifestyle
 - Socioeconomic factors
 - Sex
 - Age
 - Pregnancy
 - Medical conditions
 - Medications
- Obesity can be associated with other eating disorders, such as binge eating or bulimia.

Effects on health and social image

- ▶ Weight gain contributes to Diseases: hypertension, diabetes, heart disease, osteoarthritis and depression medications treated with weight gain.
- ▶ In all of these ways and more, obesity 'begets' obesity, trapping the individual in a vicious weight gain cycle.



Effects on health and social image

- People with severe obesity are more likely to have other diseases:

type 2 diabetes,
high blood pressure,
sleep apnea,
cancer
and many more

OBESITY



DISABILITY

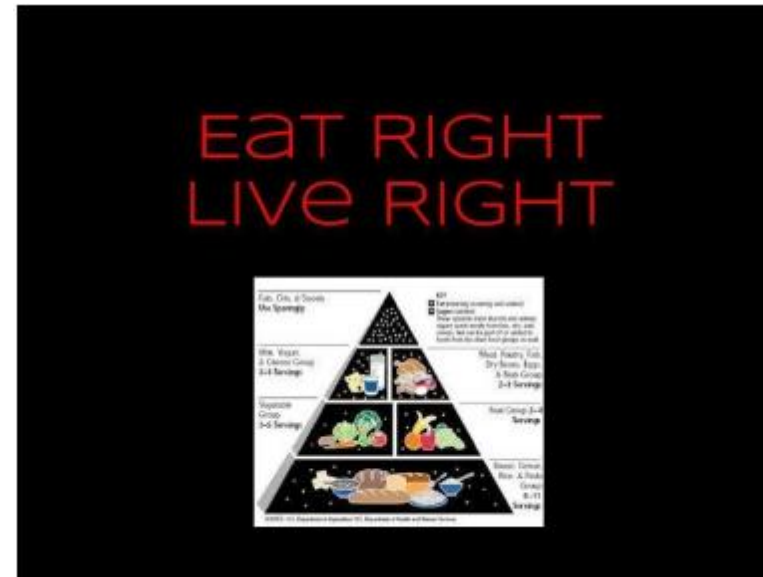


DEATH



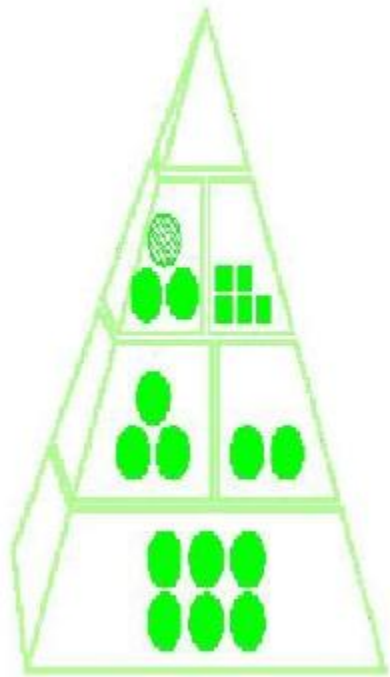
What can be done? How to avoid obesity?

FIGHT OBESITY

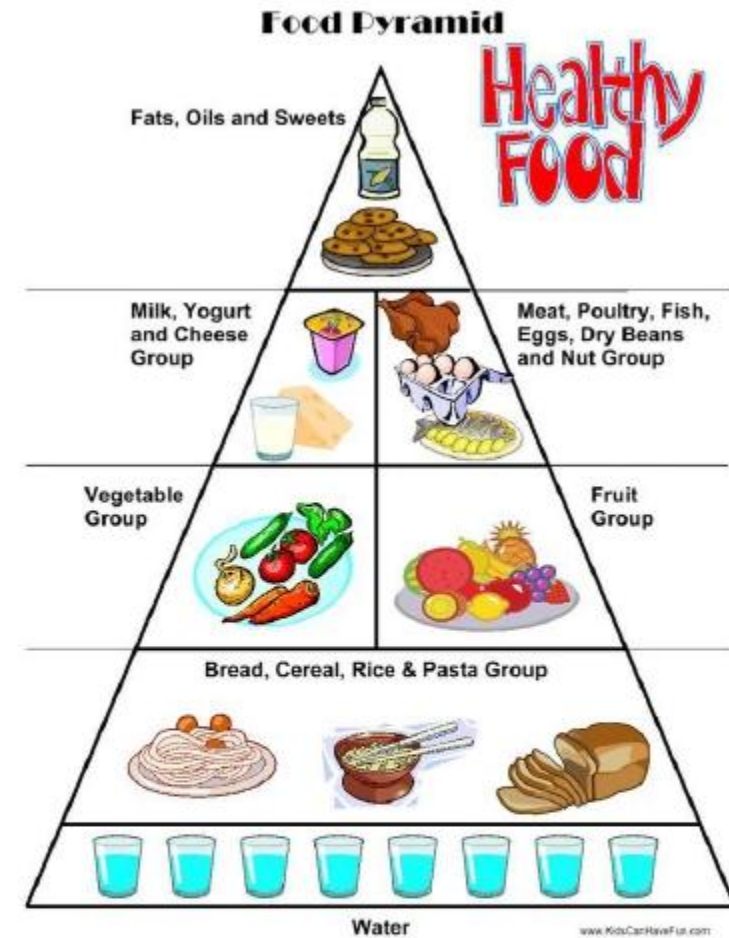
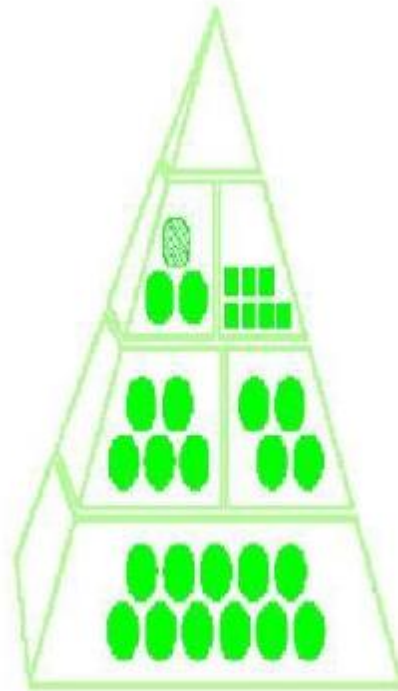


Plan of the meals

1600kcal



2800kcal



Changing lifestyle habits takes time and patience

- ▶ Use a daily food and activity diary to record your daily food intake and physical activity-monitor your progress
- ▶ Set specific goals , be realistic about your time and abilities
- ▶ Quick weight loss methods do not provide lasting results
- ▶ Learn from your slips. Don't worry if work, the weather or your family causes you to have an occasional slip. Changing your lifestyle is a long term process-restart your eating and physical activity
- ▶ Celebrate your success . Reward yourself along the way as you meet your goals
- ▶ Identify temptation. Learn what environments or social activities, such as watching TV or going out , may be keeping from meeting your goals
- ▶ Plan regular physical activities with a friend .Find a fun activity that you both enjoy. You are more likely to stick with that activity if you and a friend committed to it

Healthy eating- brief recommendation

Fruits and
vegetables
as diverse
as
possible



Healthy eating - brief recommendation

As little processed foods as possible



Reduce your consumption of refined sugar



Healthy eating- brief recommendation

**Eat white meat
(chicken , fish), avoid red
meat (pork, beef)**



Reduce fat consumption



Healthy eating- brief recommendation

Repleace excessive
salt with spices.



Keep food properly.

.



Healthy eating - brief recommendation

Consume unsweetened liquids 1,5-2l



Eat soups, drink tea, milk, fresh juices, water.



Physical activities



Questionnaire

At the beginning of the project activities the students from the five partner countries filled in a questionnaire on healthy lifestyle. Here you can read the questions and answers that referred to obesity prevention.

1. The food choice lists categorize foods based on composition and by grouping foods that have the similar calories, carbohydrate, protein and fat. Which are best choices for healthy carbohydrates:

- lean meat
- milk
- butter
- whole grain cereals

2. A healthy and properly planned diet should be:

- A low calorie diet
- A high protein diet
- A balanced diet
- A low lipid diet

3. Which of the following statements are correct when referring to lifestyle changes for a healthy eating:

- Emphasizing limiting saturated trans fats and added sugars
- Eating very small amounts of carbohydrate day-to-day
- Reducing intake of fresh fruits and vegetables
- Eating daily 150mg of whole-grain carbohydrates

4. Current recommendations for the percentage of total daily calories that should come from lipids are:

- 40%-50%
- 5-9%
- 35%-40%
- 10-35%

5. Which is the primary source of fuel for the body?

- Protein
- Carbohydrates
- Fat
- Macronutrients

6. A physically active lifestyle has the following health benefits:

- Decrease high density cholesterol
- Reduction of cardiovascular risk and obesity
- Decrease energy expenditure
- Increases hypertension

7. The use of food pyramid is often a good starting point to review healthy eating habits. Food pyramid concept is based on:

- Eliminating certain foods
- Hypocaloric intake
- Portion control of carbohydrates and fats
- Increasing physical activity

Funded by the
Erasmus+ Programme
of the European Union



COOK HEALTHY - EAT HEALTHY - LIVE HEALTHY

ESSAYS ON

EFFECTIVE WAYS TO PREVENT OBESITY



A HAPPY LIFE MEANS A HEALTHY LIFE

School: Zespół Szkół Ponadgimnazjalnych im.prof.Czesława Majorka, Ryglice, Poland



The essay written under the terms of “Cook healthy-eat healthy- live healthy” Erasmus plus project on the basis of students’ answers to the question “What makes you happy”.

We often wonder what to do to be happy as well as what to do to be fit and healthy. It can be said that happiness and health are the key elements of a good life as no matter what country we come from or what we believe in, we always wish each other health and happiness on different occasions.

These two h-starting notions are strictly connected. Although it is a common knowledge that happy people are healthier and live longer, we often ask ourselves what happiness really means and how to be happy? Some people say they are ok, they feel quite happy but they do not really know why they feel this way. In other words, they cannot realise what makes them truly happy. Other people seek happiness trying to perform really difficult tasks, challenging themselves or experiencing outstanding adventures. If they fail to do one of the things, they can feel depressed and disappointed and in consequence it can lead to problems with both mental and physical health.

We asked some of our students what makes them happy as we wanted to check if young people in times of virtual reality realise the fact that real happiness can be so close to them and it is not necessary to look for it in a special and often unreachable way.

To our surprise, most students can find a real joy of life in very simple things that are around them such as family, friends, love, sport, travelling, self-development, healthy food, playing with a dog and cooking. It is really worth noticing that they are grateful for what they have as in the era of advanced technology and the trend to want more and more, our students enjoy things which have always been regarded as universal values.

It is still really important to them to have a supportive family and trusted friends with whom they often meet face to face, not through social networking sites. They like talking to their parents during common meals and somehow they find time for their children even if they work really hard. What makes them really happy is the time spent on talking to their friends about their joys, problems and even trivial things.

John Lennon once sang “All you need is love” and this old truth is still prevailing. It seems so clear, especially for girls, that having a beloved one makes their life meaningful. They need warmth and support, even if they feel ill or have some difficulties, the awareness that there is someone who cares about them makes them feel better and it is much easier for them to find solutions to various problems.

However, being in love does not mean that teenagers lose their freedom and independence. Developing passions and getting to know new things stand for another crucial component of happiness. Most of them like doing sport and again, instead of surfing the net they play volleyball work out, swim or go jogging at least three times a week. They know that being physically active contributes to being fit and healthy. Moreover, sport gives them satisfaction and opportunity to fight stress and forget about their problems. Some of them also like cooking, especially healthy dishes and it is not just a trend or fashion but it is a result of their knowledge about healthy diet. They realise the importance of eating good, healthy, real food instead of convenient one full of empty calories, fat and sugar. They know that healthy eating habits contribute to feeling happy as food is one of the most needed things in our life so if we eat healthy we are healthy and much more likely to be happy. Proper diet can even cure some disfunctions, not to mention benefits such as keeping right weight, looking good and having higher self-esteem. Sport plus healthy diet make most of the people happy so if these elements are combined, happiness is just around the corner.

In addition, they are keen on developing their knowledge on the world, mainly through travelling. They are eager to find out about other cultures and meeting new, interesting people, but they also feel pleased when they can find solutions to different problems, when they improve their language skills and achieve their goals. It means they are ambitious and know that knowledge brings freedom and ability to live happily and healthily.

Polish teenagers also enjoy simple everyday things such as playing with their dogs, feeling the taste of mandarins and chocolate and seeing a smile on strangers' faces. It means they know what to do in case they need to improve their mood very quickly thus fight a stressful situation. They also like meeting other happy people who will respect them because they dislike the feeling of being ignored.

In conclusion, it can be stated that young people from smaller towns or villages do not need to be taught how to be happy and healthy. They know it is just enough to be grateful for what we have- people we love, healthy food, healthy bodies for being physically active and what is the most important- the ability to realise it. If we all appreciate our private happiness and if we care about it all the time, our life will be joyful and we will live long enjoying it to the fullest.



What makes you happy?





TECHNOLOGY - A FRIEND OR A FOE?



School: Kumburgaz Mesleki ve Teknik Anadolu Lisesi, Istanbul, Turkey

Do we eat to live or live to eat? Together with breathing, nutrition is one of the two concepts that start in the mother's womb and continue until we close our eyes.

Nutrition is the process of giving or getting the right type and adequate quantity of food for good health and growth. Contrary to the definition, we usually interpret nutrition as eating our fill or eating and drinking what we feel like.

We have different energy requirements according to the age, gender, work, physiological and genetic characters. For a healthy living, there should be a balance between the food calories taken into the body and calories being used in the body for our daily energy requirements. Disturbing this balance is the precise reason of obesity.

Adipose tissue constitutes 15-18% of body weight in men and 20-25% of body weight in women. Obesity is defined as abnormal or excessive fat accumulation that may impair health by World Health Organization (WHO). Obesity has more to do with the lack of exercise than the amount of calories we consume.

Technology is the innovations that make human life easier. Technology, without doubt, has made our lives easier but it has led us to become lazier and more inactive. We used to have to move more to perform some tasks, however with the advancing technology we can perform these tasks with the touch of a button. Today a lot of people, especially young people, spend most of their times in front of the computer or playing with their phones. Although grown-ups have the choice to be physically active or not, children are now growing up around technology and they aren't conscious enough to know the consequences of overusing technology and being less active. Technology encourages especially children to be stationary for hours or in some cases for days. When we were children we used to go out, run around, play tag, skip ropes instead of surfing the net, texting or playing computer games non-stop. Children have so many options at home that they don't bother to go outside and spend energy.

People don't move while spending time with technological devices. Sitting on a couch for hours and pressing buttons isn't burning calories. In this case the adipose tissue rate taken into the body becomes much higher than the rate used in the body and this situation results in the fact that obesity is becoming widespread day by day.

Obesity is a disease that can be avoided by getting people to adopt healthy eating habits and encouraging them to exercise at a very early age.

Today happiness is highly connected with the appearance, especially with the weight. To have happier and healthier generations we should take necessary precautions and set a good example for healthy living.

Healthy life is the key to happy life



School: Liceul Tehnologic “Constantin Brâncuși”, Romania

A healthy lifestyle means maintaining a balanced and nutritious diet as well as engaging in sports or other fitness related activities. A healthy diet alone however is inadequate to ensure a healthy body as physical activity helps to keep one in shape and free of sickness and disease.

According to the World Health Organization, only one in ten people exercise regularly and a majority does not follow a healthy diet. Overweight and obese people suffer from many health complications such as diabetes, high blood pressure, high cholesterol, etc. Hence, the emphasis on healthy lifestyle should start at a young age. Parents must urge their children to eat more vegetables, fruits, juices, whole meal and wholegrain foods. Many parents, due to time constraint, usually find the easy way out by cooking two-minute noodles or heading towards the nearest fast food joint for quick meal. They do not realize however that sets the stage for an unhealthy lifestyle for their children who quickly become addicted to such foods. Thus, parents can counter this problem by cooking or preparing meals that do not take up time such as cheese sandwiches, soup, stir friend vegetables or buy pre-packed meals from supermarkets which can be warmed up in the microwave oven.

Dining out usually involves eating heavily and unhealthily. Most of us are prone to ordering deep fried food and oily dishes as opposed to steamed or baked food. Thus, though eating out are unavoidable, parents of children and adults as a whole should order fresh food and foods that are nutritious and not laden with oil, fat or sugar. School canteens must be urged to sell only highly nutritious food and drinks. Vending machines that sell soft drinks and drinks that are spiked with sugar should be banned.

Daily exercise is vital. In fact, schools should implement Physical education on a daily basis rather than twice weekly. Most students are sedentary and prefer to concentrate on their studies as they consider indulging in physical activities a waste of time. By enforcing regular exercise daily, these students would be exposed to the importance and benefits of exercise.

Many parents and adults do not allocate time for physical activity. A large number of them work long hours and return home late thereby depriving themselves of the benefits of exercise. Parents must lead an exemplary life which can benefit their children by increasing awareness on the health benefits of exercising regularly. Bringing their children for walks in the morning or evening is a good start to achieve this goal. It is important to recognize that a healthy living ensures a longer life span as well as a life free of disease and complications. Everyone is talking about living a healthy life. However, very few actually practice the art of living healthy. Many of us believe, a healthy life implies looking good and feeling good. But, what does a healthy life really imply? Obviously, a healthy person is described as one, who does not smoke, does not drink in excess, has a healthy weight and eats healthy foods and exercises regularly. So, how many of us actually do all these things? In this day and age, it is not easy to commit to a healthy lifestyle.

A healthy lifestyle may not be easy to commit to. Everyone has so much to do what with work and family and other obligations. However, the trick to staying committed to a healthy lifestyle is not to stress the small things and consider making small changes and not big ones.

Doing one thing that leads to a healthy lifestyle every day is the first phase of commitment. Avoiding extra servings of food, drinking an extra glass of water are just some things that can help make the road to a healthy life begin. However, there are so many more things that can be considered to ensure a healthy life.

Obesity is a grave problem these days. Too many fast foods and too little exercise along with too much TV watching and computer games result in obesity. Everyone has an excuse not to exercise. They are either too busy or too ill or too fat to exercise. Exercise reduces the risk of heart disease, diabetes, helps maintain bone mass, enhances self-esteem, and reduces stress. Starting with a positive frame of mind and making the effort to make the time for movement - any form of movement - can ensure health. The fact is, sweating and strengthening the body are excellent, if there is time to do so. However, any form of movement, such as walking, doing chores and even gardening is considered exercise and this can make a significant difference towards ensuring a healthy lifestyle.

A healthy diet is essential for a healthy life. This does not mean eating only healthy foods. It means, keeping to a diet as much as possible. An occasional piece of cake or a chocolate will not make a difference to health. In fact, this is considered very healthy. Constant binging on sweets and fatty foods, however, is not so. A healthy diet not only helps improve a healthy lifestyle, but also helps maintain an ideal weight. Eating smaller portions, including more vegetables in a meal, switching to healthier salad dressings, and eating more fruits is the way to enter a healthy lifestyle through foods.

A healthy lifestyle is important, whether in childhood or adulthood. Very few parents encourage their children to eat healthy foods and live healthy lives. This is what leads to childhood obesity. A healthy lifestyle is important to everyone irrespective of age. It is never too late to consider living a healthy life. A healthy lifestyle ensures a long and happy life.

Nowadays life is becoming more and more stressful. People live under the pressure of various problems social, ecological, economical and others. They constantly suffer from stress, noise and dust in big cities especially urban places. In order to overcome all difficulties a person should be strong and healthy, take care of physical and mental health. There are several ways to do that. Sport is of primary importance. Nowadays different kinds of sports become more accessible for people. Vast network of sport clubs offers a great choice of them having necessary equipments and trainers helping choose the right set of exercises. The most healthy kind of sports are swimming, jogging and yoga. Healthy lifestyle presupposes healthy food. Usually healthy food is simple. The daily menu includes meat, fruits and vegetables, milk products. Fruits and vegetables contain different vitamins and give us energy. People go on a diet especially women but it can be harmful for their health. It is also advised to avoid eating in restaurants or cafes especially fast food, but consume homemade food. I don't mind national kitchen when I go to this or that country. There are a lot of restaurants and cafes serving delicious national meals. I'm very curious about them because they are tempting. For a healthy person there is no room for smoking, alcohol or drugs because they are sure to destroy both body and brain. To keep healthy and fit we had better avoid anxiety and stress, keep to healthy food and be sportive.

THE MEDITERRANEAN DIET



School: IPSSAR "P.pi Grimaldi" (Italy)

Food and health are two of the most important areas of concern for consumers. The food we eat is vital to life; eating is for sure a pleasurable experience but it should also provide the essential nutrients.

After the end of the second world war, with the economic boom and the period of affluence, Italians completely changed their eating habits, importing them from the more industrialized countries, and began to eat more meat, more animal fats, more sugars and generally to eat too much. The results of this are more and more frequent problems of overweight and the so-called “affluence diseases”: hypertension, obesity, diabetes, coronary heart problems, osteoporosis, strokes and cancer.

Today, as a result of globalization, the food industry has become larger and powerful. It spends a lot of money for the promotion of its products with little regard to how effective they are in providing balanced, nutritious and healthy diets. In every corner of our cities you can find fast food shops which sell junk food and do not respect the rules of a good nutrition. Young people are attracted by them because they are fashionable and they do not understand the risks of such a dangerous habit.

Nutritionists have produced hundreds of scientific reports that reveal that there is a close relationship between diet and health. So, the question is: Why, before the second world war weren't the so-called affluence diseases so common? Why wasn't obesity a problem? The answer has to be found in our roots. Italy, particularly the southern regions, was an agricultural country and our eating habits were very simple; the most consumed products came from our farms. We were used to eat pulses, fruit, vegetables, cereals, cheese, olive oil, bread and fish. Meat was not a common dish. Very different foods if compared to those we eat today.

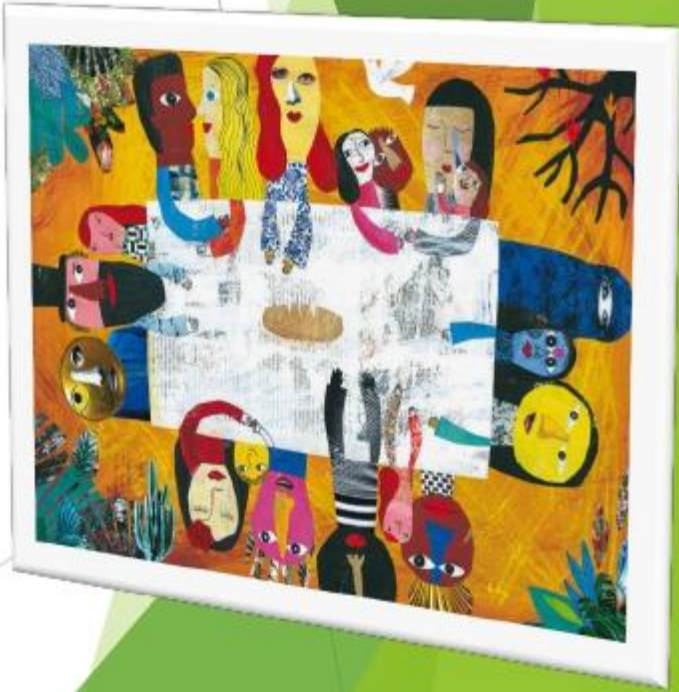
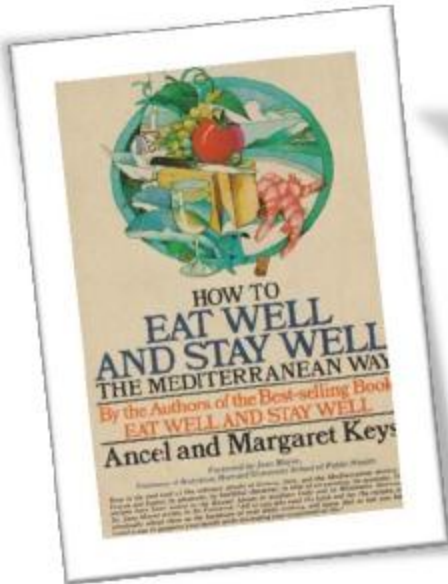
The strange thing is that the first person to realize the importance of a healthy diet was not an Italian but an American. His name was Ancel Keys and he is considered the father of the Mediterranean diet. He was the first nutritionist and he understood the importance of the relation between food and health and that a good diet based on food from the Italian tradition helped prevent many diseases. His works about nutrition were well treated in his world famous book “Eat well and stay well”, a work that still today represents a milestone for scientists and nutritionists. Thanks to him the Mediterranean diet became UNESCO world heritage in 2010. Another important aspect of the Mediterranean diet is that it allows conviviality; just imagine how nice it is to be sitting at a table with good people and good food, talking about our daily life and maybe drinking a glass of good wine.

However a good diet is not enough to stay healthy; we should follow a healthy lifestyle. But what does the term mean? It is obviously based on a healthy diet, with a balanced intake of nutrients taken from all the groups of the food pyramid, but it also includes a regular physical activity avoiding smoking and alcohol. It is probably the best way to prevent diseases and to stay healthy. So, let's go for a walk in the countryside respecting the nature and the environment, let's try to live our life in a less stressful way, let's try to play some sports, let's stay with our friends; that is, let's try to live healthy.

A young boy with dark hair, wearing a green and white striped shirt, is sitting and looking thoughtfully upwards. He is holding a small piece of chocolate in his right hand. A bowl of popcorn is visible next to him. The illustration is in a soft, painterly style.



result of globalization



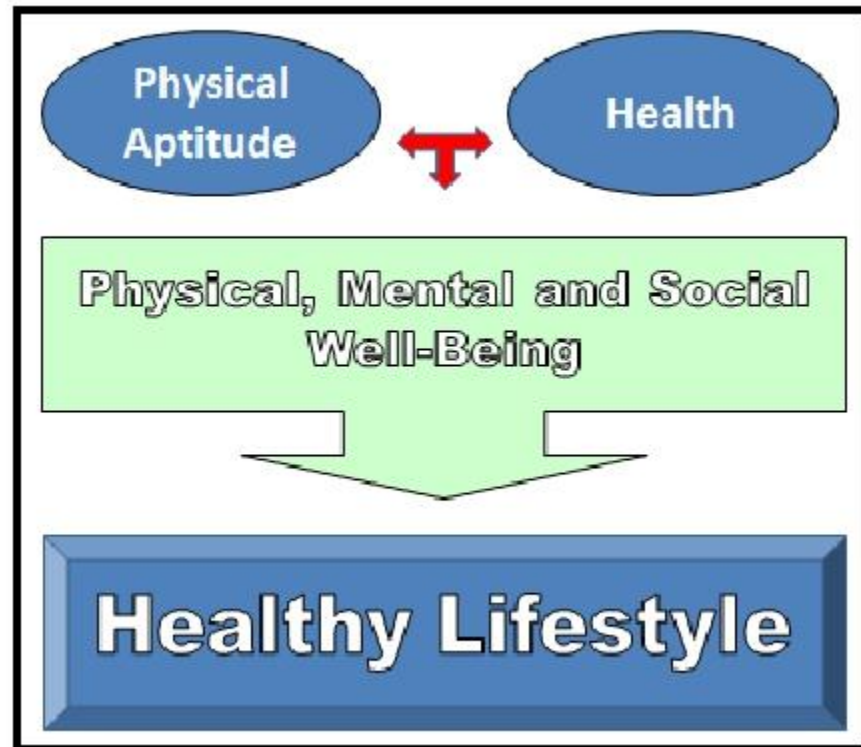
HEALTHY LIFESTYLE

School: Escola de Hotelaria de Fátima, Portugal



Nowadays, there are several studies and opinions of several researchers, which respond to the concept of Healthy Lifestyle. This concept brings together in itself several factors that interact with each other in a dynamic way. Without a perfect balance between these factors, it is impossible to achieve a Healthy Lifestyle in totality.

The Healthy Lifestyle concept is based in two fundamental factors: Health and Physical Aptitude. These two factors, in turn, are the basis of another concept: Well-Being. Finally, with a complete state of Well-Being, we can consider that an individual has a Healthy Lifestyle.



According to the World Health Organization (WHO), health is defined as "a state of complete physical, mental and social well-being and not only the absence of affections and diseases". Health is also a fundamental right of the human beings, which must be ensured without distinction as to race, religion, political ideology or socio-economic condition. Health is therefore a collective value, a good belonging to all of all, and each should enjoy it individually, without prejudice to others, and jointly with all.

Physical Aptitude is the ability to perform everyday activities with serenity and less effort. There are two approaches, one is Physical Aptitude related to health and the other is related to sports performance. The physical aptitude of an individual varies according to some factors, such as the Lifestyle (eg. active/sedentary person, smoker/non-smoker, type of diet, alcohol intake, sleep time, etc), Personal Attributes (eg. age, gender, socio-economic status, personality, motivation, etc), Physical and Social Involvement (eg. temperature, humidity, air quality, altitude and climatic changes, etc) and Heredity (genetic inheritance transmitted by parents).

As we can observe, Healthy Lifestyle depends on several factors that interact with each other. In addition to the factors described above, in order to achieve a Healthy Lifestyle we must also take into account other fundamental aspects. Among them we can identify the eating habits (eg. balanced diet is a factor of balance of the organism, the calories ingested should be the same as those spent, we must avoid alcoholic beverages, excess sugar, salt and fat), regular practice of physical activities/development of motor capacities (we should practice physical/sport activities at least 3 to 5 times a week for 30 minutes, vary the type of activities to be performed, eg. walking, running, swimming, cycling, dancing, playing football, etc.), body composition/morphology (be aware of our body mass index, to maintain a balance between our weight and our height, avoid extreme states such as extreme thinness/anorexia or overweight/obesity), rest (we must respect the resting periods our body needs to recover/restore energy, usually 6 to 8 hours of sleep a day, avoid sleeping a few hours for several days in a row), hygiene (maintaining good daily habits of hygiene are fundamental to maintain a good state of health, as well as to prevent some diseases), affectivity (the human being is a social being, and in order to maintain a psychological and social well-being must have a good relationship with family, friends, colleagues, etc.) or the quality of the environment (this is essential not only for physical health but also for mental health, for example living in a city with high levels of air pollution, living in a place with few hours of sunshine per year, living in an extremely cold/hot/wet, live in an overcrowded/completely isolated location and without communications, etc.).

We can conclude that there are several factors to consider when trying to define what Healthy Lifestyle is. All of them are important and have their role in our health, physical aptitude, and consequently our well-being. We are aware that this process is not closed, static or only theoretical, but very practical and dynamic, open to new factors, and that is constantly changing, every day, hour, minute or second. It is a search that never ends, but rather it is adjusting and balancing our needs, interests, and even our social and cultural believes.





The result of
our work.





Healthy
menu for a
week

The Pyramid of
Food



The wall of
stress

The Pyramid of Food



Healthy menu
for a week





While working
on the Healthy
menu for a
week

Drink at least
1 ½ - 2 liters of
Water every
Day.



Stress
avoiding
Activities



Traditional
Romanian Food,
Culture and
Dances

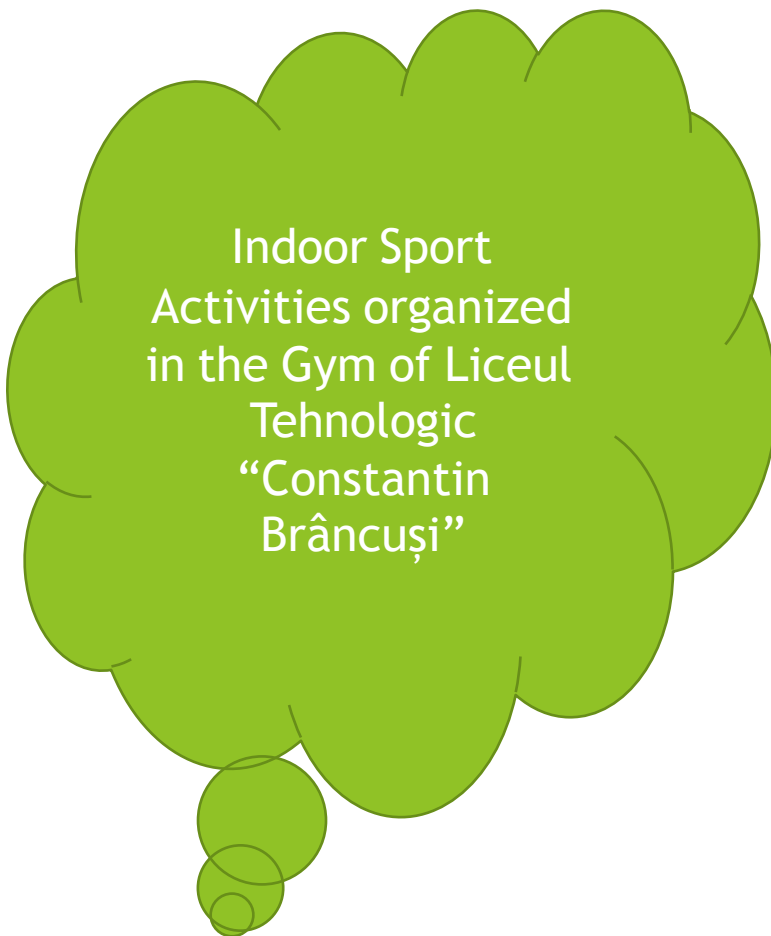
At Kentaur Farm -
Atea













We all love
playing bowling!

Enjoying Line
Dancing!





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