



Erasmus+

SPORT

BODY EXERCISES!

MAGAZINE
DIMOTIKO
SCHOLEIO PLATEOS
IMATHIAS,
GREECE...

HEALTHY
HEALTHY
FOOD
BODY



HEALTHY European
Youth - ERASMUS+
PROJECT - MARCH 2016



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Knowing what foods increase the quality and quantity of human life is an important life skill. We refer to "Food Literacy" as the ability to track the progress of food from farm to table and to understand and articulate the impact of food choices on: human health, animal welfare, the environment and our communities.

FOOD



REVOLUTIONIZING THE WAY

WE THINK ABOUT
FOOD



LITERACY



• NO SUGAR
ADDED
• 100% NATURAL
• NO ARTIFICIAL
COLOURS
• FAT-FREE
• NATURAL FLAVORS

What Does a Food Literate person Need to know?

A Food literate person is able to:

- Understand the difference between and the consequences of sustainable versus industrial agricultural.

- Understand the relationship between Food and health outcomes.

- Possess basic shopping and cooking skills.

- Cooking: the ability to prepare simple, nutritious and cost effective meals, primarily using whole Foods and natural ingredients.



WE ARE

WHAT WE
EAT....

Skipping breakfast can make kids feel tired, restless, or irritable. Breakfast kickstarts the body's metabolism. Breakfast Brain Power. Foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration at memory.

BREAKFAST TIPQINO

Breakfast is the most important meal of the day. Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities—two great ways to help maintain a healthy weight.



Vitamins

What exactly are vitamins?

Vitamins and minerals are found in foods we eat. Our body needs them to work properly.

When it comes to vitamins, each one has a special role to play.

Vitamin C in oranges helps your body heal if you get a cut.

B vitamins in whole grains help your body make energy from food.

Vitamin A in carrots helps you see at night.

Vitamin D helps your bones.

Vitamin C helps your body resist infection.

Which foods are rich in vitamin C?

- Cantaloupe
- Tomatoes
- Strawberries
- Broccoli
- Cabbage
- Kiwi fruit
- Sweet red peppers
- Citrus fruits



Cereal is a Food made From processed grains. It is eaten hot or cold usually mixed with milk, yogurt or fruit. Cereals are often fortified with vitamins. In Greece, cornmeal is poured into boiling milk to create a cereal of a thick consistency which is often served to young children.

Muesli is a cereal based on uncooked rolled oats, fruit, nuts. It was developed around 1900 by the Swiss physician Maximilian Bircher-Benner for patients in his hospital.

HEALTHY FOOD - HEALTHY BODY





BRUNCH TIME!

A healthy school lunch should combine nutrient-rich foods from several food groups to supply the protein, fat and carbohydrates needed to sustain energy and concentration for several hours.

CHILDREN ARE ENERGIZED FOR LEARNING!



Healthy Lunchbox Ideas

Fruit, bread and juice provide carbohydrates, milk, cheese, yogurt and beans provide protein. Fat is found in nuts, meat and some dairy foods.



BE ACTIVE



Physical Activities

- Skateboard
- Football
- Basketball
- Tennis
- Swim



Κόψε
λίγο από:
Τηλεόραση /
Βίντεο / Ταινίες -
Υπολογιστή / Ίντερνετ
Video Games - Μη μένεις
μπροστά σε οθόνη για πάνω
από 1 - 2 ώρες τη μέρα!

Be Active.
Limit Screen Time.
Listen to your body.
Drink Water.
Have Fun.
Sports



2-3 φορές την εβδομάδα -

Για δύναμη & γίγνα να νιώθεις
καλά με το σώμα σου: Καράτε ή άλλη
πολεμική τέχνη - Χορός ή μπαλέτο - Ασκήσεις
ευλυγισίας - Γυμναστική στο γυμναστήριο

3-5 φορές την εβδομάδα -

Παιχνίδια & Δραστηριότητες:
Ποδόσφαιρο - Μπάσκετ - Βόλεϊ - Ποδήλατο - Κολύμπι -
Σκέιτ - Φρίσμπι - Σκοινάκι - Τρέξιμο ή Γρήγορο περπάτημα

Κάθε μέρα ή όσο πιο συχνά μπορείς:

Παίξε έξω διάφορα παιχνίδια, π.χ. κνημητό και κρυφό με τους φίλους σου -
Κάνε ποδήλατο - Βοήθα τη μαμά στο σπίτι - Πήγαινε μια βόλτα - Προτίμησε
τις σκάλες αντί για το ασανσέρ - Μάζεψε το δωμάτιό σου

HEALTHY BODY





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Children who play sports do better in school. Exercise improves learning, memory, and concentration. In addition to being fit and maintaining a healthy weight, children who play sports are also less likely to smoke.

Playing sports boosts self-confidence. You feel better about yourself. It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because they help girls get in shape, maintain a healthy weight, and make **NEW FRIENDS!!**



⇒ Sports are good for health.

⇒ Vegetables are good for health.

⇒ Fruits are good for health

⇒ Exercise cuts the pressure.

⇒ The brain chemicals released during exercise improve a person's mood.



Bean Week: Greece's National Treasure.

Humble Legume. together with wheat, beans of all kinds, chickpeas and split peas, form the very foundation of the Greek diet and have done so since Neolithic Times. There are dozens of ways of preparing them. They are an excellent source of protein, fiber, iron and essential Minerals.

FASOLADA, KATO NEVROCOPI-
PRESSES-GIGANTES-FASOLIA-
FAVA-FACES.

HEALTHY
FOOD



ΟΣΤΡΙΑ

LEGUMES

Learning about Protein

Protein builds, maintains, and replaces the tissues in our body. Our **muscles**, organs and immune system are made up mostly of protein. Our body uses protein to make hemoglobin the part of red blood cells that carries oxygen to every part of your body. Other proteins are used to build cardiac muscle. What's that? Your heart! Whether you're running protein is doing important work like moving your legs, and protecting you from disease. **EAT: fish, eggs, black beans!**



Learning about fat

Fat is an important part of a healthy diet. Little kids need a certain amount of fat in their diets so the brain and nervous system develop correctly. That's why toddlers need to drink whole milk, which has more fat, and older kids can drink low-fat or skim-milk. You can look at a food label to learn how many grams of fat are in a serving of a food. Labels also list the total calories from fat.



ΛΑΔΕΡΑ

IN OIL

Families who cook together eat healthier and live better.



HEALTHY

LIFE

When kids help prepare dinner, They help prepare themselves for

LIFE...



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Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή

Banana
Apple
Grapes
Orange
Cherries
Pear
Pineapple
Apricots

Blackberry
Plums
Strawberries
Melon
peach
Water-melon
Papaya
Mango

Write how many fruits do you eat every day. You must put a ✓ in a correct box.



- **Fish** is a great source of protein that growing bodies need. Fish also provides varying amounts of iron, calcium, zinc and magnesium.
- Make a salad of canned Fish with tables and light Italian dressing. Have Fun with mock sushi.
- Bake salmon with reduced-sodium soy sauce.

Omega-3 Fatty Acids.

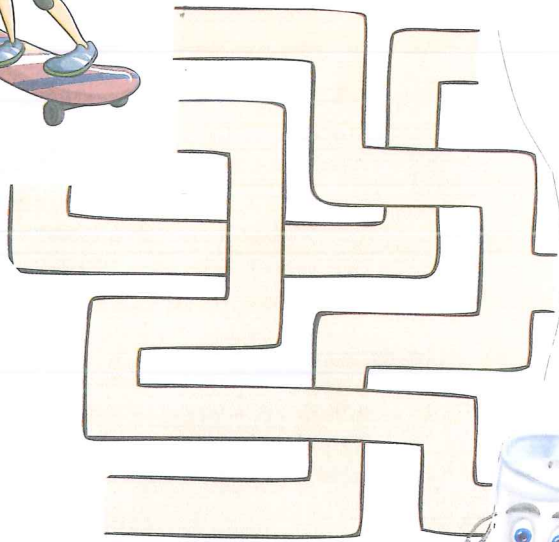


LET'S PLAY



Design your favourite physical exercise.

Healthy Body

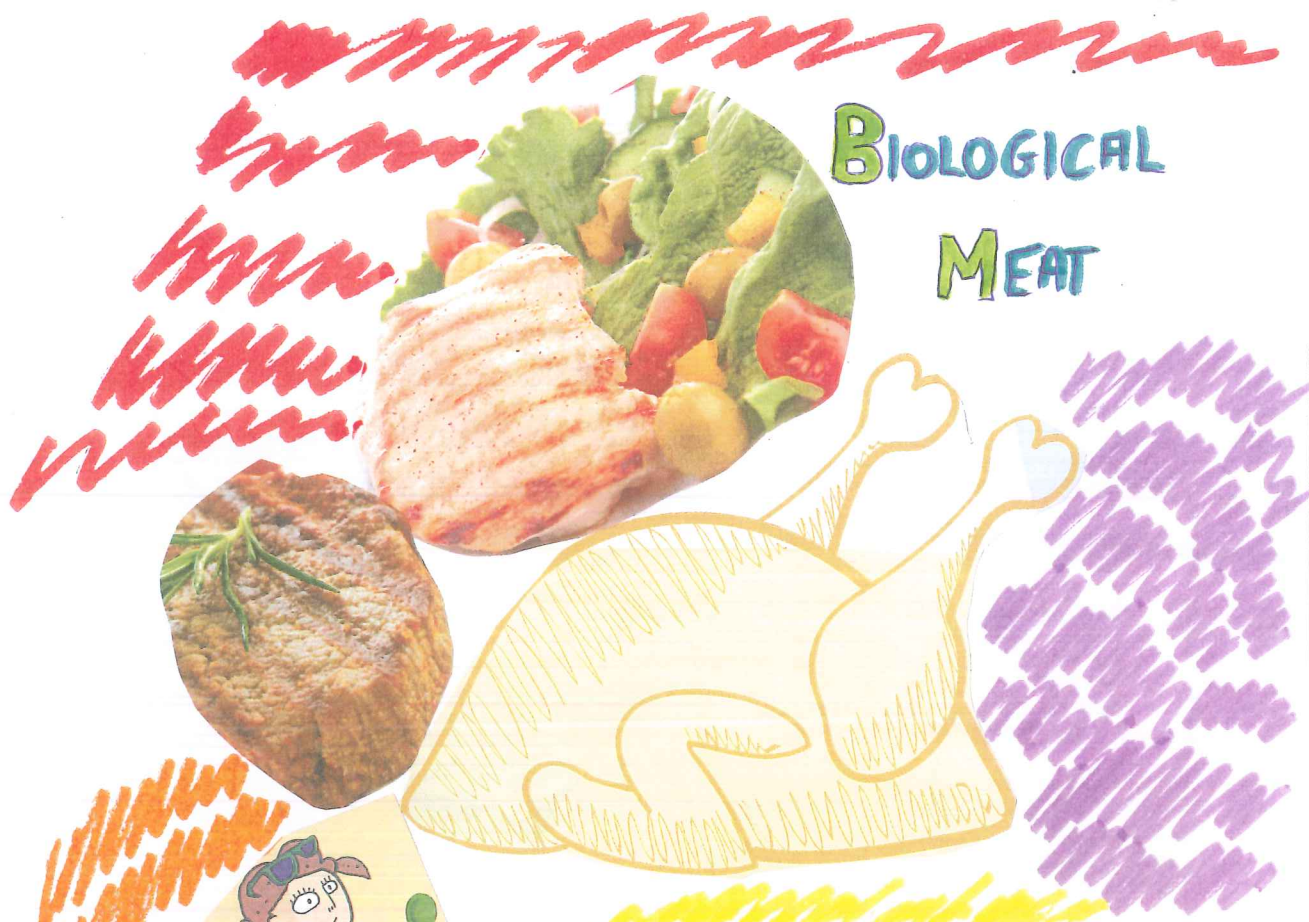


Keeping
Fit and
having
FUN!

Do skateboard
to drink a
glass of



MILK...



BIOLOGICAL MEAT



Biological meat

Eating fewer animal products is a good choice for the environment. When and if you choose to eat animal products you can make a significant difference for your health and the environment by choosing to support farms that caretake the animals they raise in an ethical manner. By eating animal products raised organically (no antibiotics) you provide the healthiest choice for your family. REMEMBER: more humane, ethical treatment of animals!

NO ANTIBIOTICS.
NO HORMONES
NO GENETICALLY
MODIFIED FOODS

Nutrition

Is the study of food and how it works in our body. It's important to eat a variety of foods: fruits, grains, dairy, vegetables, water, SO we have what we need to be healthy.

Nutrition Label

The Nutrition Facts food label gives information about which nutrients are in the food. It is printed somewhere on the outside of packaged food.

On the label is given information in percentages. Food contains fat, proteins, carbohydrates, fiber, vitamins, minerals. Nutrition specialists know how much of each one needs healthy diet!

Nutrition Facts

Serving Size: 1 teabag (1,8g)
Servings per container: 10

Amount Per Serving	
Calories: 2 Calories From Fat: 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 0g	0%
Total Carbohydrate 0.4g	0.1%
Sugars 0g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

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**KROCUS
KOZANIS
PRODUCTS**

**HERBAL TEA
WITH MINT,
LEMONGRASS
& SAFFRON**

10 teabags NET WT 0.63 OZ./18g e

A COOPERATION OF THE COOPERATIVE DE SAFFRON
OF KOZANI & KORRES NATURAL PRODUCTS


**KROCUS
KOZANIS
PRODUCTS**


ΣΥΝΕΡΓΑΣΙΑ ΤΟΥ ΣΥΝΕΤΑΙΡΙΣΜΟΥ ΚΡΟΚΟΠΑΡΑΓΩΓΩΝ
ΚΟΖΑΝΗΣ ΜΕ ΤΗΝ ΚΟΡΡΕΣ ΦΥΣΙΚΑ ΠΡΟΪΟΝΤΑ


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DRINK A LOT OF WATER!

**EAT WELL! HEALTHY
BALANCED
MEALS**

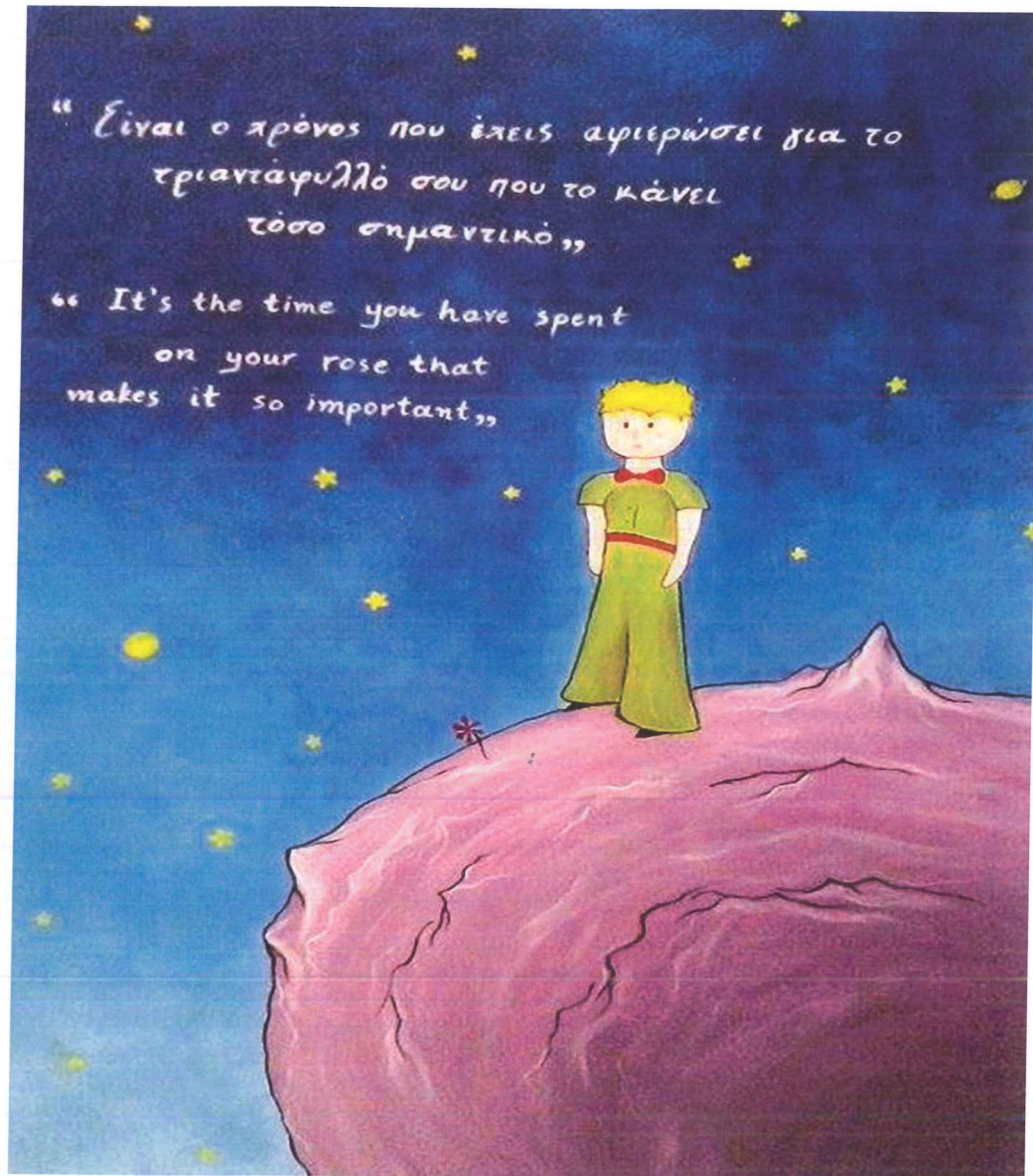
MOVE EVERYDAY

SLEEP

**LOVE YOUR
BODY AND
YOUR LIFE!**



The most
important in
our LIFE...



“ Είναι ο χρόνος που έχεις αφιερώσει για το
τριαντάφυλλό σου που το κάνει
τόσο σημαντικό,”

“ It's the time you have spent
on your rose that
makes it so important,”

Artist
Elena Sakellariou

This magazine was created with lots of taste, desire and love by the students and the teachers of our school, along with the company of the Little Prince...who is the symbol of our school..

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Maria Koutelida
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