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Mens sana in Corpore Sano

Food, Nutrition, eating habits , health and disease at European schools as an (inter)cultural mirror
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FOCUS Nutrition

**Lycée Jean De la Fontaine, Château -Thierry
France**

Healthy behaviors include a healthy diet pattern and regular physical activity. We need an Energy balance of the number of calories consumed from foods and beverages with the number of calories the body uses for activity plays a role in preventing excess weight gain.

A healthy diet pattern emphasizes eating whole grains, fruits, vegetables, lean protein, low-fat and fat-free dairy products and drinking water.

Having a healthy diet pattern and regular physical activity is also important for long term health benefits and prevention of chronic diseases such as Type 2 diabetes and heart disease.

Adults should do at least 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity, or a combination of both, along with 2 days of strength training per week.

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What is the role of nutrition ?

▶ *Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion.*

▶ www.wikipedia.com

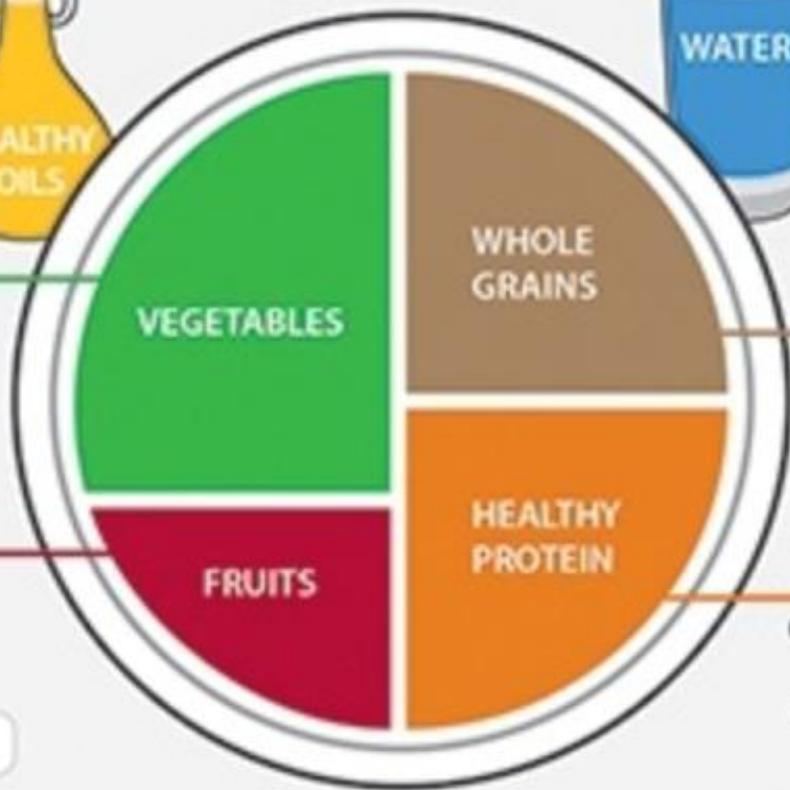
According to scientists , we should abide by the following rules given in the « healthy eating plate »

HEALTHY EATING PLATE

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



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.



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.

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

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

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



In class in our high school , we study the nutrients and their effects in physics and biology It greatly helps us to become more aware of how a healthy nutrition can be good or bad for us .

So eat healthily and follow the rules : bon
appétit !

