



Mens Sana In Corpore Sano
6TH Cross- Exchange in Château-Thierry
March 5th -11th 2017



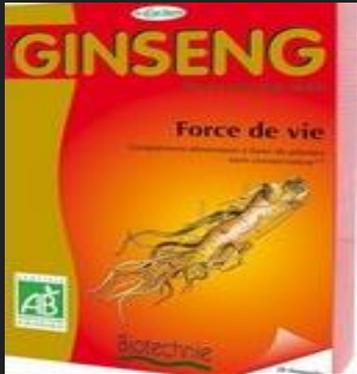
Sport and Exercise



Why do some athletes use doping products?

- To have better performance
- To manage the pressure from media
- To get more audience watching them
- To win trophies and competitions
- ...

Different types of doping



Bad and good, why ?

Bad:

Doping products are dangerous for health, because we have a lot of consequences like sterility, heart accident or cancer. For exemple, Red Bull, EPO or anyabolic steroid .

Good:

Fruits are natural doping products , very good for the body because there is a lot of vitamin C. On Earth, we have many natural doping products.

Conclusion

- Different types of doping exist with more or less glucose .. Just eat healthily , drink natural juices and do not touch to any chemical doping products.

Erasmus Plus



Erasmus+

Mens Sana in Corpore Sano 2015-2017

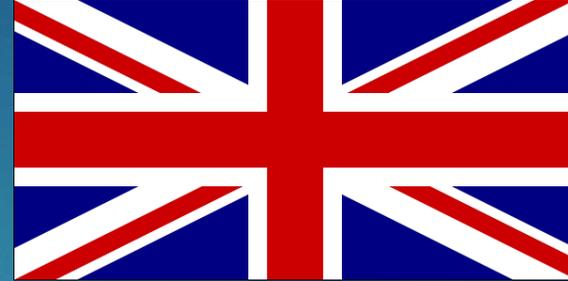


Definition of an energy drink:



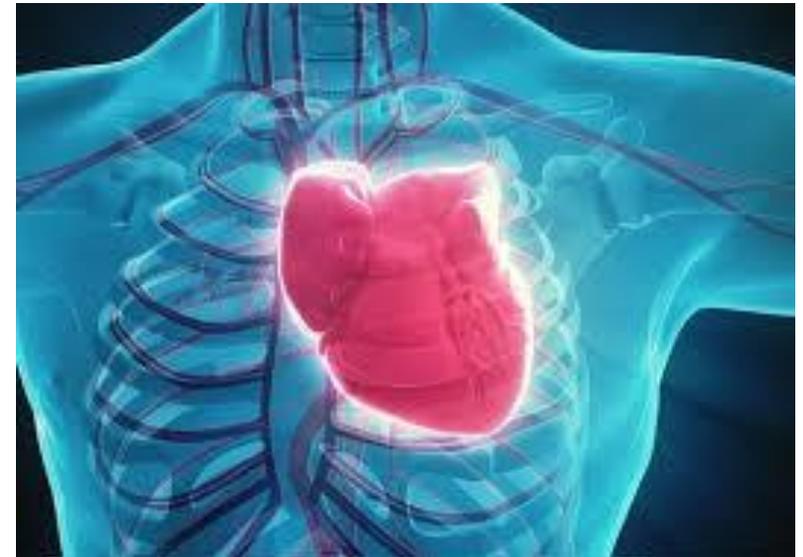
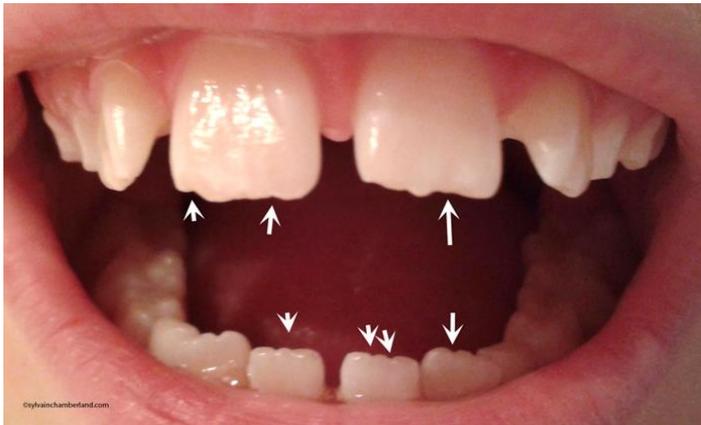
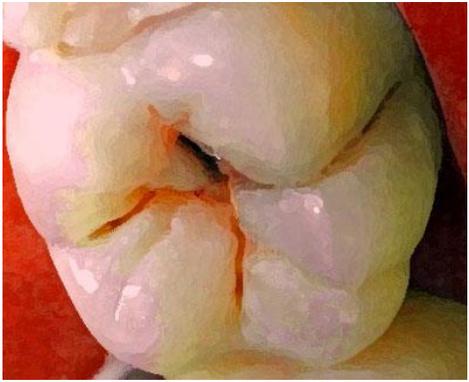
10 common ingredients in energy drinks:





- ▶ 1- Caffein
- ▶ 2- East Asian herb
 - ▶ 3- Ginseng
 - ▶ 4- B vitamins
 - ▶ 5- Sugar
 - ▶ 6- Taurine
- ▶ 7- Green tea
- ▶ 8- Guarana
- ▶ 9- Green coffee
- ▶ 10- Gingko Biloba

The danger of energy drinks:





Erasmus+

Program: Mens Sana in Corpore Sano
Cross Exchange in Château-Thierry
2015-2017

Orak Aylinne & Poquérusse Cloé 2°6

Anglais Euro

Introduction of Kebab

- *The Kebab* is a sandwich containing mutton, salad, tomatoes, onions and sauces (in France it costs 5€ without the drink).
- *It's a success* , the sandwich has become quickly famous and sold all around the world.
- *It's funny* that it's a Turkish man who invented kebab in Berlin, Germany.

How many calories do kebabs contain?



Bread :

400

Meat :

300

Potatoes:

400

Sauce :

100

Total : 1200
calories



Is Kebab good for sport ?

As we can see in the previous graphic, a kebab contains a lot of calories consequently it's not very good for sport but it's not to be banned, **just don't eat it before practising sport.**



« LE PARISIEN »

MENS SANA IN CORPORE SANO

6TH CROSS EXCHANGE IN CHATEAU-THIERRY

2015-2017

« FOOD AND EXERCISE »

LYCÉE JEAN DE LA FONTAINE



WHEN EAT THE SANDWICH « LE PARISIEN » ?

- OFTEN CONSUMED AT LUNCH, IT IS THE MODEL OF THE POPULAR MEAL THAT THE FRENCH WORKERS TRADITIONALLY COMMANDED IN THE BISTROS AT NOON, OR THAT THEY ENJOYED IN PICNICS. IT IS THE MOST CONSUMED MEAL IN FRANCE, THE ONLY COUNTRY WHERE THE MARKET SHARES OF THE SANDWICH DO NOT FALL IN COMPARISON WITH THOSE OF THE HAMBURGER. THE FRENCH BUY ANNUALLY 830 MILLION HAM-BUTTER, OR MORE THAN 2.2 MILLION A DAY, ACCOUNTING FOR 72% OF THE TOTAL NATIONAL CONSUMPTION OF "BAGUETTE SANDWICHES", WHICH THEMSELVES COVER 64% OF THE TOTAL CONSUMPTION OF SANDWICHES IN FRANCE.

INGREDIENTS :

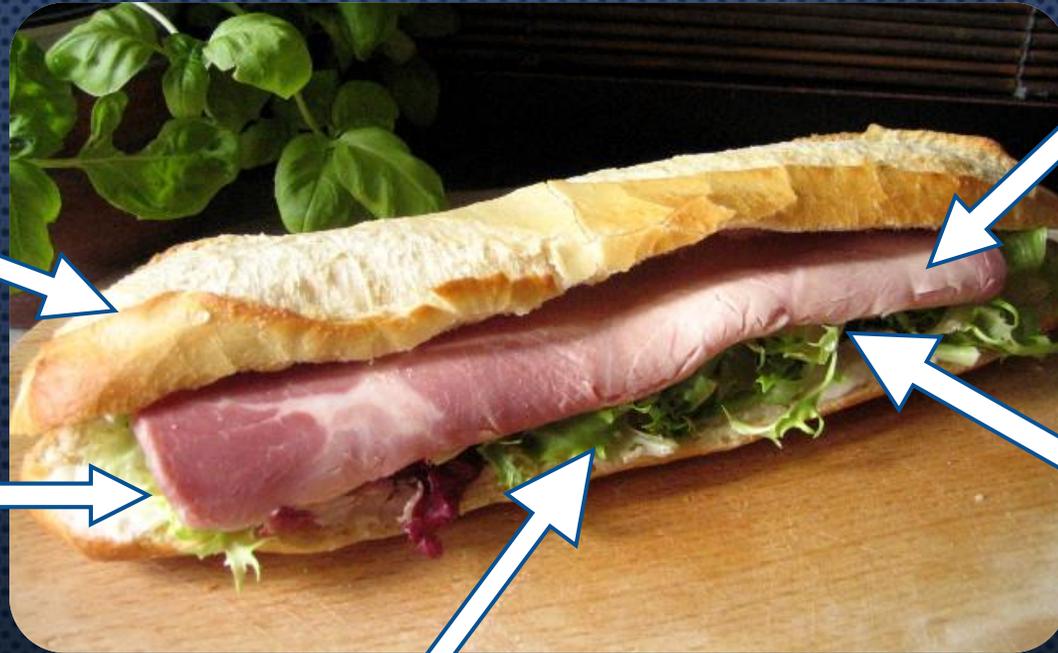
French Baguette

Butter

Lattuce

Ham

Pickle



CALORIES OF THE PARISIEN:

Calories :	440 kcal/100 g
Lipids :	20 g/100 g
Carbohydrates :	50 g/100 g
Protein :	15 g/100 g
Sodium:	0mg
Potassium:	0mg
Food Fiber:	5g
Sugar :	3g

The sandwich « Le Parisien » contains enough the good calories, to practice exercises, but you need to eat a fruit with this sandwich to reach a balance

THE END



Mens Sana in Corpore Sano
Cross Exchange in Château-Thierry
2015-2017
Focus : Sport and Exercise

Germainlia Loukoula
Lisa Purnelle

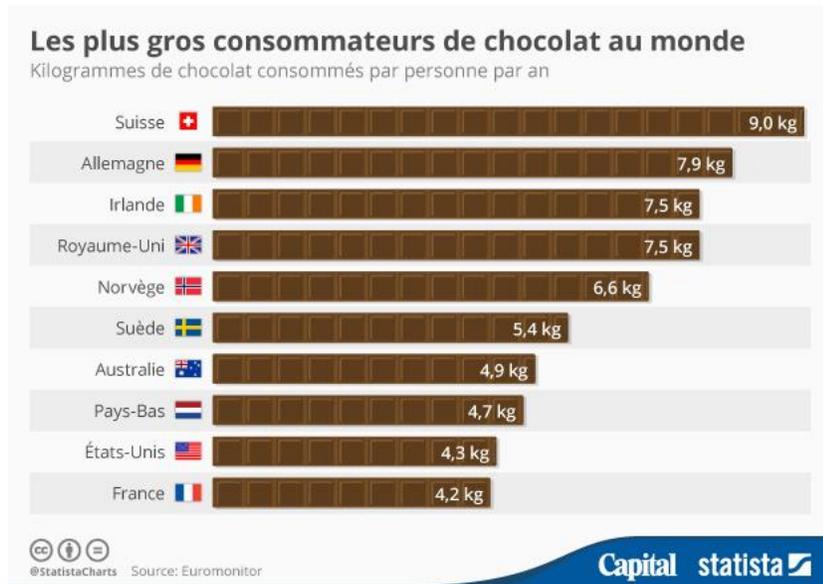


Is chocolate good for sport?



Chocolate

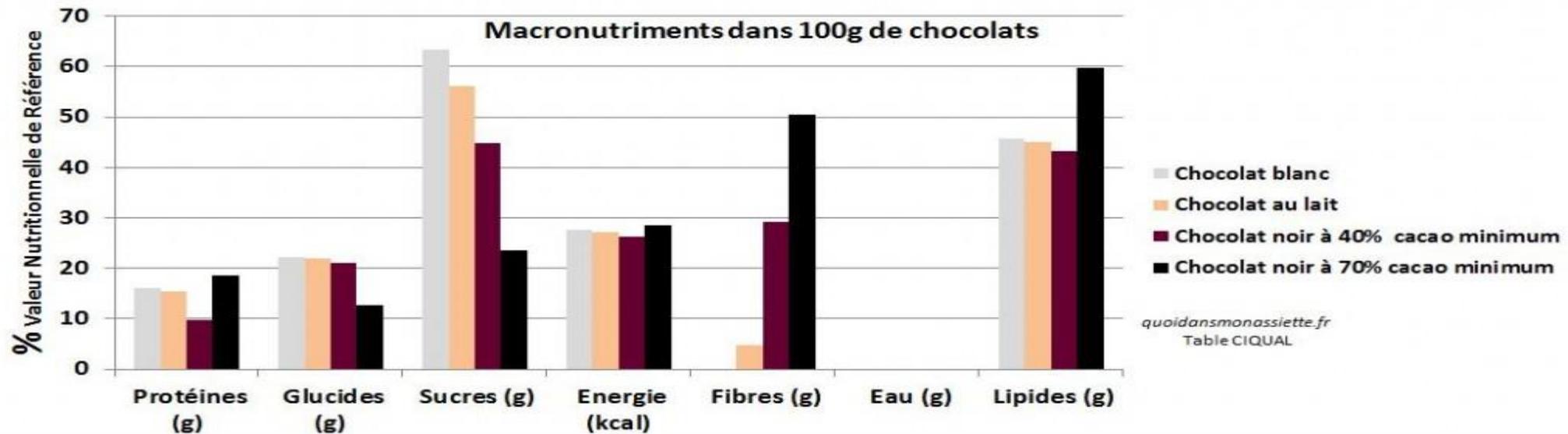
- Dark chocolate is a chocolate that contains between 43% and 100% cocoa and cocoa butter, the rest consisting mainly of sugar.
- In France, 400,000 tons of chocolate are consumed by French.
- We are the seventh consumer in the world of cocoa.



The composition of chocolat

Composition for 100 g

	Dark chocolate (45 - 59 %) ⁴	Bitter black chocolate(70 - 85 %) ³
<u>Calories</u>	543 kcal	599 kcal
<u>Carbohydate</u>	62 g	46 g
<u>Protéins</u>	4.9 g	8.8 g
<u>Lipids</u>	31 g	43 g
<u>Cholesterol</u>	8 mg	2 mg



Chocolate and sport and exercise

- Pure chocolate is good for an athlete because it contains magnesium and vitamins E.
- Chocolate has a stiffening effect because there is a nutrient that facilitates muscular effort.
- Chocolate helps to fight fatigue, promotes nervous balance and adaptation to stress.
- For endurance sports, periods of psychological fatigue can be felt after 6 to 8 hours of practice, chocolate can here be beneficial given all its positive virtues but it must not be consumed in large quantity and must be associated with a supply of carbohydrates and water.

Good or not good?

Good



These are chocolate products that help to eat well and that gives energy.
The chocolate was not modified with a raw material such as palm oil

Bad

Phtalate
DEHP



These products are not good for health because there are added raw materials and there is a lot of sugar.
The industry uses this because it is much cheaper than cocoa butter.

Conclusion

- Chocolate is a food rich in sugar, fat, magnesium and iron : all that is useful for an athlete.
- Dark chocolate is the best chocolate for the athlete because it has no added product.
- Finally: chocolate is it good for the sportsman? : Yes, but in reasonable quantity and within the framework of the food balance.

