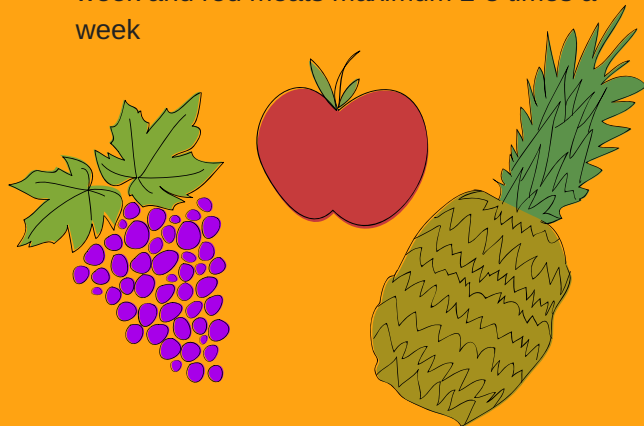


Healthy dish



- Have water instead of soda with meals. The number of glasses of water per day depends on our weight (divide your weight by 7)
- Have 2 or 3 pieces of fruit daily.
- Have 2-4 servings of vegetables a day.
- According to the food pyramid: cereals and fruits should be taken at every meal. Dairies, water, olive oil, vegetables and fruit should be taken daily. Legumes, poultry and fish 3-5 times a week, eggs only 3-5 units a week and red meats maximum 2-3 times a week



Tips to do better at school:



- Rest for 30 min after your meals
- Don't have stimulating drinks
- Sleep for at least 8 hours
- Avoid saturated fats and fast food
- Drink enough water
- Don't drink alcohol
- Don't have snacks between your meals
- Practise sport

Sources:

We have used sources of information such as lectures we have received in class and official data from the board of Andalusia:

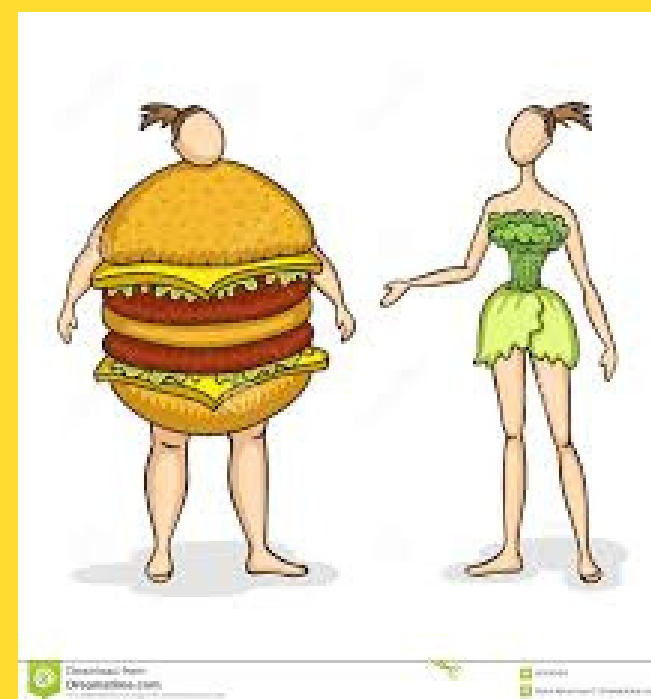
- <http://www.juntadeandalucia.es/salud>
- Presentation by Silvia Sycre, Directora UGC de Prevención y Promoción de la Salud (distrito Aljarafe y Sevilla Norte)

Students of 2ºESO IES ÍTACA (Tomares-Sevilla) and 3 MEDIA SCUOLA SECONDARIA GALILEO GALILEI (Cecina / Palazzi-Livorno, Italy)



We are what we eat

HEALTH



IES ÍTACA-Scuola Galileo Galilei

Proyecto eTwinning de Aprendizaje-Servicio



Diet and diseases

Our way of life and certain habits in our diet are not healthy at all. That's why many of us suffer from intolerances and diseases related to diet such as diabetes, cancer, cardiovascular and respiratory diseases.



Our Meals

Full breakfast:



- Preferably non-skimmed milk
- Cereals, preferably whole grains (bread, cereals, biscuits Mary type)
- Fresh fruit or natural fruit juice without sugar

Half morning and afternoon snack:

- A glass of skim milk or two low-fat natural skimmed yogurts with no added sugar and some cereal (3 María biscuits or $\frac{3}{4}$ cereal)
- A piece of fruit and skimmed yogurt without added sugar
- A sandwich (80 g bread and 40 g. protein: ham, low-fat cheese, tuna, turkey, French omelette (1 egg), lettuce leaves, tomato slices and / or cucumber)



Lunch and dinner:

- Vegetables or salad
- Protein: legumes, meat, fish, egg
- Carbohydrates: rice, pasta, bread, potatoes



Dos and don'ts of a healthy diet

Dos

- Always have breakfast
- Have five meals a day
- Drink water*
- Have fruit, vegetables, dairies, whole grain cereals and olive oil every day
- Legumes, poultry, fish and eggs 3-5 times a week.
- Red meat maximum 2-3 times a week
- Do sport and walk every day

xxxxxxxxxxxxx
x * divide your x
x weight by 7 to find x
x out the number of x
x glasses of water x
x you should drink x
x every day x
xxxxxxxxxxxxx



Don'ts

- No food between hours
- No too much sugar
- No saturated fats
- No alcohol
- No smoking

