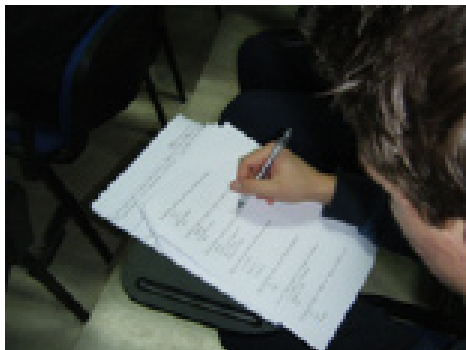


NUTRITION



Most students eat a lot of animal proteins found in meat (eaten $\frac{3}{4}$ times a week), cheese (eaten $\frac{3}{4}$ a week, fish (1 or 2 times a week). They eat vegetables once a day and fruit twice a day. They usually have a sandwich at the break and a snack in the afternoon. They drink mostly water (about 1 and $\frac{1}{2}$ a litre per day). At the weekends, they usually have an alcoholic drink. They admit their nutrition is sometimes healthy and sometimes disordered, yet they do not eat watching TV. (*Results from a questionnaire for 160 Italian students*).



Students filling in the questionnaire

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SUPER SUPPER

This Comenius two-year project involves schools from five countries: Belgium, Italy, Slovenia, Spain and Hungary. Its main subject is promoting healthy lifestyle and good eating habits among teenagers.

In our first year (2009-2010) we chose dishes typical in our countries: pizza (Italy), gulash (Hungary), peppers stuffed with hake and prawns (Spain), French fries with stew meat (Belgium) and grilled sausage, sour cabbage and roasted potatoes (Slovenia). We translated the recipe of the dish into English, produced a video of all the recipes and created a small dictionary with words from all the recipes in six languages. We found out how many calories there are in each dish and we learned more about calorific tables referring to teenagers. We studied the radioactivity in some products. Moreover we asked 1500 students questions about their eating habits. We visited the partner countries to share results of the activities. We created a website with all the information about our work.

In our second year, we tried to see how healthy our dishes are. Each school recorded a video, Sport for Food Lovers, with healthy suggestions about living well showing physical exercises to get rid of excessive calories, these activities can be rural ones (Spain), everyday activities (Slovenia, Italy), taken from the day of sport (Hungary), physical sport tests (Belgium); we organized meetings with dieticians to point out how important a correct and balanced diet is. We created this leaflet on healthy lifestyle based on the information and results of the activities. We cooperated with the local media to spread information about the project.

GENETICALLY MODIFIED FOOD

GM, or genetically modified, food, involves altering a plant, animal or micro-organism's genes or inserting one from another organism – that is, a living thing. Genes carry the instructions for all the characteristics that an organism inherits. In the EU, if a food contains or consists of genetically modified organisms (GMOs), or contains ingredients produced from GMOs, this must be indicated on the label.



Lecture on GM food

Critics have objected to GM foods on several grounds, including safety issues, ecological concerns, and economic concerns raised by the fact that these organisms are subject to intellectual property law.

SPORT

From a questionnaire given to 1500 students from all the partners schools comes out that analysing the relationship between height and weight, students might show an overweight. Yet it is sometimes due to a strong fitness program improving the muscular mass. As for girls they commonly feel to be less slim than they really are.



Students at the Comenius Sport Day in Barcs, Hungary (October, 2010)

In Marsala (Italy) teenagers go to the gym up to five times a week. 121 out of 160 do sports regularly.

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RADIOACTIVE FOOD

We have found out that radioactivity is used to preserve food from deterioration. Food is irradiated to provide the same benefits as when it is processed by heat, refrigeration, freezing or treated with chemicals to destroy insects, fungi or bacteria that cause food to spoil or cause humane disease and to make it possible to keep food longer and in better conditions in warehouses and homes.

The acceptance of irradiated food is very low because safe foods can be produced without radiation. It is not known if radiolytic products and free radicals which are created by irradiation are harmless or toxic and essential nutrients such as vitamin E are reduced by radiation. Irradiated foods cannot be recognized by smell, taste, sight or feel.



There are some common sources of natural radioactivity in food, one of which, for example, is a component of potassium called potassium 40. It forms 0.012% by weight of all natural potassium and occurs in the cells of all living things.

Natural radioactivity can also be transferred to crops from rocks and minerals present in the soil, while drinking water can pick up radioactivity from the earth, and fish and shellfish can take up radioactivity from the water or sea floor.