

An illustration of a meal on a dark green background. In the top left, there are green leafy vegetables. Below them are two red tomatoes. In the center, a white plate contains a salad with sliced cucumbers, tomatoes, onions, and hard-boiled eggs. To the right of the salad is a small bowl of yellow soup. In the bottom left, a hand holds a white fork. In the top right, a hand holds a white knife over a small bowl of green soup with a yellow spoon. In the bottom right, a hand holds a white fork over a white plate containing broccoli, a round brown patty, and sliced carrots. The text "Food & Health - How what we eat shapes our life" is written in white in the center. Below it, a white brushstroke line is followed by the text "Eat healthy food to live healthy" in a dark green color.

Food & Health - How what we eat shapes our life

Eat healthy food to live healthy

Objectives:

To understand nutritional diseases

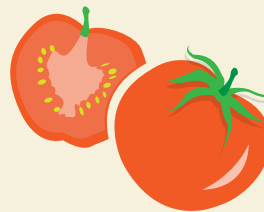
To identify the causes and effects of obesity and diabetes

To promote a healthy lifestyle

To identify healthy food components

To elaborate a healthy menu for a day

To communicate and work in mixed teams

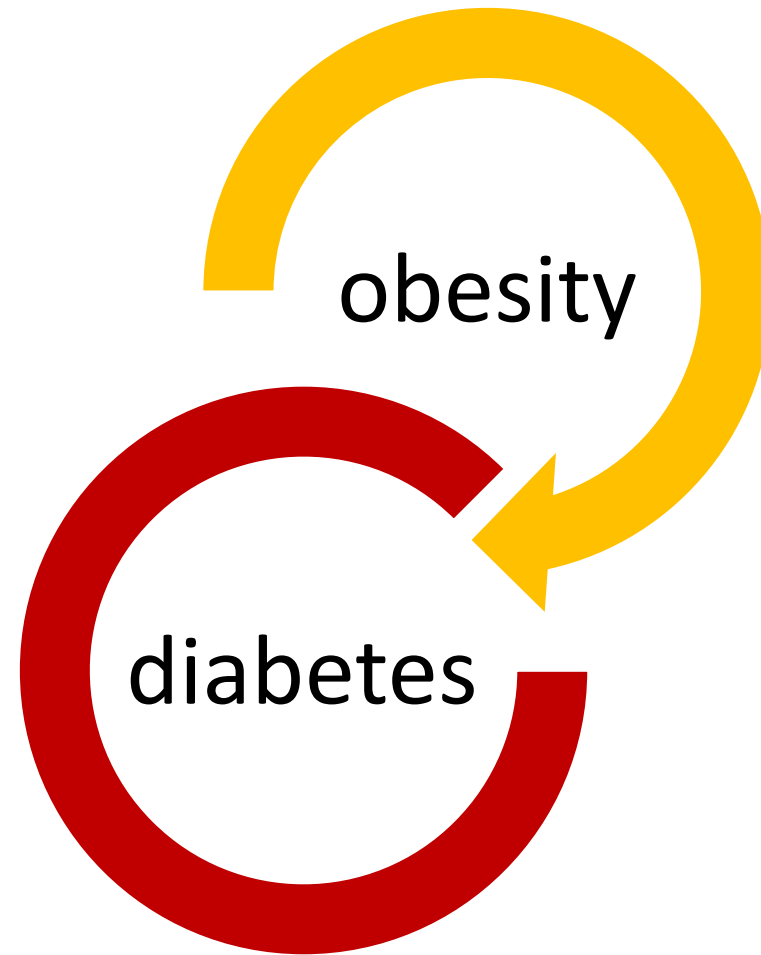


<https://www.menti.com/alnv8tvkm5e4>



- <https://www.youtube.com/watch?v=TB5rjcYTPAg>

Diseases influenced by the environment and own behavior



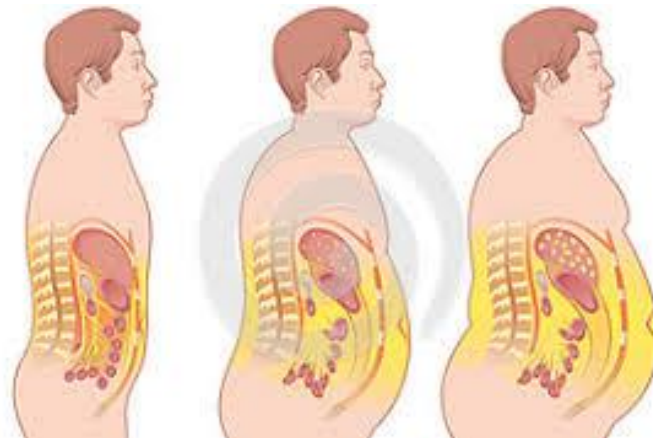
OBEZITATEA/ OBESITY

DEFINIȚIE:

- Boală metabolică, în care greutatea normală este depășită; interesul medical și social este deosebit;

DEFINITION:

It is a metabolic disease, in which normal weight is exceeded; the medical and social interest is high;



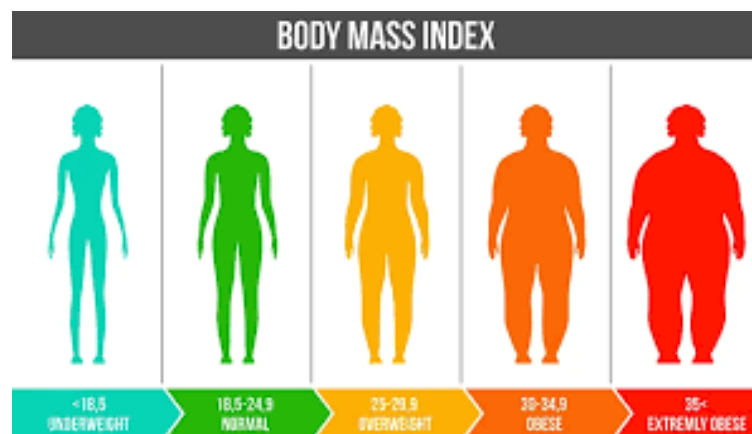
OBEZITATEA/OBESITY

TIPURI:

- supraponderabilitate
- obezitate de grad I
- obezitate de grad II
- obezitate morbidă

TYPES:

- overweight
- grade I obesity
- grade II obesity
- morbid obesity



OBEZITATEA/OBESITY



CAUZE:

- supraalimentarea, fast-food, sucuri
- sedentarismul,
- anxietatea,
- stresul,
- endocrine,
- mese seara,
- excesul de vitamine și suplimente alimentare,
- diete urmate incorect,
- asocierea acestor factori

CAUSES:

- overeating, fast-food, sugary drinks
- sedentary lifestyle,
- anxiety,
- stress,
- endocrine,
- evening meals,
- excess vitamins and food supplements,
- diets followed incorrectly,
- the association of these factors

OBEZITATEA/OBESITY



RISCURI:

La adulți: - boli cronice severe

- boli cardiovasculare grave,
- afecțiuni ale articulațiilor,
- diabet de tip II,
- cancer (în special de colon);

La copii – agravarea obezității la vârsta adultă cu consecințele enumerate mai sus;

- probleme respiratorii,
- afecțiuni hepatice,
- anxietate,
- depresie,
- respect de sine scăzut,
- reducerea calității vieții,
- probleme sociale.

RISKS:

For adults:

- severe chronic diseases
- severe cardiovascular disease
- joint disorders,
- type II diabetes,
- cancer (especially colon cancer);

For children:

- worsening obesity in adulthood with the consequences listed above;
- respiratory problems,
- liver disease,
- anxiety,
- depression,
- low self-esteem,
- reduced quality of life,
- social problems.

OBEZITATEA/OBESITY

PREVENIRE:

- stil de viață sănătos (autodisciplină și informare corectă);
- alimentație echilibrată;
- activitate fizică zilnică;
- control medical periodic

PREVENTION:

- healthy lifestyle (self-discipline and correct information);
- balanced diet;
- daily physical activity;
- regular medical check-ups



Statistici internaționale

- Peste 1 miliard de persoane sunt obeze la nivel global.
- 39% dintre adulți sunt supraponderali.
- 18% dintre copii și adolescenți (5–19 ani) sunt supraponderali sau obezi.

International Statistics

- Over 1 billion people worldwide are obese.
- 39% of adults are overweight.
- 18% of children and teens (5–19 years old) are overweight or obese.

Source: World Obesity Atlas, 2024

Top 5 Most Obese Countries (Adults)

- United States — 36% obese
- Saudi Arabia — 35%
- Turkey — 32%
- Mexico — 30%
- United Kingdom — 28%

(Source: World Obesity Federation)

Romania

&

Portugal

22% of adults
are overweight

21% of adults are
overweight

Europe & Romania

- În Europa: 1 din 3 copii are probleme cu greutatea.
 - România: aproximativ 25% dintre copii și adolescenți sunt supraponderali sau obezi.
 - Cea mai mare creștere a obezității infantile se observă în Europa de Est.
- In Europe: 1 in 3 children have weight problems.
 - Romania: around 25% of children and adolescents are overweight or obese.
 - The biggest increase in childhood obesity is in Eastern Europe.

(Source: European Childhood Obesity Surveillance Initiative)

- <https://www.youtube.com/watch?v=wNnw9Luiv2M>

DIABETUL ZAHARAT / DIABETES

DEFINIȚIE:

- Este o boală endocrină determinată de cantitatea insuficientă de insulină produsă de pancreas.

TIPURI:

- de tip I
- de tip II (cel mai răspândit)
- gestațional (efecte asupra mamei și fătului);

DEFINITION:

- It is an endocrine disease caused by insufficient insulin produced by the pancreas.

TYPES:

- **type I**
- **type II (most common)**
- **gestational (effects on mother and fetus);**

DIABETUL ZAHARAT/ DIABETES

CAUZE:

- alimentația dezechilibrată (dulciuri, alimente bogate în amidon consumate în special seara, nerespectarea orelor de masă, mese consistente),
- predispoziția genetică,
- stresul,
- lipsa unui program de activitate și odihnă adecvat,
- sedentarismul,
- consumul frecvent de alcool,
- alte boli ale pancreasului,
- obezitatea



CAUSES:

- unbalanced diet (sweets, starchy foods eaten mainly in the evening, not eating at mealtimes, large meals),
- genetic predisposition,
- stress,
- lack of an adequate activity and rest program,
- lack of physical activity,
- frequent alcohol consumption,
- other diseases of the pancreas,
- obesity

DIABETUL ZAHARAT/DIABETES

PREVENIRE:

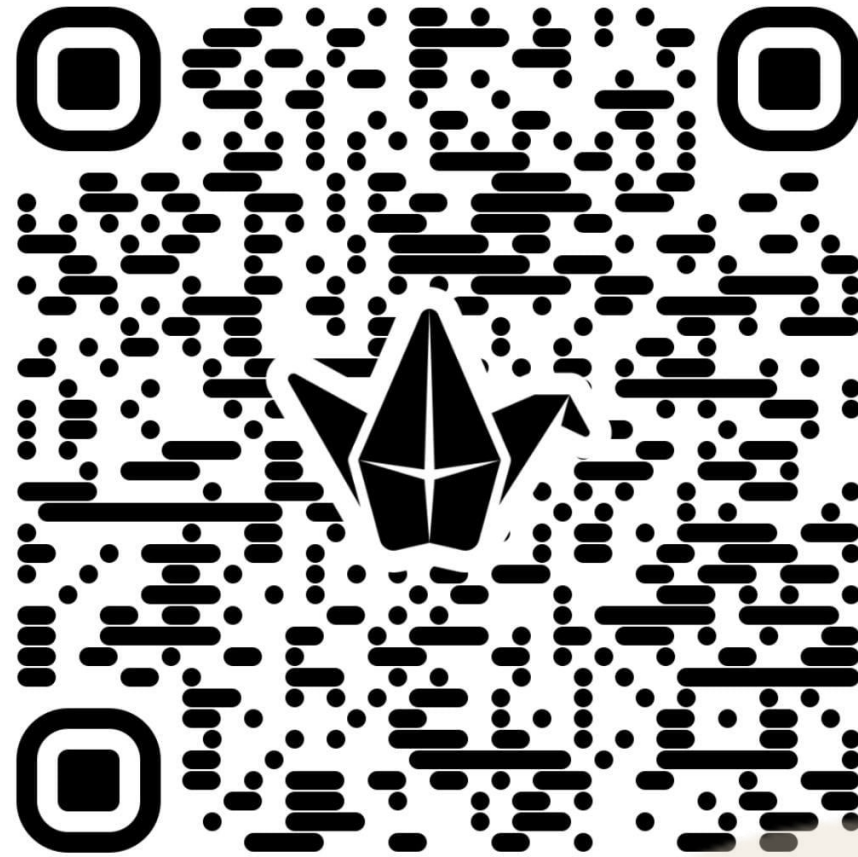
- Alimentație echilibrată (calitativ și cantitativ, la ore fixe);
- Reducerea stresului;
- Organizarea unui program zilnic, reglarea somnului;
- Practicarea unui sport
- Evitarea consumului de alcool, tutun, droguri;
- Menținerea greutății în parametri normali
- Controale medicale periodice

PREVENIRE:

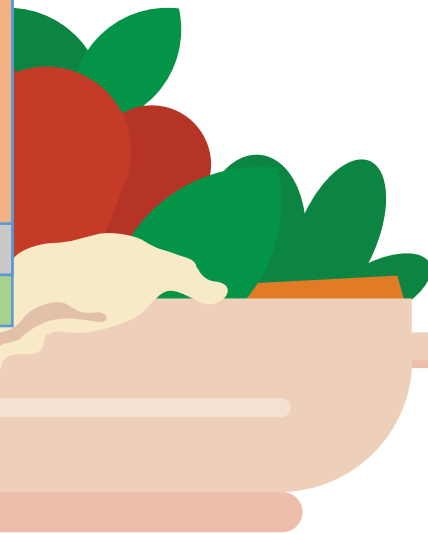
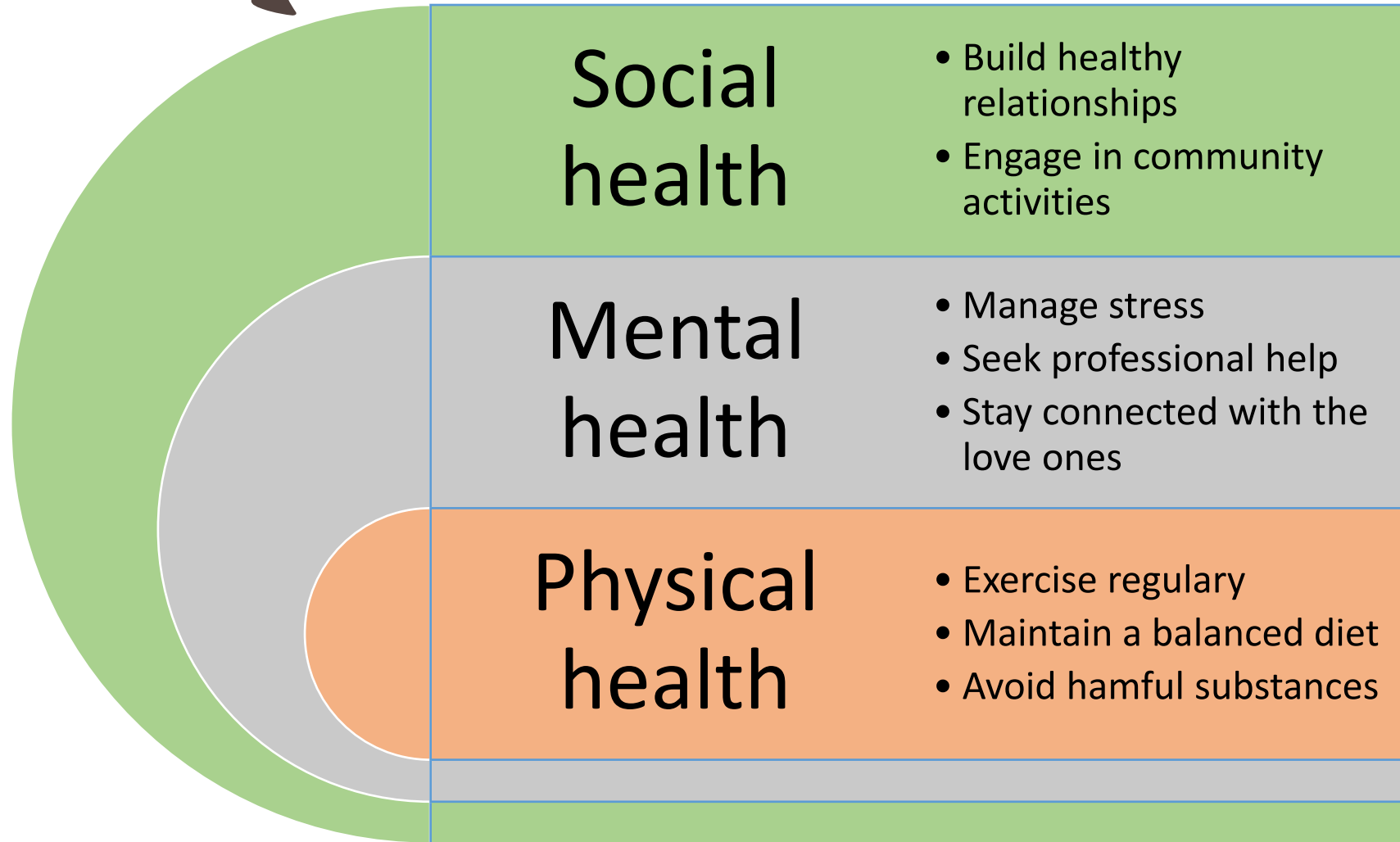
- Balanced diet (in terms of quality and quantity, at set times);
- Reducing stress;
- Organizing a daily schedule, regulating sleep;
- Practicing sport
- Avoiding alcohol, tobacco, drugs;
- Keeping weight within normal parameters
- Regular medical check-ups



Team work - "Food Detective" 5-10 min



Key components of health



Healthy food components

Healthy food components consist of various nutrients that the body needs to carry out its important functions. Some of the main components include: proteins, carbohydrates, fats, vitamins, minerals, fiber, water



Romania vs Portugal — Eating Habits



What do young people in Romania and Portugal eat most often?
Which traditional foods are healthy/unhealthy?



Team work - "My Healthy Plate" (5-10 min)

- Make the ideal plate for breakfast, lunch and dinner.
- You can use whatever tools/applications you want.

REFLECTION!

Starting from what you have learned today, do you think you need to change something in your lifestyle?
If yes, what would you change?



Feed-back - Food & Health – How what we eat shapes our life

Please, write an impression of what did you learn today.



Thank you!

