



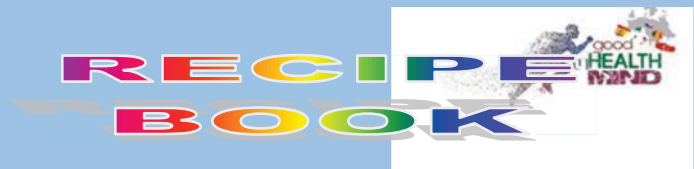
Liceul Tehnologic de Turism, Calimanesti, Valcea

ERASMUS PLUS Nr.2017-1-CZ01-KA219-035447

Good in health, good in mind



**Guide for a
healthy lifestyle**



Foreword

This book is the final product of an Erasmus+ Project whose main theme was promoting a healthy eating and healthy lifestyle. The countries and the school involved were:

Stredni Skola Baltaci in Zlin (Czech Republic)

IPSSART "G. Varnelli in Cingoli (Italy)

Colegio San Isidoro in Granada (Spain)

Liceul Tehnologic de Turism in Calimanesti (Romania)

Ozel Afyon Doga Anadolu Lisesi (Turkey)

OBJECTIVES

- to inform students on rules of a safe and correct nutrition and suggest healthy dishes that can combat the desire to eat fast-food
- at institutional level, to impose a change in the menus of school canteens
- to promote sports as a strategy for being healthy, thus developing
- a lifelong active lifestyle
- to impose a long-term policy of schools in dealing with the problem
- of obesity and unhealthy eating habits
- to support social inclusion and prevention of discrimination
- to encourage the learning of modern foreign languages
- to develop knowledge among students and teachers of the diversity of European cultures
- to improve pupils' sport and social skills



International team

Index

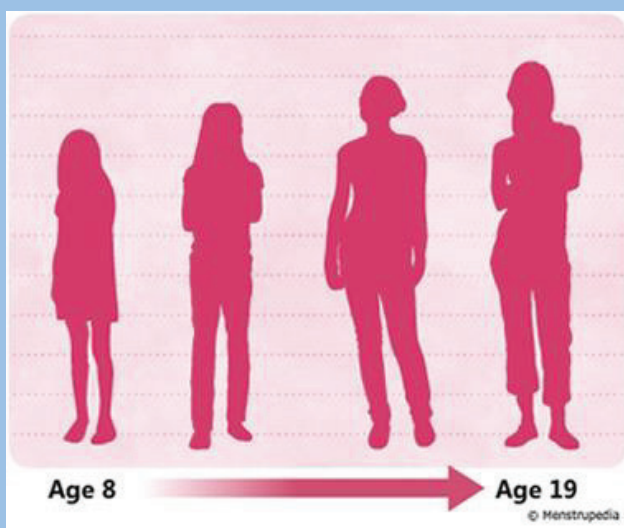
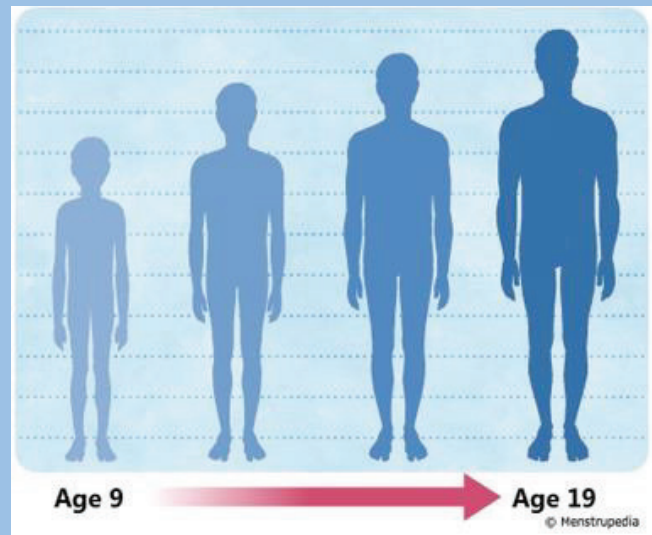
- I. Foreword
- II. Guidelines for Healthy Food and Beverages for Adolescent Health Programs
- III. Recipes from the Czech Republic
- IV. Recipes from Romania
- V. Recipes from Turkey
- VI. Recipes from Spain
- VII. Recipes from Italy
- VIII. Diets -Determination of the nutritional food value

Guidelines for Healthy Food and Beverages for Adolescent Health Programme

Adolescence is a vulnerable life stage because it brings great changes both from the biological and the psychological side. There are differences between teen males and females exist.

Boys get taller, leaner and their bones acquire more density; teen males attain 15% of their final adult height that means larger calorie needs which must increase from 2000 calories a day at the age of ten to 3000 calories at the age of 15.

Teen females get taller but also fatter: their body fat increases from the teens into the mid-20s. Girls gain almost 50% of their adult ideal weight during puberty therefore dieting can have a negative impact on linear growth during this time.



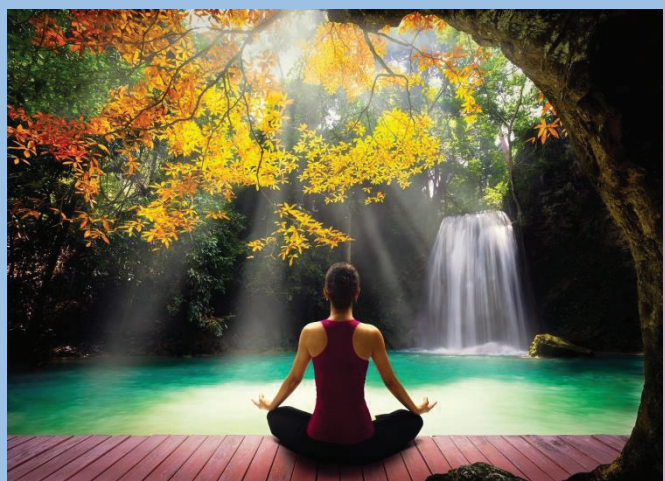
During adolescence, there happens an identity development in fact teenagers attempt to figure out who they are.

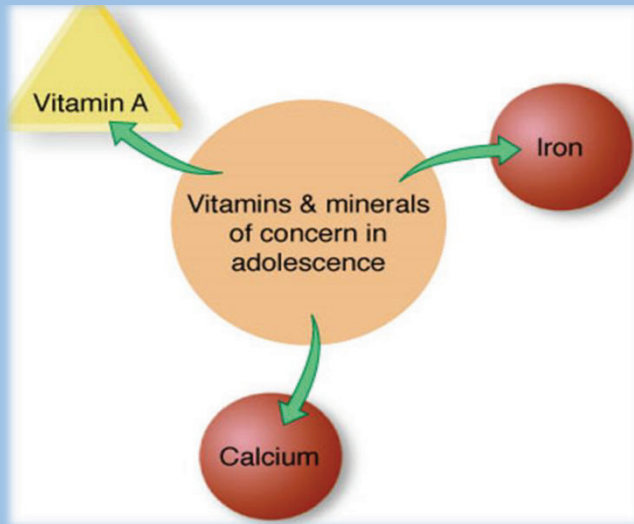
WHAT DOES A HEALTHY LIFESTYLE MEAN?

To emphasize the importance of a healthy lifestyle, I divided it into three major components:

1. Food - 30%
2. Exercise - 30%
3. Rest - 30%

The remaining 10%, the binder and trigger for the above-mentioned three, is mental health, peace of mind, reconciliation, the relationship with others.





Facts about Teen Nutrition

Most teens are overfed but undernourished. They grow a lot so they need to eat the right kind of food; they like attending fast foods instead of where high fat and nutrient depleted foods are offered.

Teens like junk food because they crave fats and sweets. A large number of teenagers have a low intake of some important vitamins and minerals such as Vitamin A, iron, calcium, zinc and iodine.

Furthermore, teens should do at least 60 minutes of activity of moderate intensity every day: only 14 % of teen males and females are meeting such guidelines.

A healthy lifestyle is a combination of many topics but food, exercise and rest count 30% each. The remaining 10 % is due to mental health, peace of mind, reconciliation, and relationships with others.

A few basic concepts about nutrition

Hunger: it is the physiological need to ingest any food, therefore when you're hungry it shouldn't matter whether you eat a salad or cheesy pastry.

Appetite: it is a psychological necessity; it is the desire to ingest a certain food. It is not hunger that dictates our cravings, it is the appetite. That is good news because appetite and taste can be modified with enough determination.

Satiety: it is the sensation or feeling of saturation and fullness given by food ingestion and the absence of hunger.

Metabolism: it includes all the body chemical processes that take place in your body in order to build up: growth, tissues, muscles and cells, and break down in order to provide energy for your body to use.

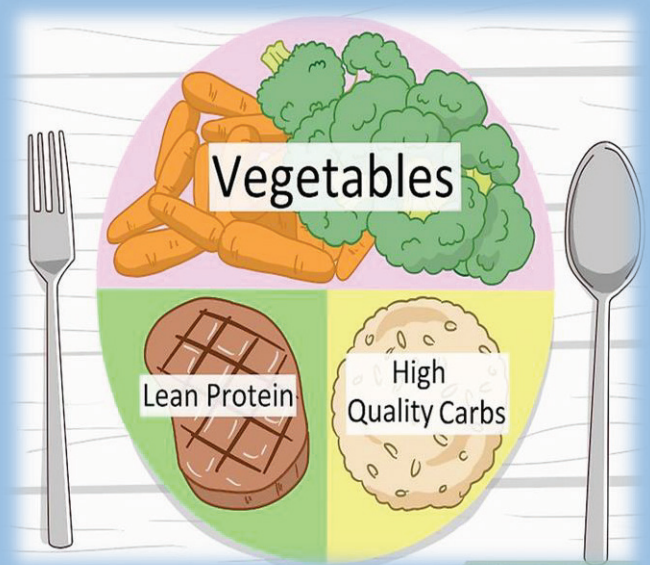
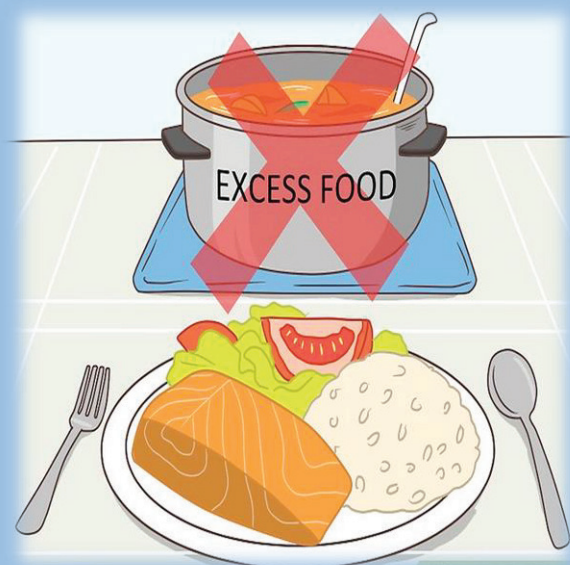
A few basic facts about healthy eating

Variety: meals must be designed in a not monotonous way in terms of their content. Variety means eating foods from each food group.



Moderation: it is the key to a successful healthy diet.

Tipp: stop eating before you feel full.

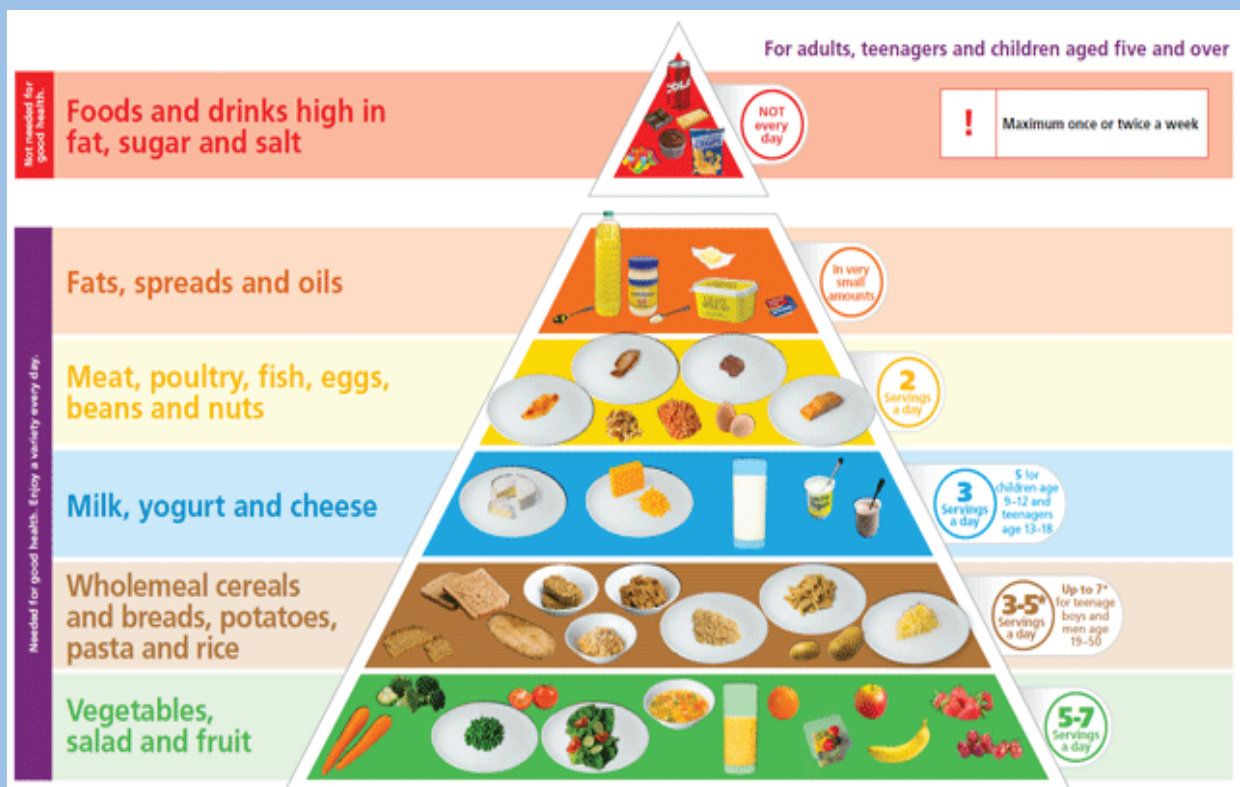


Balance: all food-groups (proteins, carbohydrates, fats, vitamins and minerals) should be uniformly distributed in order to answer our physiological needs.

Healthy and a Balance Diet



A balanced diet should be based on the food pyramid



Adolescence: The Vulnerable Life Stage

- Identity development
- Attempt to figure out who they are
- Success is dependent on positive interaction with the environment —home, school, and the community.
- They “try on” different lifestyles looking for the “right fit”.
- Risk taking behaviors — alcohol, drugs, tobacco, sexual behaviors, self-injury and suicide.

Immediate and severe consequences

- Behaviors with Less Pronounced Consequences
- Eating choices
- Physical activity and exercise
- Affect adolescents' sense of well-being, energy and health in the
 - short term
 - Affect adult-onset chronic disease risk in the long term



Ideal body and media

MEDIA: BODY IMAGE

- The girls on TV shows, billboards, ads and in magazines portray an unrealistic view of what women should look like. This false representation strongly impacts girls, mainly teens.



Friday, 29 November, 13



What Is Mental or Emotional Health?

- Feeling, thinking, and interacting in ways that help you enjoy life and deal effectively with difficult situations
- Not just the absence of mental health problems
 - Sense of well-being and satisfaction
 - Ability to enjoy life, to laugh, and to have fun
 - Ability to deal with life's stresses and to bounce back from adversity
 - Participation in life to the fullest extent possible
 - Capacity to change, grow, and experience a range of feelings
 - Sense of balance in own life
 - Self-care that attends to the needs of the whole person
 - Ability to care for others

- Self-confidence and good self-esteem

Why Is Mental-Emotional Health Important?

- Our minds are not separate entities from the rest of us
- Physical health is affected negatively by distress
- Psychosomatic illness
- Take care of the body, mind and spirit

Self-care Measures

- Get enough rest and sleep
- Eat a well-balanced diet
- Avoid caffeine, alcohol, tobacco, or other drugs, and avoid mixing alcohol and drugs
- Participate in physical activities
- Do something that is enjoyable or relaxing
- Attend to spiritual needs
- Make a list of the things that are troubling or causing tension, and then put away the list for the rest of the day.
- Prioritize personal challenges and deal with the ones that are either most stressful or easiest to check off the list
- Spend ample time with people whose company is enjoyable, generally those who have a positive and respectful attitude
- Talk to a trustworthy friend or family member about own feelings and concerns, and discuss possible reasons for those feelings

Helping Oneself

- All life experiences, whether positive or negative, are character building
- Develop skills for coping and managing our feelings and emotions and to learn from all experiences
- Resilience
 - capability to cope with significant adversity or stress in ways that are not only effective and result in an increased ability to respond constructively to future adversity

MY BODY- FRIEND OR ENNEMY?

Recommended Dietary Allowance of Nutrients for adolescents in 24 hours						
	MALE			FEMALE		
	10-12 Yr	13-15 Yr	16-18 Yr	10-12 Yr	13-15 Yr	16-18 Yr
Energy (Kcal)	2200	2500	2700	2000	2100	2100
Protein (gms)	54	70	78	57	65	63
Calcium (Mg)	600	600	500	600	600	500
Iron (Mg)	34	41	50	19	28	30

WHERE DO I TAKE THE PROTEIN? WHY PROTEINS?

- build and repair the cells in muscles, organs, bones, skin, hair and nails
- help form enzymes to digest food
- help the body produce hormones



WHERE DO I TAKE THE FIBERS?

WHY FIBERS?

- feed the good bacteria in the gut
 - prevention of constipation
 - no caloric
- reduce glucose absorption
 - help weight control



Fiber is a nutrient found in all plants. Unlike many other nutrients found in foods, fiber is not digested by the body.



In a sense, fiber just goes through the digestive system. But this is why fiber is good for you. It helps clean out your digestive system.

WHERE DO I TAKE HEALTHY FATS?



TIPS: Provide Fewer High Fat or High Sugar Foods and More Nutrient Rich and High Fiber Foods.

- **WHY?** While it's often easier to serve youth high fat and high sugar foods like:
 - pizza, cookies or soda.
- It is important to remember that large helpings of high-calorie, high-fat foods may contribute to obesity in young people.



NUTRITIONAL NEEDS OF TEENS

Nutrient	Males	Females
Calories	2,500 – 3,000 calories	2,200 calories
Protein	45-59 grams a day	44-46 grams a day
Carbohydrates	45–65% of daily calories	45–65% of daily calories
Iron	12mg a day	15mg a day
Calcium	1,300 mg a day	1,300 mg a day
Fiber	31 grams a day	25 grams a day

THE IMPORTANCE OF WATER



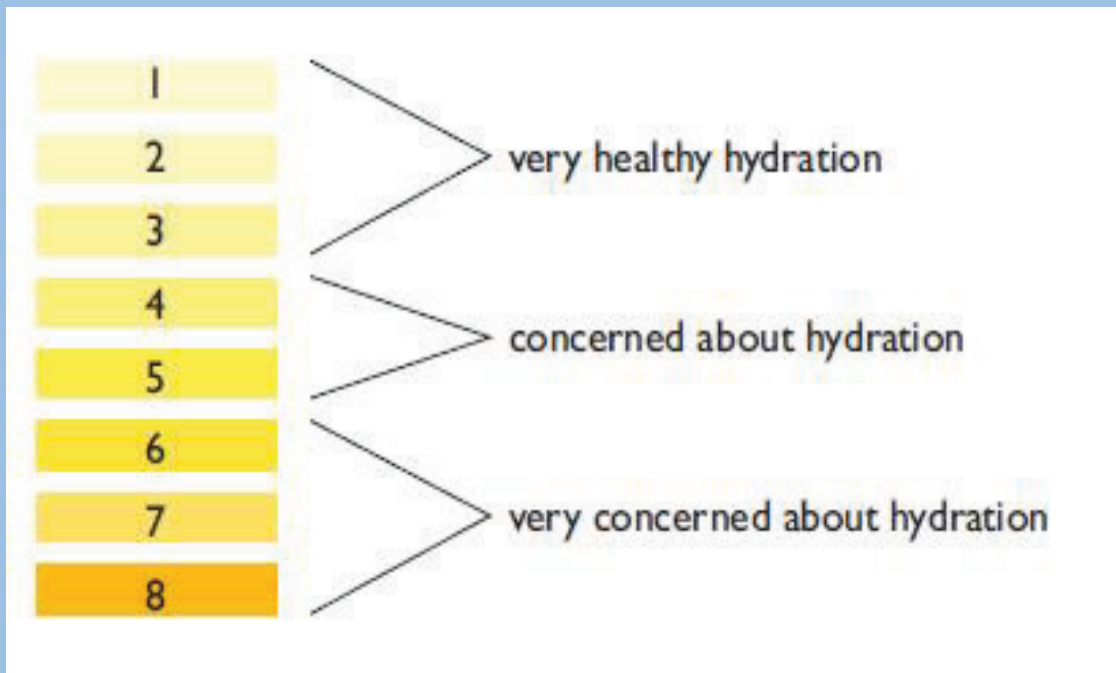
Tips for drinking enough water amount:

Drink in the morning.

Drink in between meals: 15 minutes before and 1,5 - 2 hours after the meal

Drink 2 l of water a day.

HOW DO I KNOW I DRINK ENOUGH WATER?



WATER OR SODA?

- soda:
 - high sugar
 - high concentration of chemical substances
 - empty calories

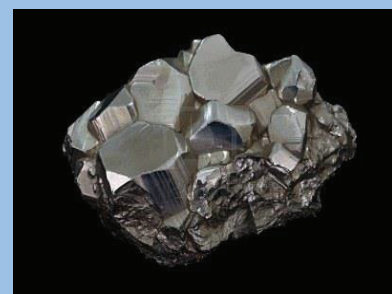


Other Nutritional Goals For Teens

- Eat more iron
- Eat more protein
- Eat more zinc
- Eat more calcium
- Drink more water
- Better choice fats

IRON

- Mineral - carries oxygen around the body
- Part of the protein in muscles
- Helps with energy use
- Iron Deficiency Symptoms
- Reduced resistance to infection
- Itching skin
- Dry hair
- Pale nails
- Inability to regulate body temperature
- Fatigue
- Reduced physical fitness
- Weakness
- Impaired ability to learn
- Inability to pay attention

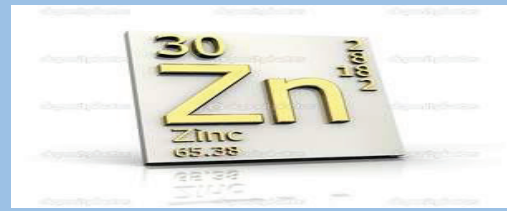


Best sources of iron

- Canned clams
- Beans and soybeans
- Tofu
- Beef Liver
- Baked potato with skins
- Shrimp
- Sea vegetables: *very high in iron
- Pumpkin seeds
- Blackstrap molasses
- Red meat



ZINC Functions



- Metabolism
- Enzymes
- Hormone insulin
- Supports immune system
- Transporting Vitamin A
- Growth and development Blood clotting
- Thyroid function
- Influences learning
- Taste perception
- Wound healing
- Making of sperm
- Fetal development

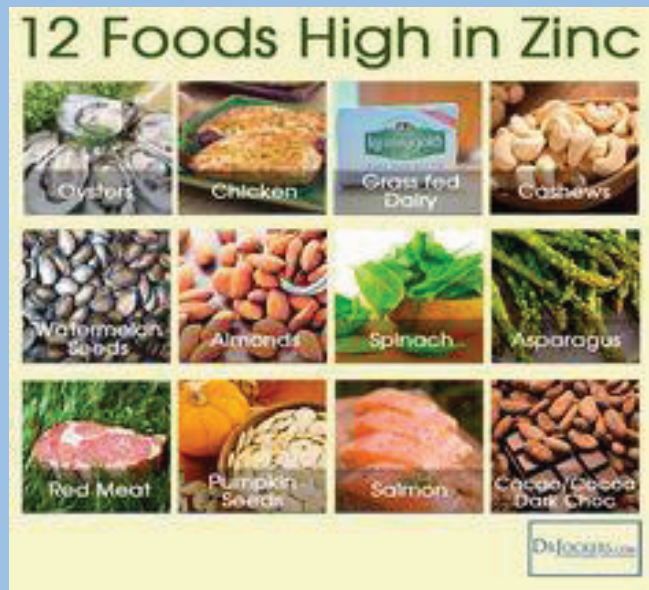
Zinc Deficiency Symptoms

- Stunted growth
- Weak sense of smell
- Poor sensitivity to the taste of salt
- Delayed onset of puberty
- Decreased synthesis of testosterone
- Hair loss
- Rough, dry skin

Sources of zinc Oysters

- Crab
- Turkey

- Red meat
- Lentils
- Beans
- Shrimp
- Tofu
- Yogurt
- Swiss cheese
- Broccoli
- Green peas
- Green beans
- Tomato juice



SERVE HEALTHIER FAST FOOD CHOICES!

WHY?

- high in calories,
- high in saturated fats and sugar because they often include fried food and sweetened drinks.

- this can lead to weight gain and is associated with an increased risk for cardiovascular diseases



CALCIUM

- Considered a major mineral
- 90% of the body's calcium is in bones and teeth
- Blood calcium is regulated by vitamin D

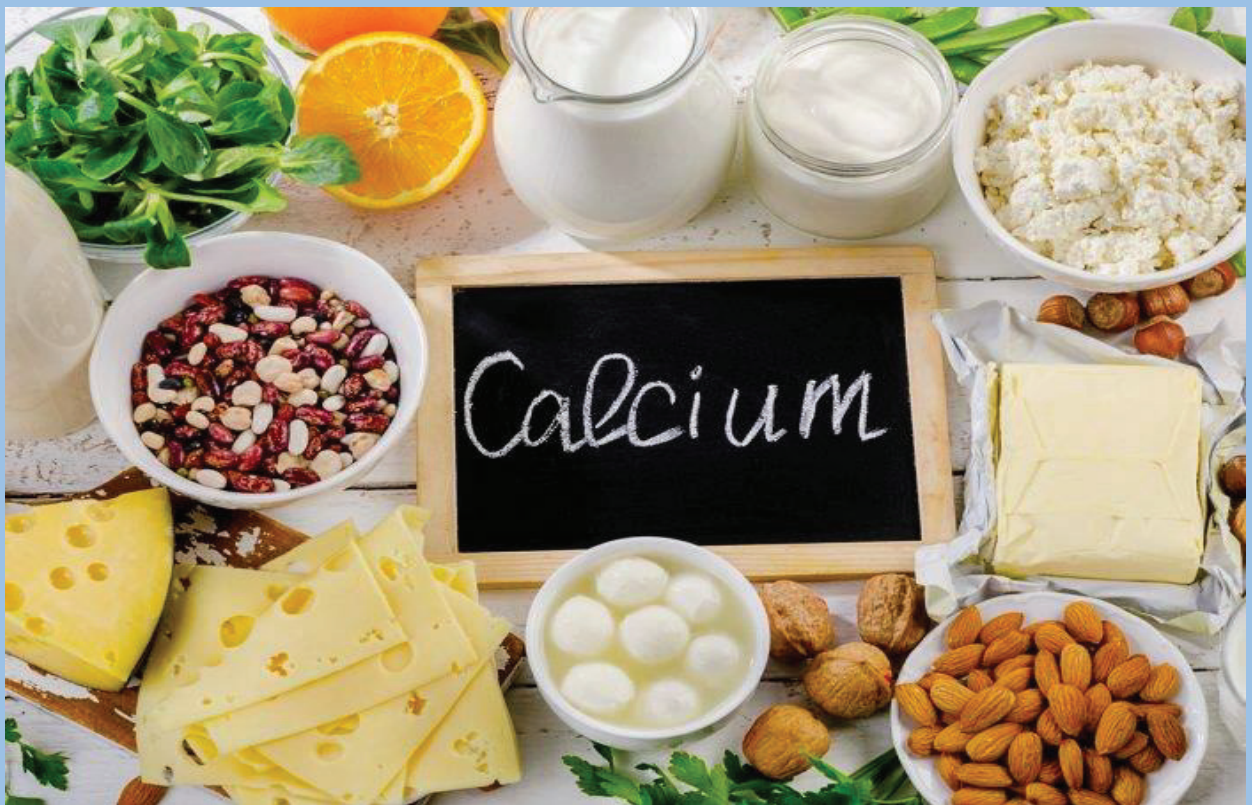
Calcium Functions

- Builds bones
- Involved in muscle contraction
- Supports nerve functioning
- Part of blood clotting function
- Helps regulate blood pressure
- Involved in immune system



Calcium Deficiency Results in:

- Stunted growth
- Bone Loss (Osteoporosis) in adults



Best Way to Get More Vitamins and Minerals

EAT MORE FRUITS, VEGETABLES, CEREALS AND NUTS!



WHAT TO DO?

Quick Tips

Use whole wheat products to add more fiber to favorite pasta dishes.

Serve salad dressings on the side and offer low-fat options.

Offer whole grain breads and skip the butter!

Use the nutrition labels on food to select items with 15 grams of fat or less.

Choose lower-calorie drinks to save you lots of calories during the day!

Broil, bake, or grill food instead of frying.



GOOD IN HEALTH, GOOD IN MIND
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*Healthy
International
Recipes
for a
Healthy
Lifestyle*



Erasmus+



THE CZECH REPUBLIC



BUCKWHEAT SALAD WITH VEGETABLES AND A POACHED QUAIL EGG



Ingredients

1 kg dark peeled buckwheat
1 cucumber
2 tomatoes (or cherry tomatoes
twig)
1 red pepper
1 yellow pepper
12 quail eggs
salt

pepper

80 g basil pesto (or 200 g. fresh basil, 50 g crushed
almonds, 1 dcl olive oil, 40 g Parmesan cheese)

Method

Boil the dark peeled buckwheat in water with salt. Then let it cool down. Chop all the vegetables (cucumber, pepper, tomatoes) and mix with the cool buckwheat. Add basil pesto, salt and honey.

Poached quail egg

Put into a pot some water with vinegar and heat. Click a quail egg into a ladle or spoon and carefully put into the boiling water for 1,5 min



BEEF SIRLOIN IN CREAM WITH CARLSBAD DUMPLINGS OF WHOLEMEAL BREAD, CRANBERRIES AND CREAM

Ingredients

400g Carrot
200g parsley
100g celery
200g onion
1 lemon
100ml whipping cream (33%)
60ml oil
50g sugar
20g salt
2g allspice
2g bay leaves
2g thyme
nutmeg
20g mustard
1700ml water
2l milk
2,5kg beef meat (silverside or topside)
100g bacon
20pieces 150g wholemeal buns/rolls (salty not sweet)
200g parsley leaves
8 eggs
200ml cream
100g cranberries (canned)



Method

Interlard the cleansed a washed meat, sprinkle with salt, pepper and fry briefly on all sides.

Peel all vegetables, chop the onion and grate the root vegetables.

Pour some oil into a larger pot, put onion and grated root vegetables, add spices and fry for a while, then pour some broth, add mustard and put the meat into it. Roast until it softens.

Then remove the meat, blend the vegetable base, add some milk and lemon juice.

Serve slices of roast meat with the sauce and dumplings. Decorate with a slice of lemon and cranberries.

Carlsbad Dumpling

Dice the buns and sprinkle with milk. Add chopped parsley, yolks, egg whites snow, salt, nutmeg and mix. Create dumplings, wrap into food foil and boil for 20 minutes.



APPLE STRUDEL WITH CINNAMON CREAM

Ingredients

300g puff pastry
500g apples
100g raisins
100g breadcrumbs
10g cinnamon
2 eggs
50g flour



Method

Peel and grate apples and mix with sugar, cinnamon and raisins. Then roll the leaf dough, sprinkle with breadcrumbs and spread the apples on it. Fold the pastry lengthwise around the mixture and put into a baking tin with baking paper. Finally brush with whisked egg and bake into gold brown.

Serve slices of strudel sprinkled with sugar. Decorated with whisked cream and cinnamon





ROMANIA



POTATOES CREAM SOUP

Ingredients

3000 ml bone soup
1000 g potatoes
2 eggs
200 g sour cream
50 g butter
20 ml lemon juice
100 g parsley
10 g salt



Precursory activities

Peeled, washed and diced potatoes are boiled in the bone soup until they crush and drain.

The eggs need to be separated. The parsley is washed and chopped small.

Preparation technique

The cream you have obtained is boiled for a little bit.

Set aside the saucepan and stir the yolks and the sour cream.

Add salt, lemon juice, parsley and the melted butter (to avoid obtaining an encrustment).

Serving

Serve simple or with croutons.

Croutons are pieces of bread (often cubes) that have been sprayed with butter, placed in a baking dish and toasted in the oven.



GRILLED CHICKEN BREAST WITH VEGETABLES

Ingredients

1800 g boneless skinless chicken breast
Salt
pepper

Preparation technique

Sprinkle the chicken with salt and pepper and grill it for 4 to 5 minutes on each side.



SAUTÉED CARROTS

Ingredients

2000 g carrots
150 g butter
60 g sugar

Precursory activities

Peeled and washed carrots are cut in 3 cm sticks or in round slices.

Preparation technique

Place the carrots with 100 g of butter, water, salt and sugar in a sauté pan and braise for 30 minutes.

Serving

Serve warm with melted butter (olive oil) on top.



SAUTÉED GREEN BEANS

Ingredients

1000 g canned green beans

1800 g raw green beans

100 g butter

50 g dill

10 g salt

Preparation technique

Put a pot of water to a boil and add salt. Add raw green beans. Drain it using a colander.

In a skillet, sauté the green beans in butter with half of the dill

Serving

Serve warm with dill on top.



BAKED APPLES

Ingredients

10 apples

200 g sugar

1 pack of cinnamon
powder



Precursory activities

Peel the apples.

Cut out holes in apples for stuffing.

Preparation technique

Place the sugar and cinnamon in a small bowl and stir to combine.

Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture.

Bake at for 30 to 45 minutes.





TURKEY



TARHANA SOUP

Ingredients

3 tbsp tarhana
2 tbsp crushed/grated
tomatoes
2 tbsp butter
3-4 cups chicken
broth/water+bouillon
1 tsp salt to taste
Croutons/feta cheese for garnish



Method

Place the tarhana and 1/2 cup of water in a bowl. Leave it alone for 1-2 hours for tarhana to dissolve a bit stirring occasionally. In a pot, take butter and tomatoes. Saute over medium heat. Then, add in the rest of the ingredients. Cook over low-medium heat stirring constantly. Adjust consistency of the soup as you like by adding more water if you prefer. You can serve Tarhana Soup with crumbled feta cheese or croutons on top.



MENEMEN



Ingredients

2 cups green pepper, chopped
1 cup diced tomato
1 small onion, finely chopped
2 eggs, beaten
3 table spoon oil
1/2 tea spoon salt
1 pinch of black pepper (optional)

Method

Place the oil and onions in a pan and sauté the onions for 2-3 minutes over low-medium heat. Then, add peppers and salt. Close the lid and cook until the peppers become soft by stirring occasionally. Add the tomatoes, stir and cook for 5-6 minutes with the lid closed. Finally, add the beaten eggs and stir. It's done when the eggs are cooked. You can sprinkle some black pepper on top if you like.

Menemen is a very good and famous dish for breakfasts. Serve it with bread while still warm.



SEMOLINA (IRMIK) HALVA

Ingredients

150gr margarine or
butter

50gr pine nuts

300 gr semolina
(irmik)

Water 2 cups 500 gr

240gr of sugar



Method

Melt the margarine, add the nuts and the semolina and brown them for about 15 minutes until the ingredients change color slightly, stirring all the time

Boil the water in a separate saucepan, add and melt the sugar add the syrup to the semolina, stir and simmer for 10 minutes.

Cover with a napkin and let rest for 20 minutes. Toss before serving.



SPAIN



TORTILLA DE PATATAS

Ingredients

6 eggs
3 potatoes
1 small onion
2 glasses of olive oil
Salt



Preparation utensils

Spatula
Plate
Pan
Small bowl
Big bowl

Preparation

Peel the potatoes and cut them in slices. Cut the onion in small pieces. Warm the pan with abundant olive oil.

Cast the potatoes and cook to mid fire during 5 minutes. Then add the onion. Low the fire and cook until the potatoes were brown.

Take out the mixture of potatoes and onion and put it in a bowl. Add salt and remove.

Open the eggs in another smaller bowl and shake. Mix the eggs with potatoes and onion and remove everything. The mixture curdles and take appearance.

Throw in the pan an stream of olive oil and throw the mix take. Let cook during one minute. Then, flip the "tortilla". Help yourself with a plate. Let the "tortilla" curdle during one minute. Turn off the fire and remove the "tortilla".



MIGAS

Ingredients

A glass of olive oil
Half garlichead
A litter of water
One kilo of semolina flour

Tools

Skillet wave
Skimer



Preparation

Put the skillet wave on the fire, pour the oil. Later, take the garlic and without peeling Split them in the middle. Fry until golden brown, then add water and a handful of salt. Next, we leave the water to boil and we toss the flour distributing it by all the skillet wave. Finally, we move it until the "migas" are made.



PIPIRRANA SALAD



Ingredients

Three tomatoes
Three cucumbers
Three green peppers
Three onions
Olive oil
Vinegar
Salt

Tools

Knife
Cutting board
One bowl

Preparation

We cut the vegetables into small squares and we put them into the bowl. Finally, we drain the oil, vinegar and salt.



GAZPACHO SOUP



Ingredients

1 kg of tomatoes
(preferably mature)
1 green pepper (50-60g)
1 piece of cucumber
(about 3

1 piece of onion (100g)
1 garlic clove
1 slice of bread
1-2 spoons of vinegar
3 spoon of olive oil
A teaspoon of salt

Preparation

We introduce the slice of bread and tomato, chopped in four parts, in the mixer. We remove seeds from the green pepper and cut it in small pieces. Then, we peel the cucumber, and onion and cut them into four parts. We put everything in a bowl, mix and mash. Finally, we peel the garlic clove and add it.

Once all the vegetables are mashed and we check there is not any piece and it is soft, we add it the salt and the spoon of vinegar and olive oil. Get it in the fridge for an hour to get flavor. Serve cold in a bowl or glass.





ITALY



COURGETTE AND POTATOE CREAM

Ingredients

530 gr courgettes
300gr potatoes
55 gr onions
100 gr carrots
30 gr celery
100 gr whole wheat bread
10 gr milk
20 gr extra virgin olive oil
Vegetable stock
Parmigiano
Parsley
Garlic
Salt and pepper
Pumpkin seeds



Method

Chop the onions and let them brown in extra virgin olive oil. slice the potatoes the courgettes and the carrots and add to the onions. Add water, salt, pepper, parsley, celery and garlic and let it cook for about an hour. Then whizz the mixture with milk to a smooth cream. Put the mixture in a soup plate add the cooking vegetable soup.

Slice the bread, roast it and the cut it into small pieces and add them to the cream. Serve with Parmesan and pumpkin seeds.



RICOTTA CHEESE CALCIONI

Ingredients for handmade pasta

500 gr wheat flour
300 gr barley flour
7 eggs
30 gr extra virgin olive oil

For the filling

1 egg
350 gr ricotta cheese
60 gr Parmigiano
A pinch of lemon skin
Salt
Pepper
Nutmeg
30 gr wholewheat bread
10 gr pork cheek



Method

Prepare handmade pasta by kneading wheat and barley flour, the eggs, olive oil. For the filling chop courgette flowers, add ricotta cheese, salt, pepper, Parmigiano, the nutmeg, a pinch of lemon skin and mix together. Prepare the sauce with extra virgin olive oil and grinded pork cheek. Serve with courgette flowers.



DIETS IN DIGESTIVE DISEASES

On the 19th October 2018 the Romanian team during the mobility in Calimanesti organized a meeting with the Professor Doctor Engineer Economist Gheorghe Lazar and the Teacher Economist Teaching Degree 1 who spoke about diets in digestive diseases.

The Professor introduced first the digestive system and then gave the definition of digestion and two types of diseases: hyperacid gastritis and ulcer.

At that point he showed a case study: a patient with a body weight of 70 kg who suffered from hyperacid gastritis and explained how to calculate the daily needs of energy and nutrients presenting the allowed and the forbidden items of food in such a disease.

The students were asked to calculate the daily needs of energy and nutrients for a patient with a body weight of 50 kg suffering from hyperacid gastritis and had to prepare the right menu.

Participants learned that a correct nutrition is important both to prevent diseases and to take them under control.

Since now for example as far as the celiac disease is concerned a correct diet is the only possible therapy. So as adults and as future experts of the gastronomic and tourism fields, it's important to know and get all the competences about the different diets necessary in physiological and pathological conditions.

The knowledge of the recipes and of the typical dishes of every people helps to know each other, creates moments of conviviality and strengthens brotherhood.

The culinary traditions can be revised and modified always respecting our own history, in relation to the changes of the present way of life because only in such a way it is possible to have the right physical and mental condition.

DETERMINATION OF THE NUTRITIONAL FOOD VALUE

The **nutritional value** – is defined as the attribute of a food to satisfy the biological and energetic needs of the human body without affecting its health. **Four inseparable sides form the nutritional value:**

- *The biological value;*
- *The energetic value;*
- *The psycho-sensorial value;*
- *The hygienic value.*

The biological value -Represents the food attribute to satisfy the plastic, physiological and biocatalytic needs of the human body. The biological value of culinary preparations and pastry products can be affected during the technological process through:

- primary processing when vegetables or peeled fruits stay in contact with air for a longer time, which causes the oxidation of vitamins, especially of vitamin C;
- severe heat treatment can cause partial destruction of vitamins, decreased digestibility and bioavailability of proteins.

The psychosensorial value-It is the attribute of a food to pleasantly impress the sense organs, causing it to be consumed with pleasure, and it comprises two components:

- the organoleptic value (appearance, taste, smell, colour, consistency);
- the aesthetical value (the attribute to satisfy the need for beauty).

The hygienic value - Innocuity or lack of harmfulness - the attribute of a food containing no impurities and noxious agents for the human body

The energy value - It represents the attribute of foods to satisfy the energy needs of the body and it is expressed in kcal or Kj (1kcal = 4,18kj);

The nutrients from foods with an energetic role are: carbohydrates, fats and, to a lesser extent, proteins.

The necessary nutrients related to daily caloric value:

- Carbohydrates = 50-60%;
- Fats = 25-35%;
- Proteins = 13-16%, based on the daily caloric ration.

Calculation formula of calorific value

The calorific value is the sum of the multiplications between energy factors and their calorific powers.

- $EV=P(g) \times 4,1kcal/g + F(g) \times 9,3kcal/g + C(g) \times 4,1kcal/g$
- The energy factors are P, F, C.
- Their calorific powers are :
- P - through burning in the body they release 4,1kcal/g;
- F - through burning in the body they release 9,3kcal/g;
- C - through burning in the body they release 4,1kcal/g

The basic elements in calculating the calorific value

- The product / preparation recipe;
- The chemical composition of each component of the recipe;
- The technological losses (produced in primary processing);

Steps in calculating the calorific value

- Calculate, first, the total, in grams, of proteins (TP), fats (TF), carbohydrate (TC) by summing the calculated values for each raw material;
- Calculate the energy value (EV):
$$EV = (TPg \times 4,1\text{kcal/g}) + (TFg \times 9,3\text{kcal/g}) + (TCg \times 4,1\text{kcal/g});$$
- Calculate the energy value and the quantity of P, F, C for one portion or, as the case may be, for 100 g of product (or one piece).

The average caloric level-The recommended daily average calorific level is between 2200-3000 kcal / inhabitant.

Rational meal distribution of daily caloric requirements

- breakfast : 20-25% or 30%;
- snack: 10%;
- lunch: 40-50% or 50%;
- dinner: 20-25% or 20%;

COOKING - INTERNATIONAL WORKSHOP

Granada, Spain – May, 2018



ROMANIA



CZECH REPUBLIC



SPAIN

„The belly rules the mind.“

(Spanish proverb)

“Take care of your body; it is the only place you have to live.” (Jim John)

“You have in yourself the instrument of your cure.”

(Emile Coue)

“The key of a healthy life is having a healthy mind.”

(Richard J. Davidson)

“Alone we can do so little; together we can do so much.”

(Helen Keller)

“Talent wins games, but teamwork and intelligence win championships.”

(Michael Jordan)

"We are nothing but bricks from our cultural molds."

(Bangambiki Habyarimana)

"We all smile in the same language."

"Unified in diversity

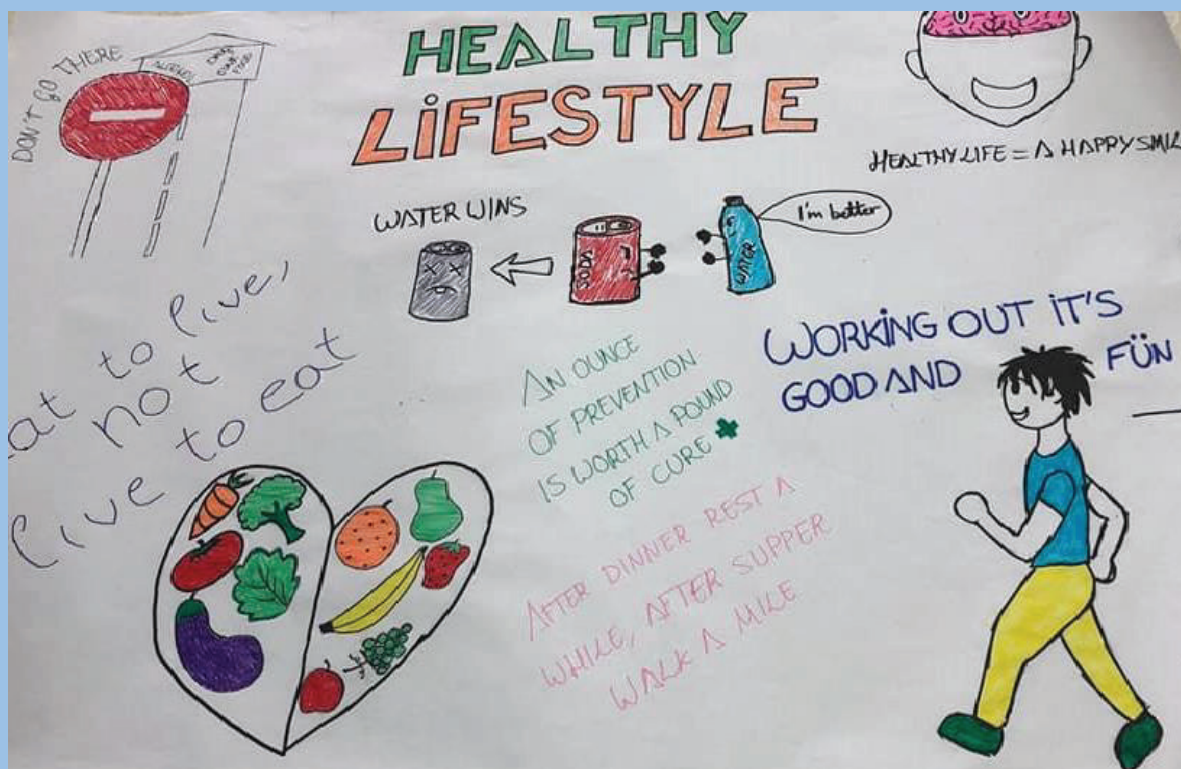
That's what people today should be.

Humans embracing harmony and happiness

Hope that flowers from the seed

That will allow us all to prosper".

(Peter Vector)



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