



Keep healthy

A decorative border consisting of various sizes of green circles, some solid and some hollow, arranged in a scattered pattern along the top and bottom edges of the left panel.

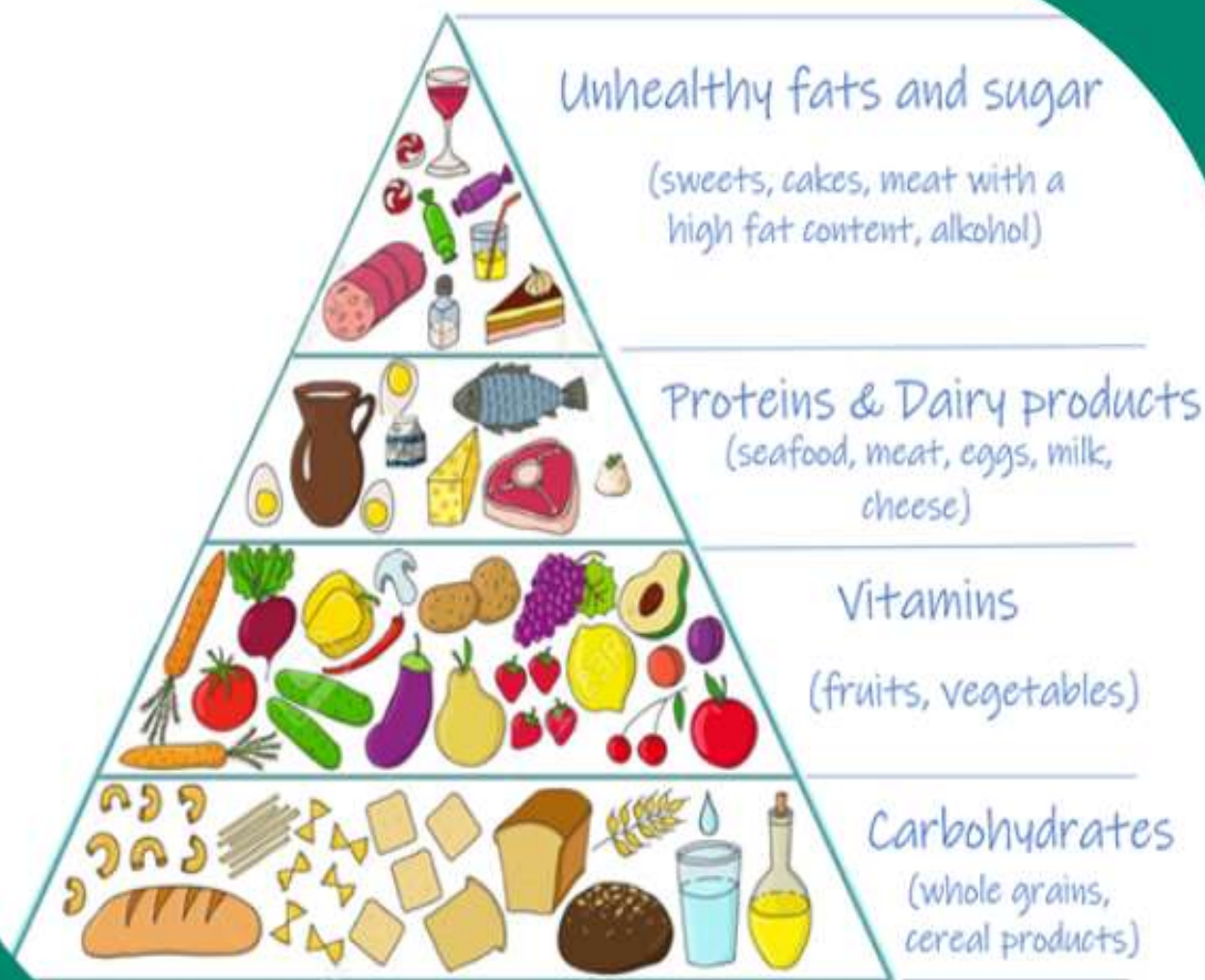
*Logo of the
project*



KEEP HEALTHY

Health pyramid

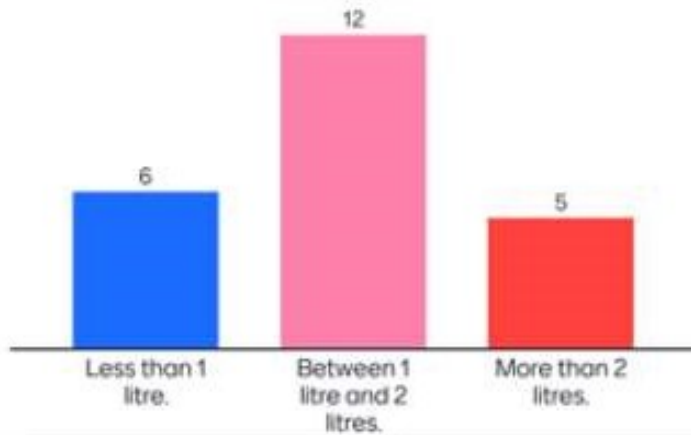
At the bottom are foods that we have to eat a lot and at the top there are foods that we should eat little.



Results of questionnaire about eating habits:

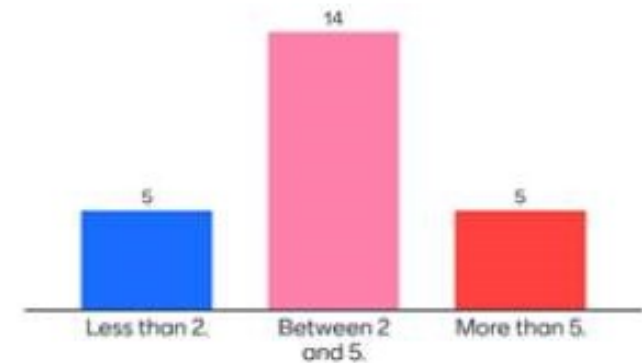
How much water do you drink a day?

of Mentimeter



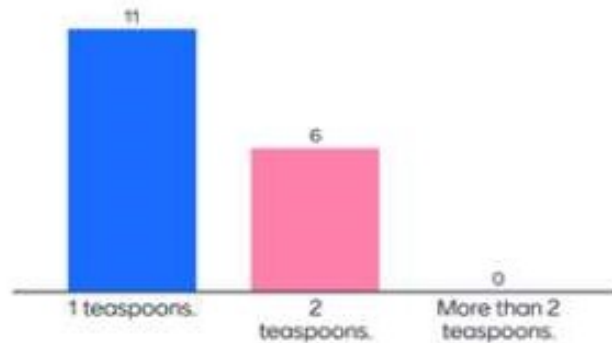
How many pieces of fruit or vegetables do you eat every day?

of Mentimeter



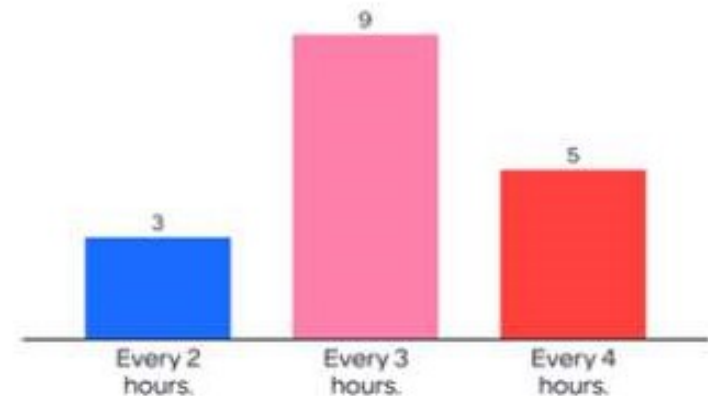
How many teaspoons of sugar do you take in your tea?

of Mentimeter



How often do you eat meals?

of Mentimeter





*Food and art -examples
when food inspired artist:*

A man's face
made of
vegetables and
fruits.

A popular image
made of
blueberries and
rice.





*A mona lisa
which is made
of vegetables.
We can see a
carrot, olives,
corn e.c.t. on it.*



How many calories do a teenager need?

Caloric demand depends on gender and lifestyle. Girls 11-13 years old should (consume) eat 1800-2200 calories, between 14-18 years old should eat 1800-2200 calories. Boys aged 11-13 should consume 1,800-2,600 calories, and aged 14-18 should consume 2200-3200 calories per day. In order to be healthy, exercise is important. We should train something, for example football, running, cycling, or do some classic training. We can include in it, for example, crunches, planks, squats and many other different exercises. We can also go for walks in the fresh air, e.g. in the forest. Such walks are very valuable, because when we breathe air in an animal, our body gets oxygenated as a result of which we will work better.

Thanks for watching



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