



# **BANANA**

**MAGAZINE**

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## *Fast food availability*



Now a days, fast food is getting very popular and is available everywhere. It has gained huge popularity because it's very accessible and relatively cheap. Because of the reasons, people tend to choose fast food more often. Since this kind of food is so popular should we minimize/or ban the fast food places?

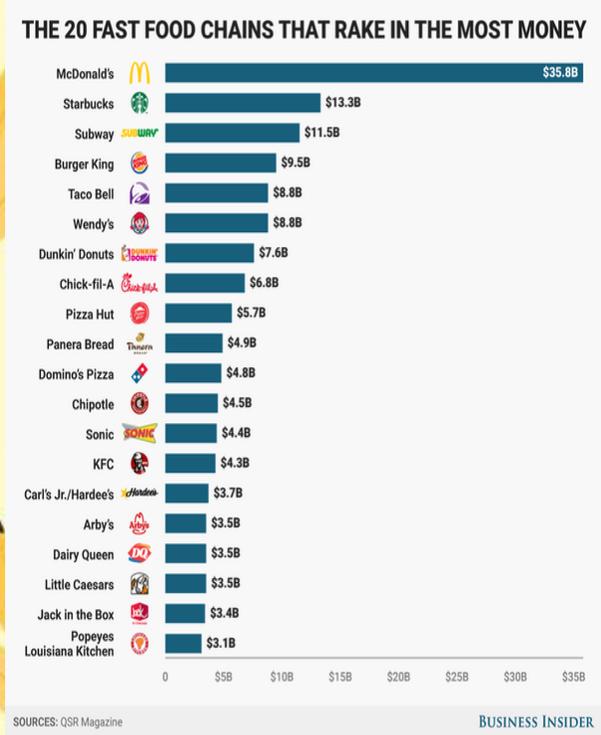
We compared opinions of 5 people and asked if fast food should be banned.

*"I think fast food should not be banned. Although, people should pay attention on how much fast food they consume. If a person has a balanced diet it is okay to enjoy fast food once in a while. The only ones who should*

*have fast food banned are children because it is not healthy and they can not make the right choices for themselves food wise." - Jana, 19*

*"It's really difficult to answer in this question only by "yes" or "no". So, I'm gonna tell you it depends. For instance, I am totally against of pre-fried potatoes and burgers made by unknown kind of meat.... Even If you rarely eat them, it can be harmful for your health. From the other side, there is fast food like a piece of Italian pizza or a Greek souvlaki with tzatziki sauce or like a green salad with balsam vinegar that can be good not only for our body health but also for out mental health and our mood.!"*

*Generally, I want to follow Aristotle's quote 'all things in moderation' - Stella, 23*



*"Well, in my opinion, the fast food should not be banned because it doesn't need to be necessarily unhealthy. Like in other things that we do in excess, it's not good. If we eat moderately, I think that it's enough because at least the fast food it's cheaper than the food in the usual restaurants with the local food and it's served faster if we are hungry and don't have time to eat.*

*Sooo, let's get fat together guys because life is short! " - Maria, 23*

*"I think that in today's society it's impossible to banned fast food. Because the people are habituated at this of taste. This food it's full of flavor enhancers not natural, and during the time this type of food can be dangerous for the health. Fast food at this time is most popular because they don't need time for the preparation and it's a very chip food. " - Gabriele, 21*

*"The fast food is not unhealthy, if you eat in small quantity. I think is good if you don't eat in every moment of your life. So, the answer for the question is NO... This kind of food is everywhere, in many countries of our earth and maybe in other universes or parallels universes. If you eat salat from SalatBox or apple slices from McDonald is still fast food. This industry is like a line that never finish. The economy of many countries based on raw ingredients for fast food chains and if this industry will be ban, these countries will collapse maybe.*

*This industry is growing up with every cheeseburger that is eat, with every fast food that open. So is our decision if we eat this tipe of food or not." - Alex, 22*

# *Little advice for a big aim!*

If you are thinking of start a balanced diet or just to retain your healthy lifestyle, you should take into consideration the following advice! We have already divided in two categories the “do’s” and “don’ts” ...Sooo, let’s start!!!

## **Do’s!**

→Sleep at least seven hours!

Every human need energy and one of the most important sources is sleeping of course! Researches have proven that people who daily sleep seven to eight hours are happier, more energetic and consume less calories than sleepless people!

→Exercise every day!

It’s not obligatory to sign to a gym in order to build the ideal body...Yeah it’s not! If you have no money or no free time to go to gym you can exercise more naturally. Try to walk until the work, go for jogging or biking with your friends, go for a walk with your dog or alone! You can also combine the exercise with music for better results! Housekeeping is also a good idea... you can burn a lot of calories, don’t forget it...hihihi!

## **Don’ts**

→Don’t miss any meal!

You should eat at least three meals per day (breakfast, lunch, dinner) and you have to be sure that your meals include all the vitamins, the metals and the other appropriate mineral! Healthy lifestyle is connected with healthy way of eating, not with living without eating! Take care!

→Don’t worry!

You should have self-confidence! Only If you believe in



yourself and you have desire and passion, you will manage your aim, and whatever aim! Healthy lifestyle and healthy diet is not an easy thing. Smile to yourself, be calm and

remember Walt Disney's words "If you can dream it, you can do it!"

## *Home remedies of different cultures*

*It is widely known that in today's world people have access to all kind of medication. Since medicine is getting more advanced there is accessibility to many kind of pills, antibiotics but it is getting more popular to treat a sickness with more natural products. Already many years ago our ancestors treated themselves with what could be found in the nature and many cultures have their own recipes as to how to treat certain things or improve immunity and be healthy.*

*For example, latvians believe that rubbing a painful spot on your body with a fresh cabbage leaves will calm down the swelling and relieve muscle pain. Or that for immunities improvement a person should wear a garlic necklace which prevents you from bacteria and viruses.*

*Romanians say that If you have an ear infection, peel two small cloves of garlic, and place one in each ear. Garlic acts as a magnet, it has very strong anti-microbial and anti-viral properties, so it works to centralize*

*the infection, preventing it from spreading deeper in the ear canals and relieving pain at the same time.*

*For burns it is said to coat skin with flour because it acts as an adhesive, preventing skin from cracking further and stops blisters from forming.*

*A remedy for sore throats is a mix of raw egg, sugar, and milk. Much tastier than other traditional remedies, this drink is also easy to make: put the yolk into a bowl and beat it with sugar, and then add some hot milk and whisk well. It's one of the Romanian children's favorite homemade medicines for a cold.*

*Italians use a few more interesting remedies like sliced potatoes to soothe a sore head, olive oil to cool down sunburn, clover to kill the pain of a toothache and eat rise with lemon for upset stomach.*

*Some spanish remedies are - butter and salt to reduce swelling, drink ginger ale for stomach if having*

*a hangover, use steam when having cold.*

*Although there is modern medicine we should be grateful for all*

*the natural things that can help us improve our health and learn new tips from other cultures.*

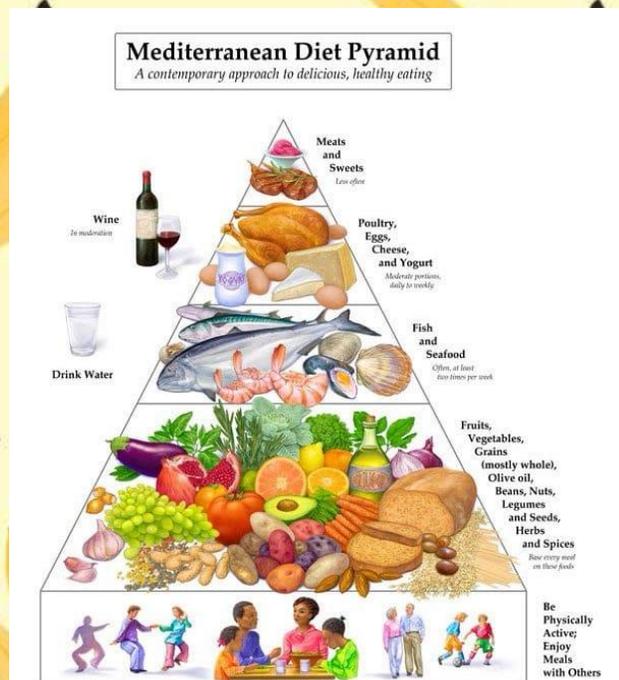
## *Secrets of a good healthy life*

*Italy is one of the most longevity country in the Europe, this characteristic is thought to come from the diet that is followed by most of the people. This diet it's called: **MEDITERRANEAN DIET**. But it is not a specific diet plan or diet program but a collection of eating habits that are traditionally followed*

*by the people of the Mediterranean regions.*

*He received a lots of recognition, how the mission in patrimony of UNESCO in 2010.*

*Scientists have been trying to deduce which components of the Mediterranean diet are responsible for its considerable benefits. Here are some of the candidates so far:*



*- A high consumption of fruits, vegetables, potatoes, beans, nuts, seeds, bread and other cereals.*

*- Olive oil used for cooking and dressings.*

*- Moderate amounts of fish but little meat.*

*- Moderate consumption of wine, usually with meals.*

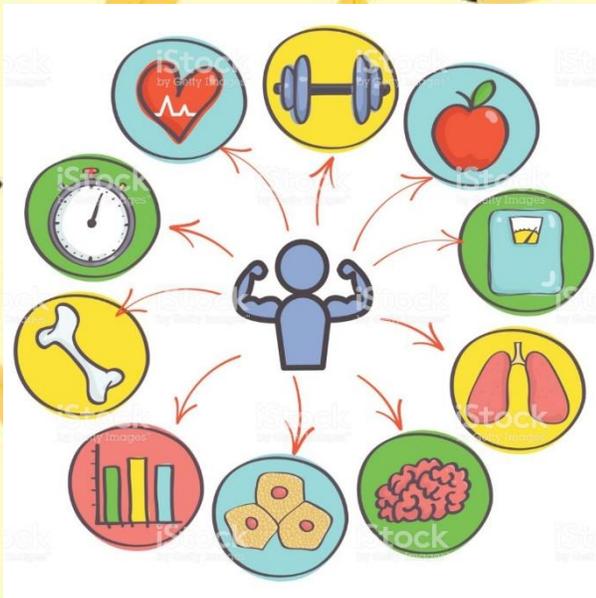
*- Reliance on local, seasonal, fresh produce.*

*-Active lifestyle.*

*A Mediterranean diet is rich in fiber which digests slowly, prevents*

*huge swings in blood sugar, and can help you maintain a healthy weight.*

## *The importance of sport in our lives*



*The sports are not important just for our health, but it has many psychological benefits to. Sport was known as part of exercise where most people used to stay in healthy lifestyle. Sport exercise gives so many health advantages to people who take advantage from it. Participating one on physical activities can add further years into yourself, and the more you will exercise, the more benefits that*

*you get. You will also get to avoid health diseases and also delay our death when you regularly engage yourself upon physical activities as well as sport exercise.*

*Persistent health problems are usually preventable with routine exercise. When you make this a habit to workout daily, you will be able to avoid unsafe health problems from any kind of cause. Exercise forms is resistance for the body, also it functions on strengthening your muscles. Sports, one of the most active activities compare to other where it cause the heartbeat and sweat part of the entire body toxin out. Plus it reduces chances of getting sick or even flu. In every minute the heartbeat, the body pulse is double than usual where it give chance to human to breath twice as fast to capture the oxygen the blood cell.*

*In long term of sport, this will reduce the chances of broken bones,*

*delaying muscle loss, and reduce risk of loosen the bones and joint. Therefore, sport does play an important role in human's life as they bring a healthy life to even live longer.*

*The essay on the importance of sports is aimed at showing people the strong need for sports activities for*

*the young generation. Sports can bring a bunch of benefits for youth, including general health, together with blood circulation and overall physical stamina improvement. Sport develops and improves people's physical, social, and organizational skills, which are beneficial in personal and professional life and must always be obtained.*

*An example of a healthy lifestyle.*

<i>Breakfast</i>	<i>Snack1</i>	<i>Lunch</i>	<i>Snack2</i>	<i>Dinner</i>	<i>Snack3</i>
<i>Oat meal with fruits and coffee</i>	<i>Nuts</i>	<i>Soup with bread and Mashed potatoes with chicken</i>	<i>Fruits</i>	<i>Pasta And beef</i>	<i>Cookie</i>

## GAME TIME!

*Healthy lifestyle can be fun! Here is a game to search as many words as you can in the crossword that are related to health and fun.*

D	F	F	T	Q	B	I	O	F	A	Q	Q
K	F	M	N	A	H	U	Z	L	V	F	M
U	S	U	A	Z	O	M	L	M	B	M	M
S	S	F	H	E	A	L	T	H	R	U	P
L	I	F	E	R	R	M	Z	V	I	D	O
Z	C	I	T	A	L	I	A	N	S	E	I
V	Q	N	R	S	X	J	J	A	T	V	U
X	Y	S	J	M	Q	V	X	Z	O	E	A
J	N	Y	O	U	T	H	C	V	L	R	A
Q	P	L	U	S	Q	A	Z	D	H	Y	B
B	A	B	A	T	B	Y	B	X	B	W	C
M	Z	A	B	B	W	G	C	B	J	H	V
P	A	F	O	O	D	X	U	U	L	E	D
J	B	R	R	R	Z	L	L	E	A	R	N
O	B	I	A	A	V	M	T	D	N	E	N
O	C	E	A	F	Z	N	U	D	F	F	M
A	D	D	A	D	G		R	T	S	T	G
C	H	I	C	K	E	N	E	F	A	M	H
T	E	W	D	L	P	O	S	O	T	K	K

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