

Delicious



Do's and dont's on healthy lifestyle choices

Healthy lifestyles consist on the attitudes and behaviors that the people make in their dairy lifes to have a good body and brain. If you want to have a good lifestyle is important to make the correct choices. In this article we are going to talk about the things that you have and you don't have to do to success having a healthy lifestyle.

On the one hand, the things that you should do it:

- Having an active life (doing sports),
- Having a good alimention (eating vegetables, fruits, meats...)
- Having a balance weight

On the other hand, the things that you should avoid:

- Smoke
- Drugs
- Alcoholic drinks
- Fast food
- Industrial food



Finally, if you follow that good attitudes and you avoid the bad ones you will have a better life, and probably you will live more years and with a better quality of life. Let's go and make your life better, be a healthy person.

Should fast food be banned ?

Junk food is a term for food items containing a large amount of calories from sugar or fat with very little fibre and protein. It means that fast food consumption may lead to obesity and often leads to high blood pressure. But why should it be banned? All of this information is known and the people make their own choices. Excess is the problem, fast food can sometimes be quite enjoyable. Just because some people can't control themselves, it does not mean that those who can should be denied this treat. People, especially middle class day jobbers and students do not have enough time to prepare food at home so it helps them save time. The fast food industry also provides employment for three and a half million people (National Restaurant Association), so banning it would lead to and economic downturn.



4 Tips To Creating A Healthy Lifestyle

We are all looking for that perfect balance in our lives. For some of us, we may struggle with our work commitments eating into the time we get to spend with our families and friends. For others, we are fighting an ongoing weight battle and feel that we are at the losing end. Maybe you are just trying to find the balance between where you are and where you want to be.

We all have our own vision of what our ideal health and wellness should look like, and yours would probably be totally different than mine. I have put together a list of some of the ways you can make small changes in your current lifestyle to help bring back that elusive balance you are craving.

1. Eat right

Getting your nutrition right is a key area in looking and feeling your best. Think about it this way: if you had just purchased a brand new car and instead of putting fuel into it, you put water, I don't think you would be getting very far. That is exactly what you are doing to your body when you fill it up with sugar and chemicals instead of whole and nutrient-dense meals.

2. Go exercise

Exercise is such an important part of maintaining a healthy body. Regular exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight. By keeping active, you are helping your body build and maintain healthy bone density, muscle strength, and joint mobility along with promoting physiological well-being and strengthening the immune system.



Healthy lifestyle plan

A healthy lifestyle depends on a person. You can be healthy without exercising or eating extremely healthy food. But there is one basic direction of being healthy. It's divided in separate points.

1. Make time for sleep

This one will be no surprise to anyone, but it is one that deserves to be repeated again and again.

Prioritise sleep - It's really as simple as that. If you're able to find time for TV, computer games or other common leisure activities, then you will likely have time to go to bed early.

Quality sleep will not only improve your mental well-being, it will also decrease the risk of diabetes, heart disease or high blood pressure to name just a few.



2. Looking after yourself

Make sure you put time aside for yourself to eat well. Minimising junk and consuming a healthy balance of protein, nutritious vegetables and fruit will help to maintain good health, prevent future health issues and significantly boost your energy and mood.

3. Reduce your screen time

Whether it's flicking through your endless Facebook feed or constantly checking for new notifications, just stop. Your brain needs to decompress and not be constantly stimulated. This is particularly relevant at night before sleeping.

Healthy recepies

Nr. 1 Chantarella sauce

- 1 liter of chantarellas
- 50 g. of butter
- 100-150 ml. Sweet cream
- 2 tb. Flour
- Pinch of salt

1. Clean the chantarellas
2. Peel the chantarellas
3. Chop chantarellas and then fry in butter
4. Afer 10 mins. add flour and sweet cream till it becomes one mass
5. Add salt and water
6. Eat it with boiled potatoes and serve it with dill



Nr. 2 Smoked trout

- 1 trauf
- 1 board atleast the lenght of the fish
- 5 wood sticks
- Oliv oil
- Salt and pepper
- Camp fire

1. Preper the fish for cooking
2. Poke few holes in fish for the sticks
3. Season the fish
4. Put the fish on the board and put it next to the camp fire
5. Cook for few hours



Healty Test

1. Do you consider yourself a smoker
 - a. Not a smoker
 - b. Solf smoker
 - c. Heavy smoker

2. Do you consider your self a drinker
 - a. I don't drik
 - b. Soft drinker
 - c. I'm an alcoholic

3. How offten do you do sports per week
 - a. Every day
 - b. 2-4 times per week
 - c. I'm to lazy for sports

4. Do you consume drugs
 - a. Never
 - b. Weed
 - c. I have a problem

5. How many times do you go to fast food restaurant
 - a. Never
 - b. 1-3 per week
 - c. I love McDonald's

6. How offten do you cook your own food
 - a. Every day
 - b. When I have time

- c. Never
-
- 7. How much do you pay attention to the origins of the products
 - a. Every item I buy
 - b. Some of them
 - c. No products
-
- 8. How much time time of your day you spend to relax yourselves
 - a. 1-4 hour per day
 - b. 10-50 mins. per day
 - c. Less than 5 min.
-
- 9. Have you ever tried a balanced diet
 - a. I'm using it now
 - b. I have tried it
 - c. I have never tried it
-
- 10. How much time per day do spend in fresh air
 - a. 8+ hours per day
 - b. 2-8 hour per day
 - c. Less than 2 hours per day

Answers; a- 3 points; b- 2 points; c- 1 point.

From 1 to 10 points you are –



From 11 to 20 points you are –



From 21 to 30 points you are –



Menu

BREAKFAST

Oats with milk and a smoothie

SNACK 1

Banana

LUNCH

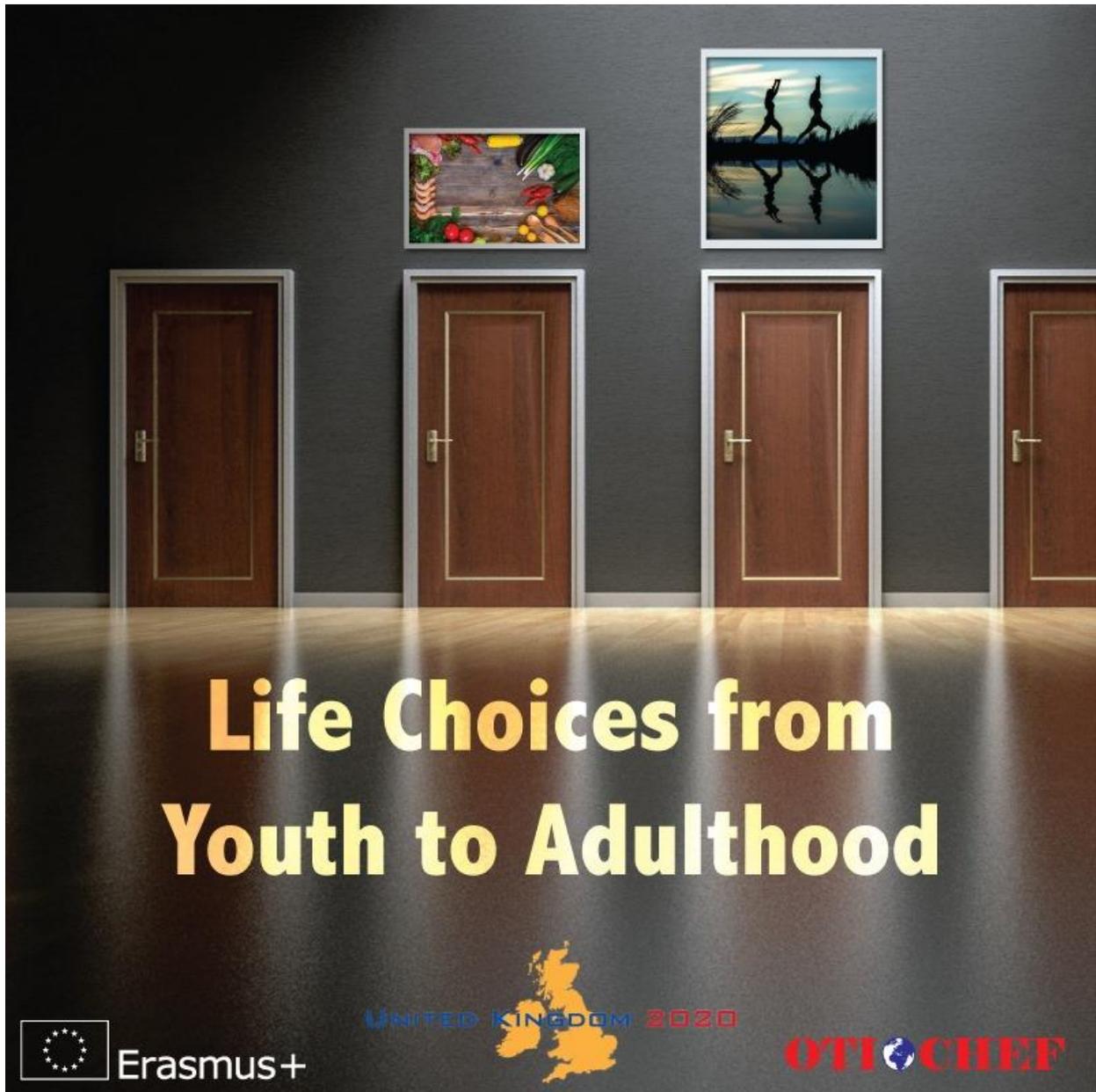
Pasta with meat

SNACK 2

Apple

DINNER

Vegetables soup



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