



COMENIUS PROJECT

How to keep fit





*CZECH REPUBLIC



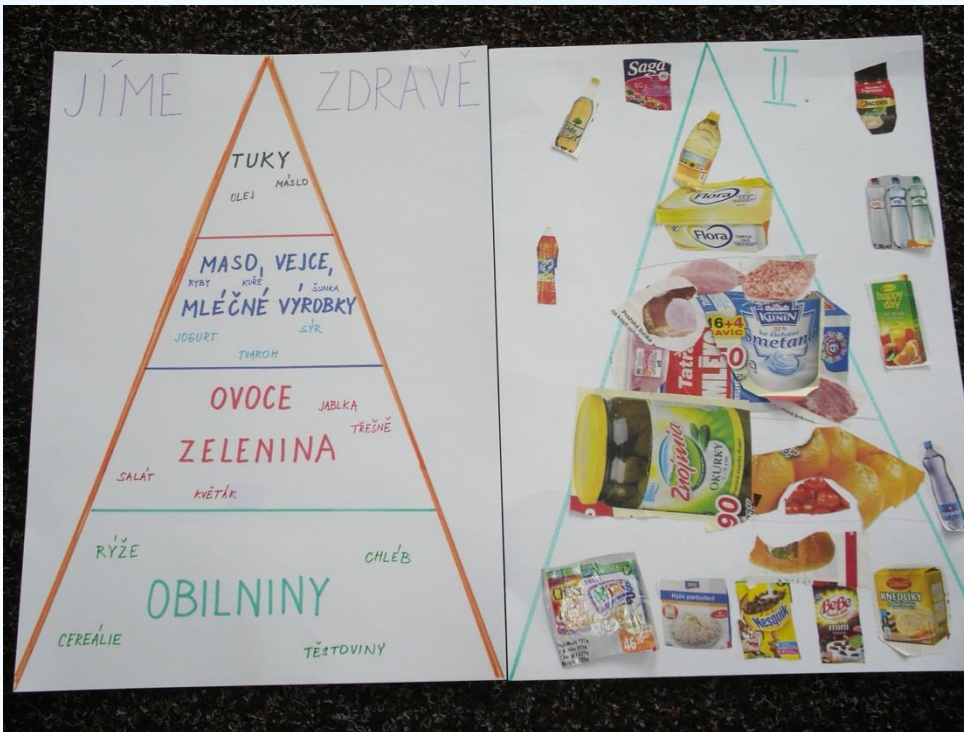








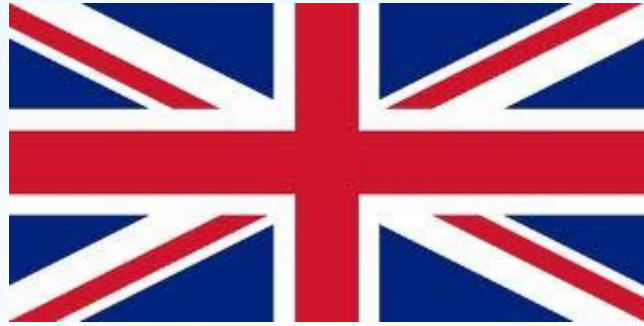










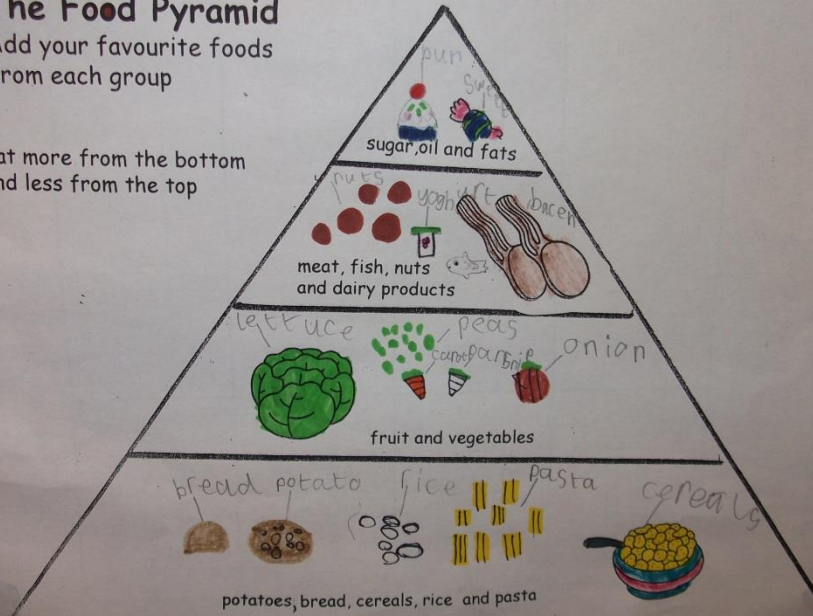


*ENGLAND

The Food Pyramid

Add your favourite foods from each group

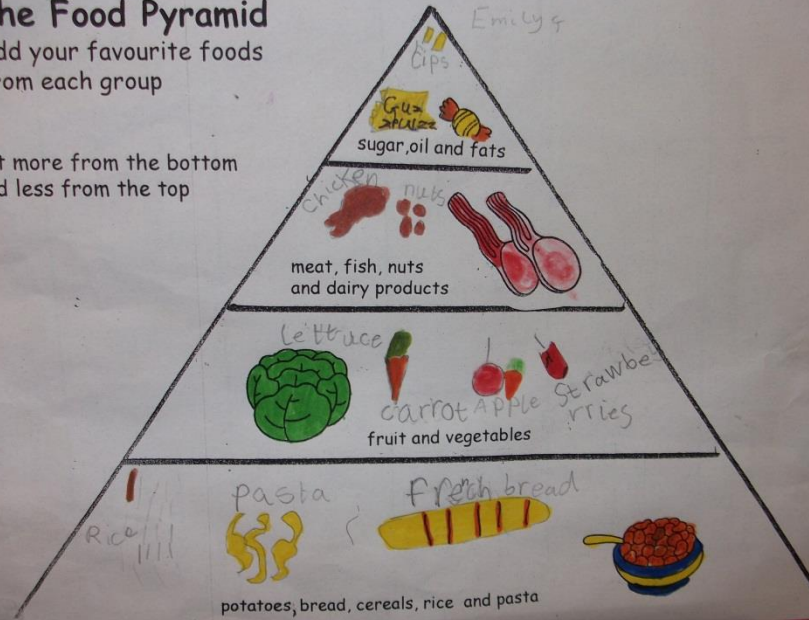
Eat more from the bottom and less from the top



The Food Pyramid

Add your favourite foods from each group

Eat more from the bottom and less from the top









*GERMANY

food pyramid Die Ernährungspyramide

oil & fat
don't use them
too much

Öle & Fette
Sparsam verwenden
auf die Qualität achten

Krabberei
in kleinen
Mengen essen

sweets: eat
small portions
only

fish, meat, eggs &
sausages
1-2 times fish
1-2 times meat
3 eggs &
2-3 times sausage

Fisch, Fleisch, Wurst, Eier
Wurst max 1x 7= Portionen
Seefisch max 1x 2-3 Portionen
Fleisch 2-3 mal Wurst und 3
Eier

Milk & Milk products
Wichtig: Calciumquelle,
pro Tag 2-3 Portionen
fettarme Varianten wählen

milk & products
brings Calcium
2-3 portions/day

corn & potatoes:
with each meal
3 portions a day

Getreide & Kartoffeln
Möglichst zu jeder Mahlzeit
mindestens 3 Portionen am Tag

vegetables & fruit:
eat a lot of these
at least 5 times/day

Gemüse & Obst
mit jeder möglichen
Portionen am Tag

drinks:
as often as possible
at least 1.5 - 2L/day

Getränke
So oft wie möglich
mindestens
1.5-2 Liter am Tag



Klasse 1c - class 1c

food pyramid Die Ernährungs-pyramide

oil & fat
don't use them
too much

Öle & Fette
Sparsam verwenden
und auf die
Qualität achten

Knabberartikel
in kleinen
Mengen essen

sweets: eat
small portions
only

fish, meat, eggs &
sausages:
1-2 times fish
2-3 times meat
3 eggs &
2-3 times sausage

Fisch, Fleisch, Wurst, Eier
Wochen 1-2 mal 2-3 Portionen
Ses Fisch maximal 2-3 mal
Wurst 2-3 mal Wurst und 3
Eier

Milk & Milk products
Wichtigste Calciumquelle,
pro Tag 2-3 Portionen,
fetthaltige Varianten wählen

milk & products
brings Calcium
2-3 portions/day

corn & potatoes:
with each meal
3 portions a day

Getränke & Alkoholfreie
Möglichkeit zu Wasser hinzugeben
mindestens 3 Portionen am Tag

vegetables & fruit:
eat a lot of these
at least 5 times/day

Gemüse & Obst
bei jeder Mahlzeit
am Tag

drinks:
as often as possible
at least 1.5-2L/day

Getränke
so oft wie möglich
mindestens
1,5-2 Liter am Tag



Klasse 1c class 1c

food pyramid Die

oil & fat:
don't use them
too much

Öle & Fette
Sparsam verwenden
es und auf die -
Qualität achten

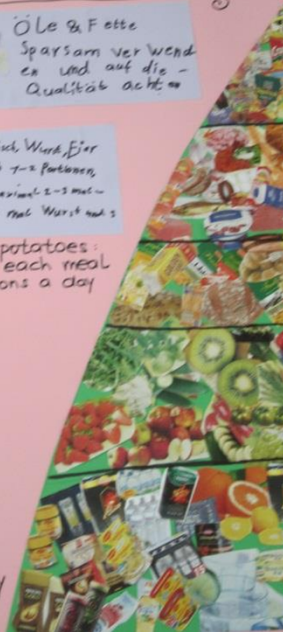
fish, meat, eggs
sausages:
1-2 times fish
2-3 times meat
3 eggs &
2-3 times sausage

Fisch, Fleisch, Wurst, Eier
Wurst & Fleisch 1-2 Portionen,
Seefisch maximal 2-3 mal -
Fleisch, 2-3 mal Wurst und 3
Eier

corn & potatoes:
with each meal
3 portions a day

vegetables & fruit:
eat a lot of these
at least 5 times/day

drinks:
as often as possible
at least 1.5 - 2L/day



Die Ernährungspyramide



Knabberartikel
in kleinen
Mengen essen

sweets: eat
small portions
only

Milch & Milchprodukte
Wichtige Calciumquelle,
pro Tag 2-3 Portionen,
fettarme Varianten wählen

milk & products
brings Calcium
2-3 portions/day

Getreide & Kartoffeln
Möglichst zu jeder Mahlzeit
mindestens 3 Portionen am Tag

Gemüse & Obst
viel essen möglichst 6 Portionen
am Tag

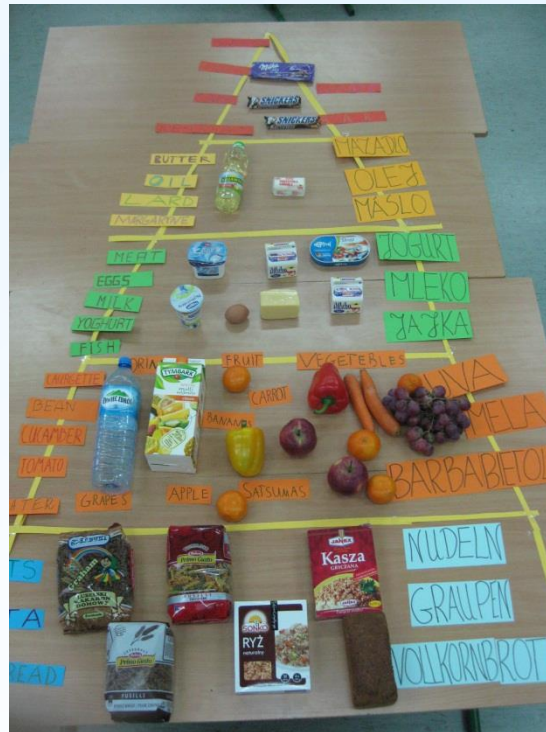
Getränke
So oft wie möglich
mindestens
4-6 Liter am Tag

Klasse 1c · class 1c



*POLAND









ERNAHRUNGSPYRAMIDE

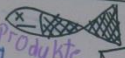
Süßigkeiten



Fette



Milchprodukte



Fische



Obst und Gemüse



Apfel

Getränke



Getreideprodukte

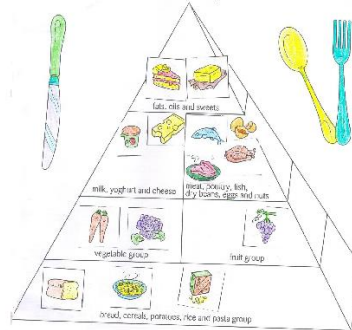




*ITALY

PROGETTO COMENIUS "How to keep fit"

The food pyramid



Food groups and nutrients

turkey - spaghetti - steak - yoghurt - bananas - carrots - eggs - rice - ice -
 chicken - cheese - fish - lettuce - melon - apples - grapes



BREAD, CEREALS, RICE AND PASTA

give my body

CARBOHYDRATES

RICE - PASTA - SPAGHETTI



MEAT, FISH, DRY BEANS, EGGS AND NUTS

give my body

PROTEINS

STEAK - FISH - CHICKEN
 GRAPES



FRUIT AND VEGETABLES

give my body

VITAMINS, MINERALS AND FIBRE

TOMATOES - CARROT -
 BANANAS - APPLES -
 LETTUCE - MELON



MILK, YOGHURT AND CHEESE

give my body

CALCIUM

YOGHURT - MILK -
 CHEESE

Healthy habits

