

UNESCO projektas

## Diversity of diets and its importance

II darnaus vystymosi tikslas  
GERA SVEIKATA IR GEROVĖ

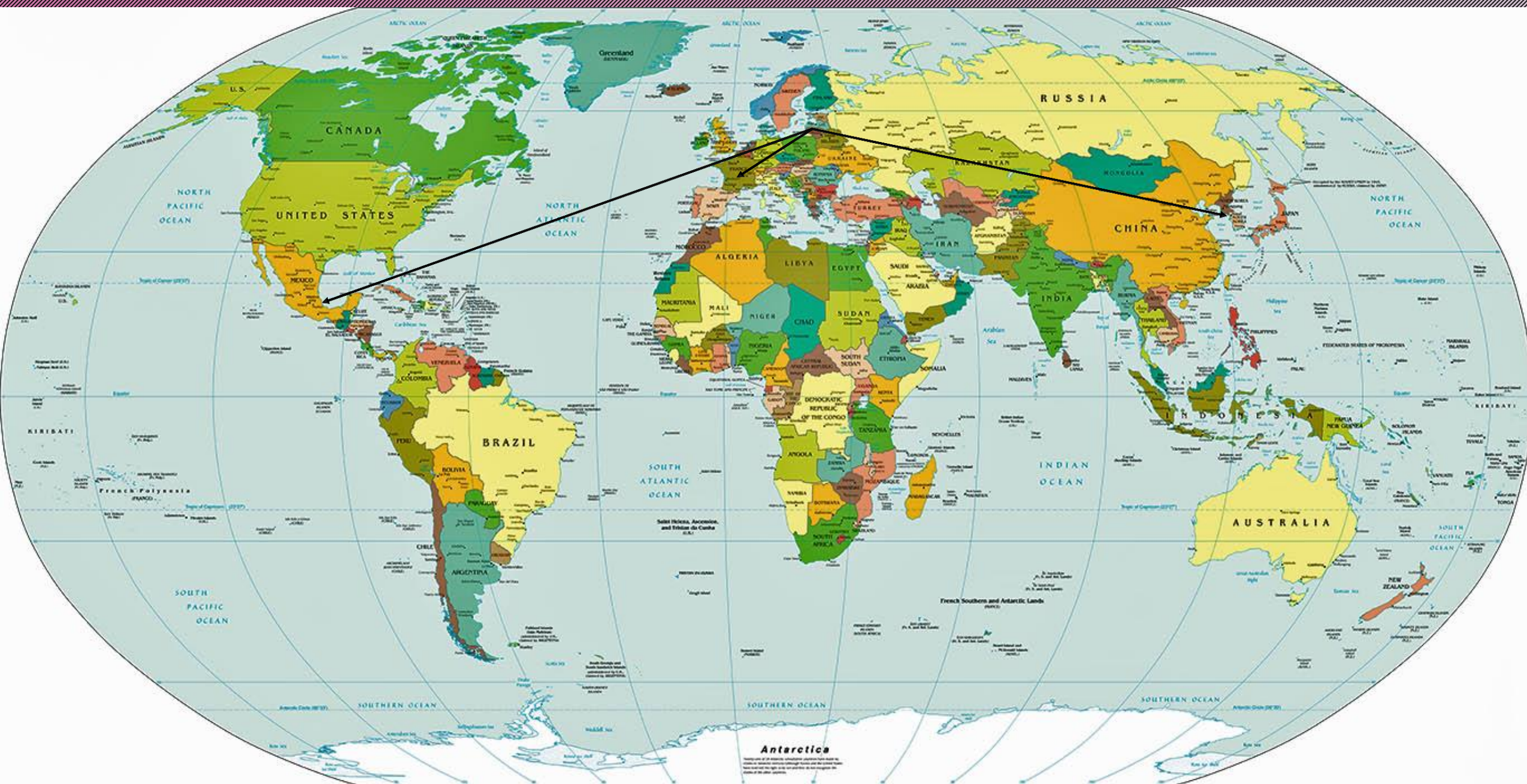
Integrated English and Biology lesson

**VILNIAUS ŽEMYNOS GIMNAZIJA**

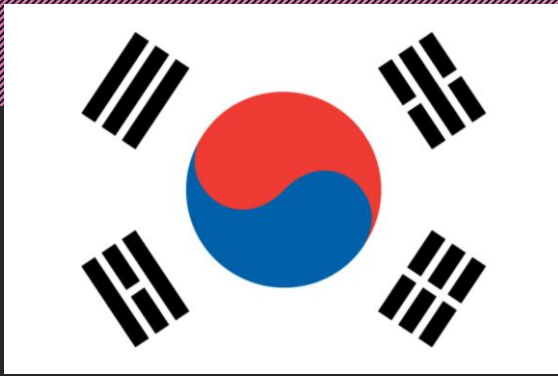
Maisto medžiagų nustatymas ir reikšmė organizmui

Integrated Chemistry and Biology lesson









# Kimchi

- Unique flavor
- High nutritional value and fiber content
- Low calorie content





## Food from France

It's not a secret that there are seven continents in the world which are divided into smaller fractions called countries. Each country has its own unique traditions, culture, eating habits, but today, I would like to examine one specific country which is located in Western Europe. I will talk about France, what type of food French people eat and how their fare benefit or damage their health. So let's begin.

France is a country whose territory consists of metropolitan France in Western Europe and is considered to be one of the most influential and third biggest country in the whole world. It is also acknowledged by the other countries to be the backbone of many cuisines across the Western World.

In general French kitchen is said to be one the healthiest in the world because their dishes strongly depend on regions in which they live. They heavily rely on local products such as fresh apples, berries, haricot verts, leaks, mushrooms, locally hunted meat so usually their food is prepared freshly without using any preserved ingredients. Thanks to this fact they have a quite nutritious diet and as a result it has a beneficial impact on their bodies. For example vegetables are known to be nutritious, high in fibres and vitamins which can reduce risks of many chronic diseases such as gastritis, irritated bowel syndrome and other illnesses so it's important to eat them on dailys basis. Meat is also an essential part of our diets because it is one of the main sources of macro elements such as iron, potassium, calcium which are included in our bone composition, muscle tissues.

Usually French people eat vegetables as a side dish while eating main traditional courses such as Steak Frites which consists grilled meat and roasted potatoes, Coq au vin which is braised chicken with wine, lardons and mushrooms. They also have some classical veggie dishes such as ratatouille which is a vegetable stew and usually this stew is made from fresh vegetables because then it has a brighter taste. Also this dish has a quite high nutritional value due the fact that it is made from fresh vegetables, but still most of their traditional and standard courses, which I have mentioned earlier, are usually made from meat, dairy products and even though these types of products benefit our health a lot sometimes they aren't as healthy as we imagine them to be. For example one of the best dishes in traditional French fare is Quiche which is made from fried bacon, cheddar and stir-fried onion. It's sounds delicious but we can't always eat these types of food in monstrous quantities because products such as bacon, cheddar cheese contain lipids which are good to us when we use them in small amounts because lipids such as steroids are involved in hormone synthesis but can be harmful if we abuse them too much and too often because fat accumulation can damage heart, blood vessels and can cause other serious illnesses.

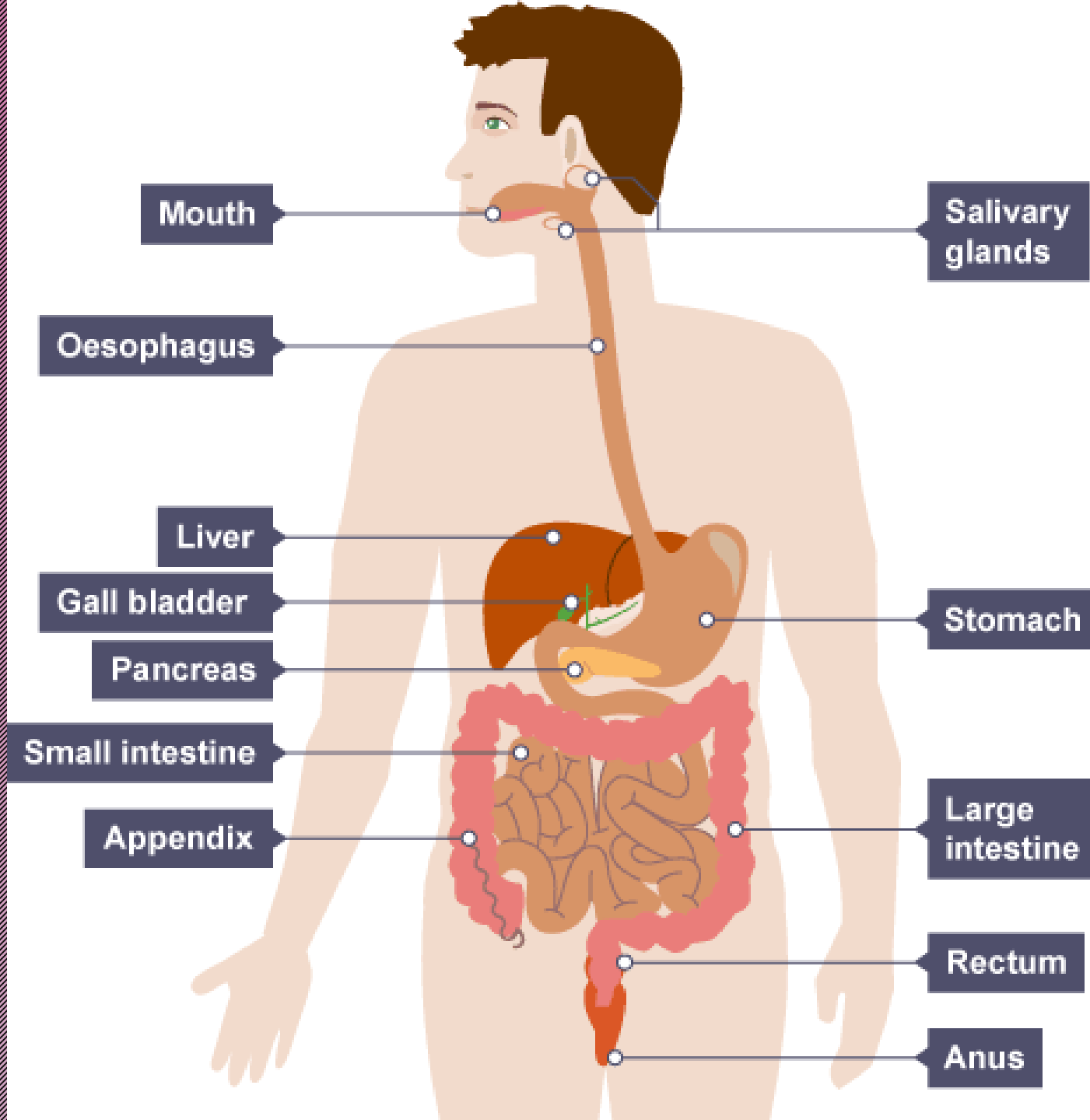
In conclusion every countries' traditional dishes have their own nutritional value and can benefit our health a lot, but alongside they can damage our bodies too if we eat too much





# Digestive system of human





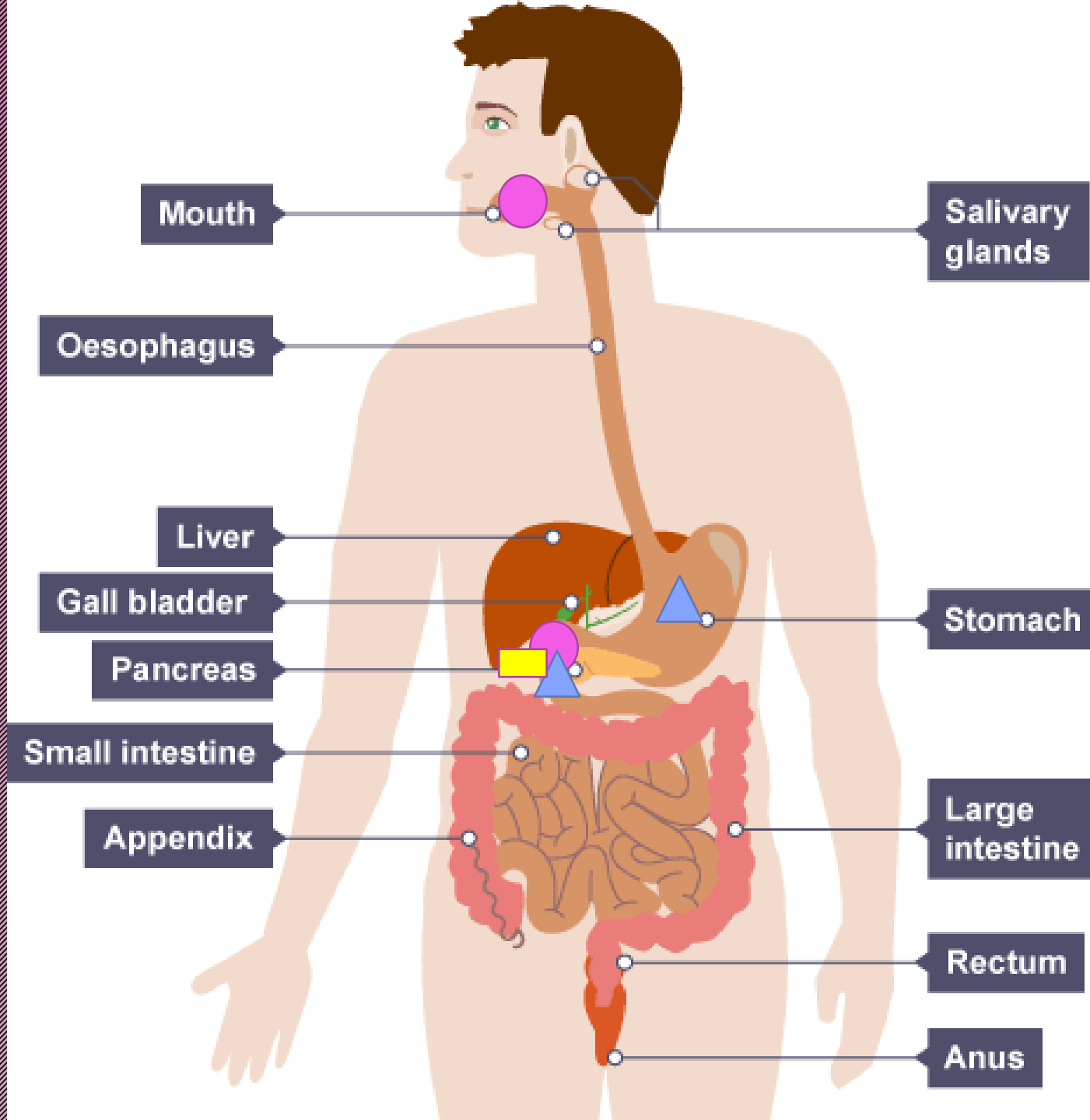


Carbohydrate

Proetins

Fats







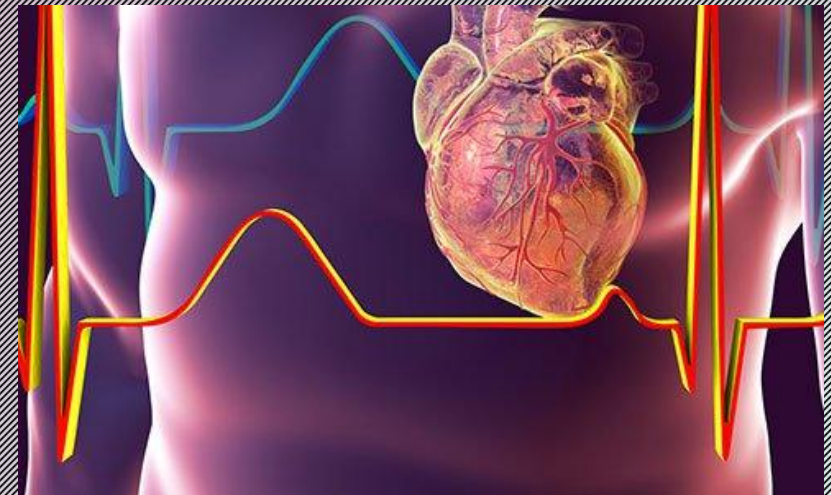






Fiber isn't digested  
by your body

- \* helping to maintain a healthy weight
- \* lowering your risk of diabetes and heart disease





WATCH  
THE VIDEO





















# Evaluation

## Healthy Eating Quiz

Do you really know what eating healthily means? Find out whether you're a healthy eater or could improve your eating patterns.



## Mostly As

You need to improve your diet! **A diet like yours: high in fat, salt and sugar and low in fibre**, wholegrain, fruit and veg is linked to obesity. Try small changes like more fruit and veg; ideally five portions a day. Aim to make one third of the food you eat, starchy food such as potatoes, pasta, brown bread and rice. Cut down on sugary drinks, sweets and cakes, and on processed meat products such as sausages and pies.



## Mostly Bs

Try some small changes to your diet. First, try to eat five portions of fruit and veg a day. Dried fruit makes a great mid-morning snack. Base your meals on starchy foods such as pasta, rice and potatoes. Wholegrain cereals are a great source of fibre. Also, minimise your intake of processed meats such as pies and sausages, **which are high in saturated fat**. If you fancy a takeaway choose drier curries – such as tandoori or steamed Chinese food.



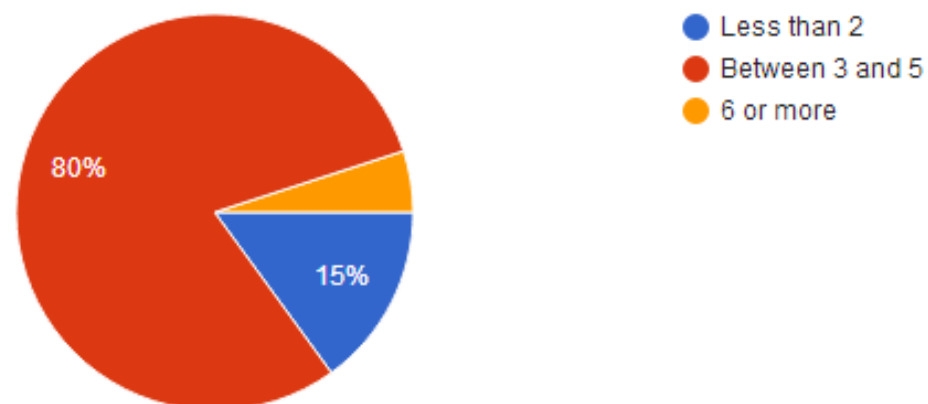
## Mostly Cs

**Well done, you're a healthy eater.** Your diet is low in saturated fat, salt and sugar, and high in fibre, fruit and vegetables is helping to keep **your heart healthy and protect against certain cancers**. Remember, aim to eat two portions of fish a week, including one oily fish high in omega-3, such as salmon, trout, or mackerel. If you're a vegetarian, remember to get enough protein from nuts and seeds, beans and pulses, eggs, milk and soya.



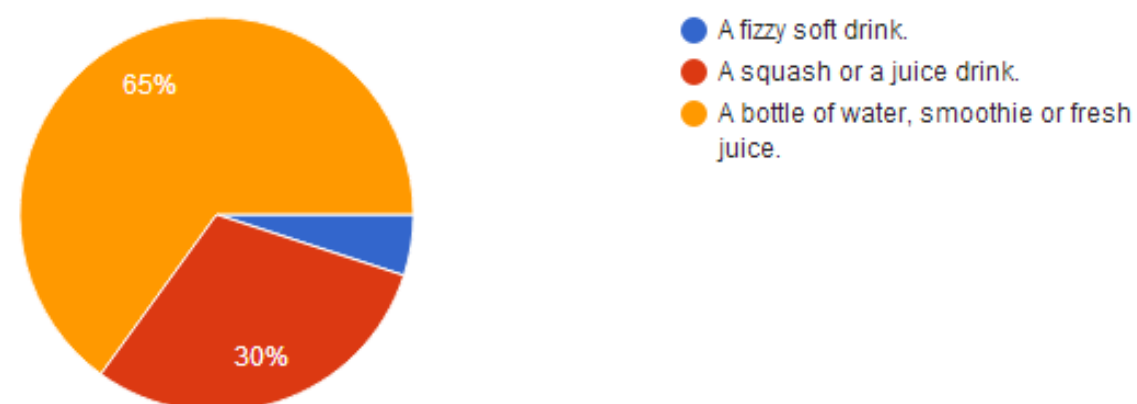
How many portions of fruit and vegetables do you eat on a typical day?

20 responses



When you grab a drink on the go, what is it most likely to be?

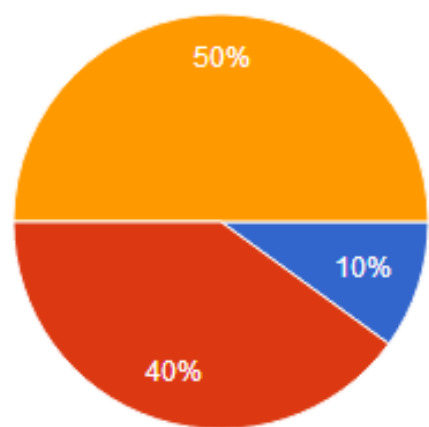
20 responses





You're heading for lunch with your colleagues. What will it be?

20 responses



- Bacon sandwich, coffee and donut.
- Pizza topped with chicken and green peppers
- Grilled chicken, new potatoes and green salad.

Ką siūlytumėte tobulinti/ keisti integruotose pamokose?

16 responses

Nieko (5)
Viskas puiku
Pradėti per pertrauką
nieko
viskas gerai
Nieko
Viskas super, nebent šiek tiek daugiau laiko.
Pasakoti daugiau teorinės dalies
Man viskas patiko
Viskas buvo gerai.
Viskas gerai
Viskas buvo gerai