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# CHOPPED!

HEALTHY VERSIONS OF TRADITIONAL MEALS

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TRADITIONAL MEALS

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# CONTENTS



## HEALTHY LIFESTYLE

What you should and  
shouldn't eat

## QUIZ

How much do you know  
about FOOD?

## FAST FOOD

Should it be banned?

## FATMA'S RECIPES

Both delicious and healthy

# FAST FOOD - SHOULD IT BE BANNED?



WORDS BY LANA KOTLO

A ban sounds like a harsh word, but it is exactly what some health experts advocate. You may call them radicals for trying to cut off an important part of the food industry. In their opinion, the situation with junk food has been getting out of hand for way to long.

To put it in simple words, junk food is really unhealthy. One of the mayor issues with that sort of food is that it leads to obesity. It is high in processed sugar, salt and fat and low on important nutritional components like fiber, vitamins, minerals and protein. Sugar disintegrates really fast in one's body and high sugar content foods make it nearly impossible to use all the energy received from it. Instead, it usually gets stored in the form of fat which explains the main mechanism for creating obesity. Besides obesity, studies show that eating junk food is linked with the risk of diabetes, decreased brain function, heart attacks, high cholesterol, low quality bone structure. Furthermore, it is even more dangerous for children because early age eating habits shape the direction of their development. In April 2021., members od the European parliament debated the possibility to ban all junk food advertising targeting children. That is quite understandable given the fact that circulatory diseases are number one cause of death in the European union. Bad eating habits are hard to correct the earlier they are formed. Even if we take into account that the ban may be a gray area for adults, the arguments for a junk food ban for children remain very strong.

On the other hand, many claim that the adverse effects of eating junk food just aren't harmful enough to justify a straight on ban. There are other products like alcohol and tobacco which are legal, but more harmful. As long as they remain legal, it is not rational to limit the use of something else. This ban would be violating an individuals right to choose, his or her freedom to behave however they like. One may even say that a ban like this could be damaging to enormous parts of the food industry. Many would loose their jobs as not all companies would be able to switch to healthy food production. A gap could form between current food supply possibilities and the food demand, not to mention countries which already struggle with widespread hunger and poverty. Since healthy food is more expensive to produce, it isn't clear if everyone could afford this.

To sum up, the health benefits of banning junk food are indisputable. It would prevent a number of diseases and make life more comfortable. However, the destruction of junk food industry would cost many their jobs and leave many families lacking the ability to afford healthy food. Perhaps we could take smaller steps towards getting rid of junk food like putting warning pictures and labels on packaging and investing in nutrition education. With time, we could be ready to take this next step towards a better world.

# HOW MUCH DO YOU KNOW ABOUT FOOD?

1. Which food has most calories per 100 g?

- a) egg
- b) lamb
- c) chicken

2. How much does the fattest person in the world weigh?

- a) 320 kg
- b) 627 kg
- c) 597 kg

3. How many minutes per day should we exercise to stay healthy?

- a) 60-90
- b) 120-150
- c) 30-60

4. Which of the following is not a meat product?

- a) tenderloin
- b) sausage
- c) roasted flaked meat

5. What is the average weight in Europe?

- a) 76,1 kg
- b) 74,2 kg
- c) 70,8 kg

6. Which of these is a vegetable?

- a) watermelon
- b) tomato
- c) olive





# HEALTHY LIFESTYLE - WHAT YOU SHOULD AND SHOULDN'T EAT

Healthy lifestyle is an important thing in our lives, but many people do it in a wrong way. I am going to show you how it works.

## YOU SHOULDN'T

Resign from sugar

Drink fruit juice

Eat ready-made  
frozen meals

Eat less than normal

Eat too much meat

Eat a lot of carbohydrates

## YOU SHOULD

Reduce sugar

Drink water

Eat meals that you made

Eat 5 meals a day

Eat fried vegetables

Instead

Reduce carbohydrates

WORDS BY JAN ŁOPATKA



# BOTH DELICIOUS AND HEALTHY

WORDS BY CHEF FATMA GÜNDÖĞDU

## BROCCOLI PATTIES

1 kg broccoli  
1 onion  
1 egg  
black pepper  
2 cups of whole wheat flour  
chilli pepper  
salt

Grate the onions, squeeze the juice out of them and remove excess liquid. Boil the broccoli for about 15 minutes and mash it. After the broccoli has cooled down, add the rest of the ingredients. Make small patties out of the mixture. They should be baked in the oven for about 15 minutes at 180°.



# BOTH DELICIOUS AND HEALTHY

WORDS BY CHEF FATMA GÜNDÖĞDU



## FIG DESSERT



2,5 cups of milk  
7 dried figs  
5 teaspoons crushed walnun

Wash dried figs and soak in water for a few minutes. Cut off the stems. Warm the milk. Turn the stove off when it comes to room temperature. Add the figs into the milk and blend the mixture. Put the dessert in mugs. Cover and leave for 3 hours in a warm place. Serve the walnuts after they have cooled



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