

Healthy future



Sports

In this world there are sports for everyone. They develop you both physically and intellectually. One of the most popular sports is basketball. It develops your mobility, quick thinking and teamwork.



Healthy food

For a healthy life we need to eat a little of everything. Our body needs carbohydrates, fiber, protein and much more to function properly. A healthy diet does not mean not eating from time to time something you like, just be careful with the amount.



To much social media

At first glance, there is nothing wrong with social media but in reality it affects many people. Many of today's children do not have the courage to express themselves freely in reality and are not used to socializing outside of online.



Be healthy

Cigarettes and alcohol

It is known that alcohol and cigarettes affect the body in a negative way. These substances can be addictive and in many situations complement each other very well. Many children do it because they think it's cool but they actually adopt a habit that they may never get rid of.

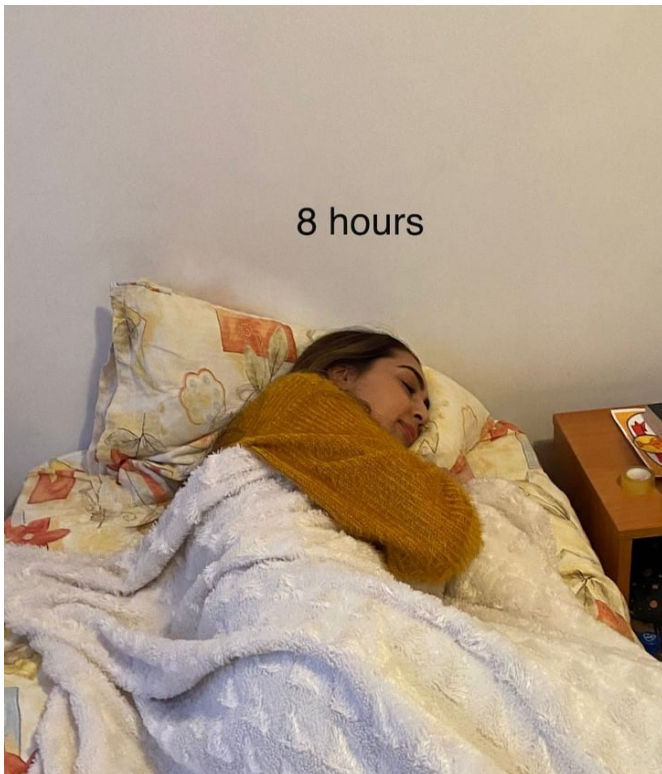


CHANGE YOUR LIFESTYLE

Health, a state of complete physical and social health, by example not disease or infirmity.

Healthy lifestyle,

- eating healthy
- your body getting enough nutrients
- doing sports
- being aware of risk factors
- sleeping at least 8 hours
- protect yourself from the sun
- being positive
- avoid stress
- not smoking and no drinking alcohol
- getting your regular health check up



YOU ARE WHAT YOU EAT

SEMOLINA WAFFLES

1 cup of semolina
1 cup of milk
2 tablespoons of flour (spelled for me)
1 egg
25 g of butter
1 banana
1 vanilla pod

Pour milk over the groats and set aside for 10 minutes. During this time, melt the butter and cool, beat the egg white and mash it with a banana fork. Add the yolk, banana, flour and cooled down butter to the groats and mix. Finally, add the vanilla beans and the egg white foam. Mix everything gently.

Put the dough on the hot waffle iron and bake for about 7 minutes (depends on the recommendations of the waffle iron manufacturer).

Make sure the waffle maker is well warmed and not to open it until the waffles are ready.

Serve with your favorite toppings.



BANANA BREAD WITHOUT SUGAR

2 cups of flour

a teaspoon of soda
spoon of spice
a teaspoon of orange zest
1/2 teaspoon baking powder
1/2 cup of oil
2 eggs
3 tablespoons of milk
3 large ripe bananas

additionally a glass of chopped dried
fruit and nuts (here a mixture of apricots, cranberries, raisins, hazelnuts and
cashews)

Preheat the oven to 190 degrees Celsius. Cover the baking tin with non-stick
baking paper.



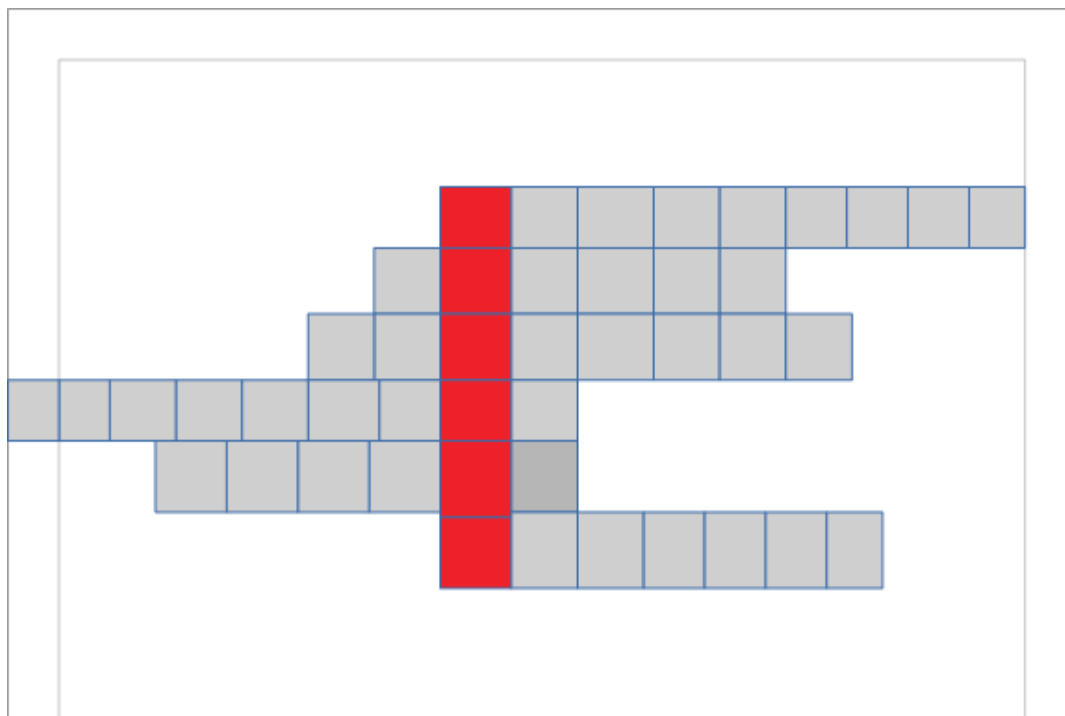
Combine flour, baking soda and baking powder, spices and orange zest.
Mix the oil with eggs and milk. Mash the bananas with a fork, keeping the half for garnish.

Combine the dry ingredients, egg and mashed bananas so that the dough remains a little lumpy. Pour in dried fruit and mix.

Transfer to a prepared form. Place half a banana on top.

Bake for about 45 minutes in an oven preheated to 190 degrees C. After baking, remove to a wire rack until cool.

Game time!!!



1.The feeling that girls have when they recive flowers.

2.... health

3. You'r doing it to be better for example at sports

4. Your way to live

5. for example volley , football etc.

6. You wash your self to be



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