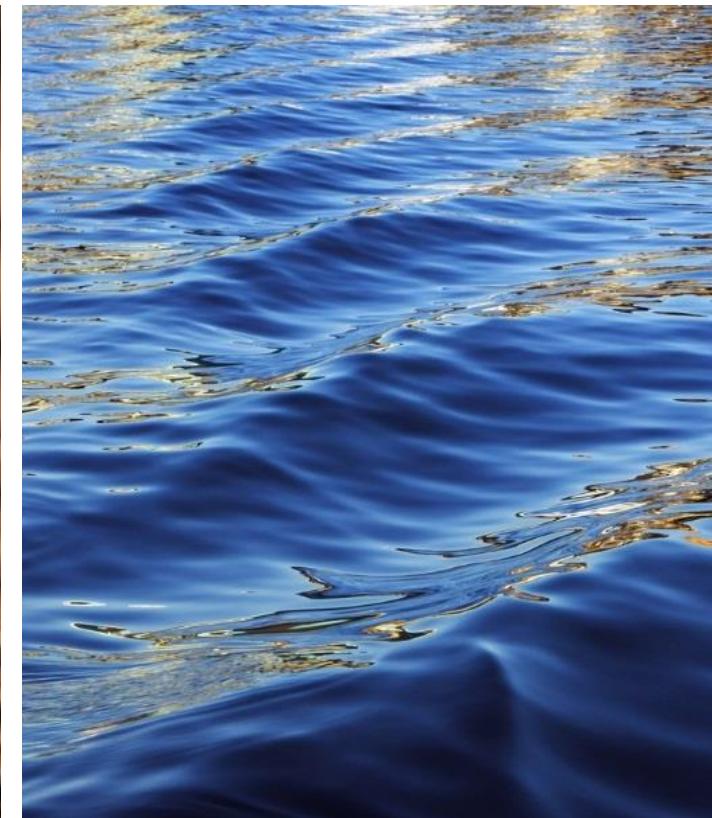




# Module 6 - Healthy Lifestyle

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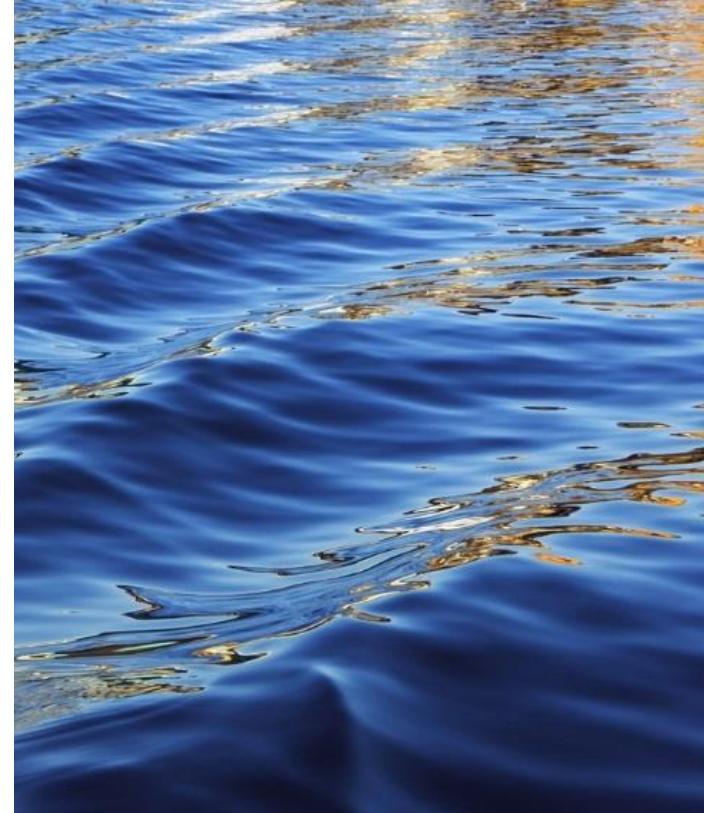
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# DIETARY Healthy Lifestyle

## 6. Healthy Lifestyle / 2. DIETARY

1. PLACE OF SUPPLY / Healthy Lifestyle
2. BALANCED DIET NUTRITION / Healthy Lifestyle
3. LOCAL & SEASONNAL PRODUCTS / Healthy Lifestyle
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6. LEARN BY DOING / Healthy Lifestyle

# DIETARY Healthy Lifestyle



# PLACE OF SUPPLY

## Healthy Lifestyle



Local suppliers!

Since many years now, we can see that the interest in approaches that favor short circuits is obvious.

It's a green commitment & a guarantee of quality and an incentive to buy, the short circuit appears as an innovative idea that invites us to rethink our eating habits and to restore the link between producers and consumers.

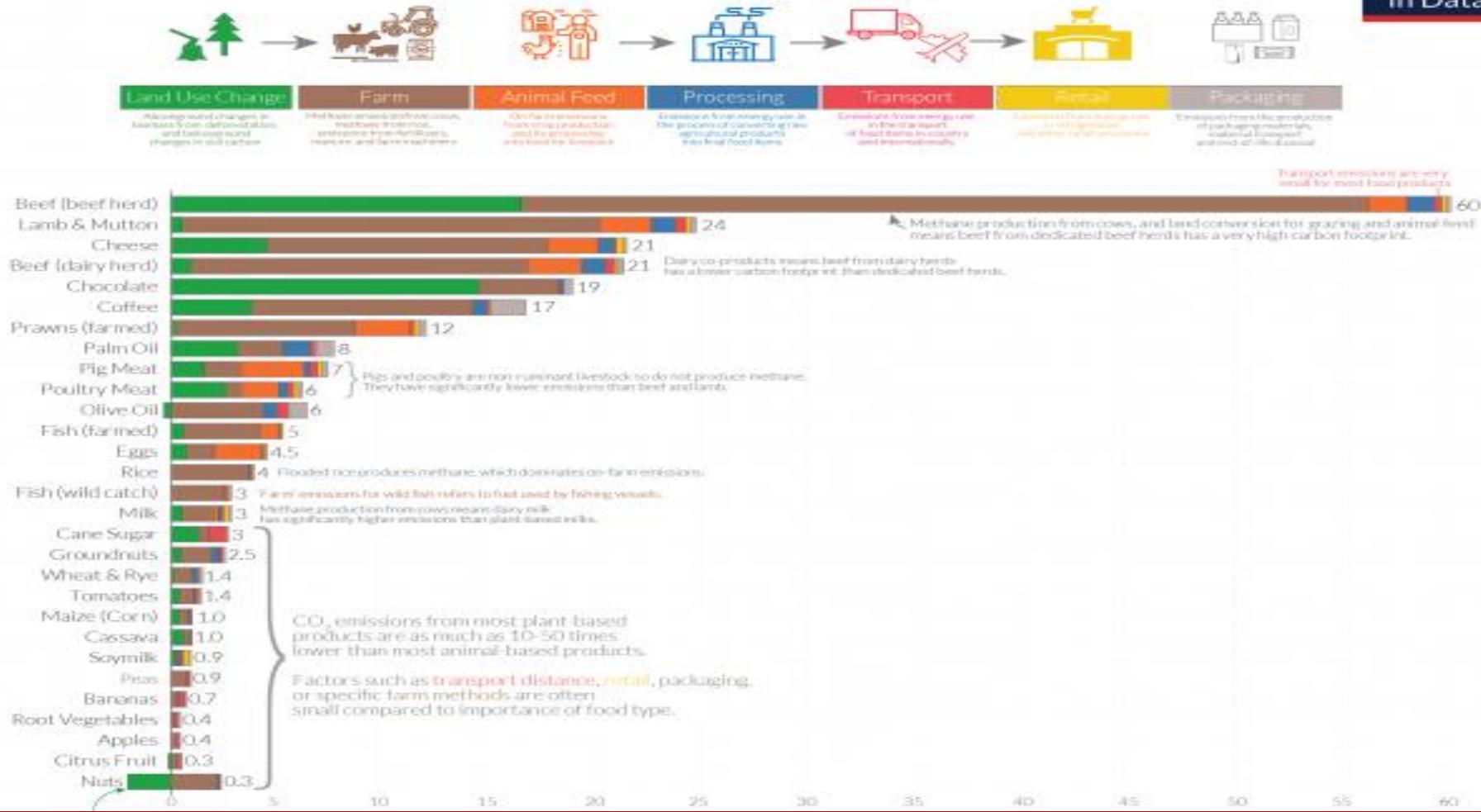
In concrete terms, what is the short circuit and what are the adult's advantages for the environment?.

# PLACE OF SUPPLY

## Healthy Lifestyle

### Food: greenhouse gas emissions across the supply chain

Our World  
in Data





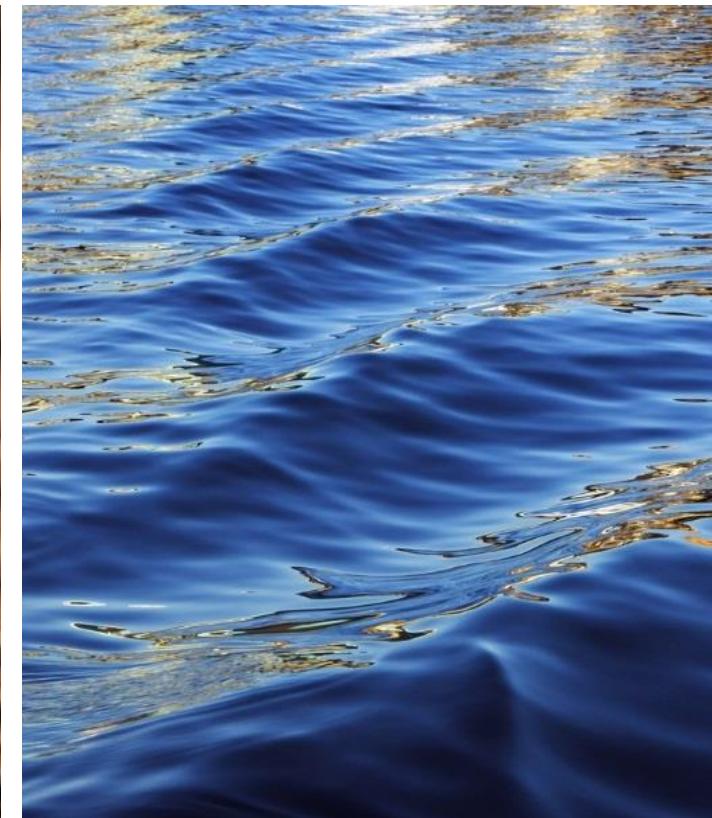
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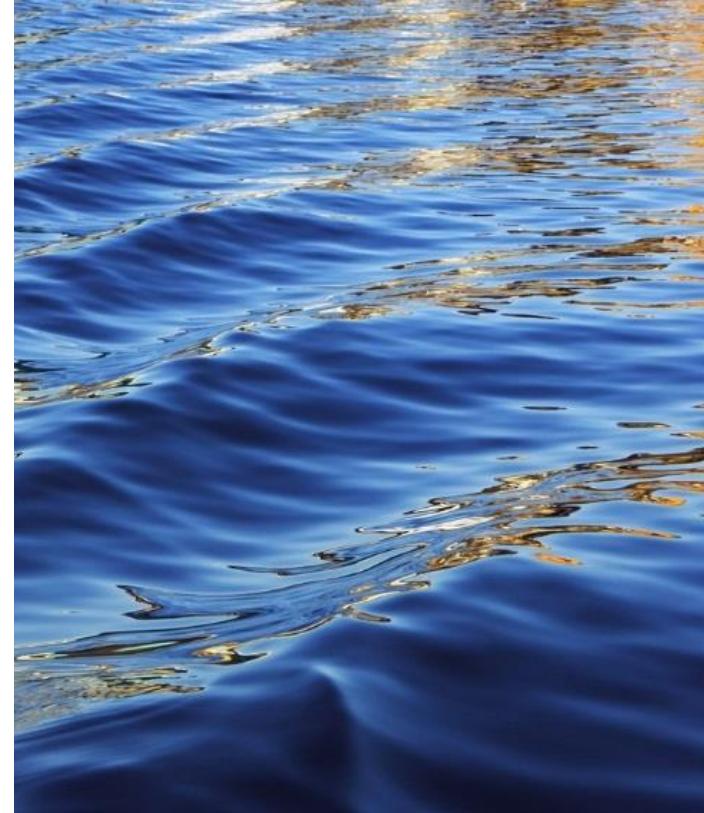
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# DIETARY Healthy Lifestyle



# BALANCED ~~DIET~~ NUTRITION

## Healthy Lifestyle



Recommendation for S+M,  
Schools & Municipalities should copy  
Luxembourg's nutrition policy.  
S+M offer for students, a free fruit break  
on schooling days.  
S+M offer free lunch for students,  
enabling pupils to skip transformed food  
low on quality & high on fat/sugar/salt.  
S+M should encourage students to finish  
their plates first, then require the sorting  
of food waste for composting.  
less waste is an assurance of a greener  
environment

# BALANCED NUTRITION

## Healthy Lifestyle



Source: [World Health Organization!](#)

Healthy Diets promote health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable.

The aims of Sustainable Healthy Diets are to achieve optimal growth and development of all individuals and support functioning and physical, mental, and social wellbeing at all life stages for present and future generations.

Healthy Diets support the preservation of biodiversity and planetary health.





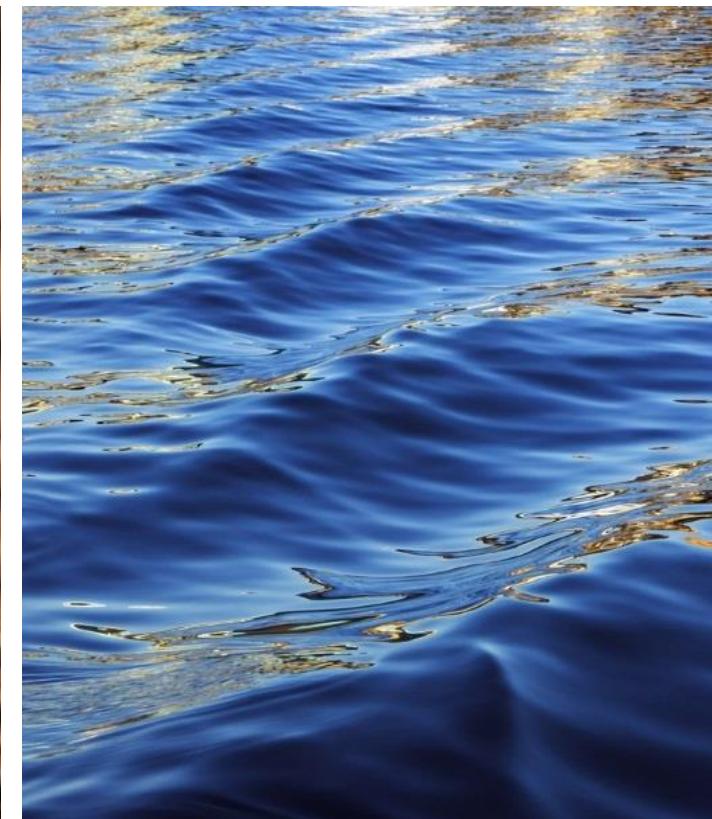
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# DIETARY Healthy Lifestyle



# LOCAL & SEASONNAL PRODUCTS

## Healthy Lifestyle



Recommendation for S+M,

Enhance local products & seasonnal food.

Maintain close ties with local farmers.

Avoid long distance food dealers

allow for the availability of take-out meals so that students can be out in the wilderness for their lunch break to consume their meal

provide non-disposable and non-breakable items for student meals; reusable cups, reusable plates and bowls, reusable cutlery, reusable water bottles, washable napkins,



# LOCAL & SEASONNAL PRODUCTS

## Healthy Lifestyle



Source: [www.nicholsonclinic.com/](http://www.nicholsonclinic.com/)

Eating local, in season produce is fresher, tastes better and is more nutrient dense. Local produce is picked at its peak ripeness, spends less time in transit from farm to table, and doesn't spoil as quickly.

You might be surprised to know that fruits and vegetables still "live" even after they are picked. In a process known as respiration, they continue to "breathe" which breaks down stored organic materials, such as carbohydrates, proteins and fats, and leads to loss of food value, flavor and nutrients.





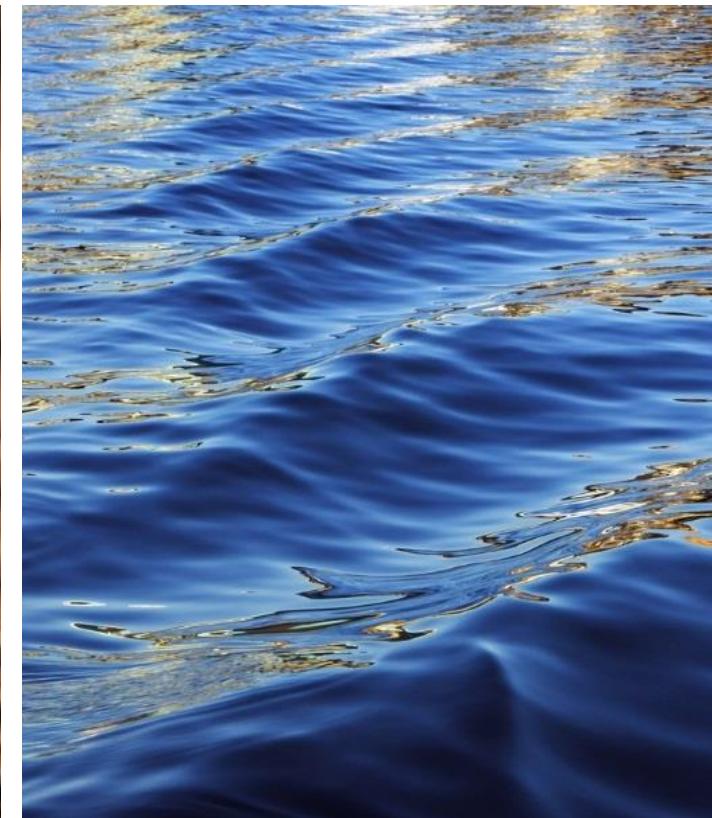
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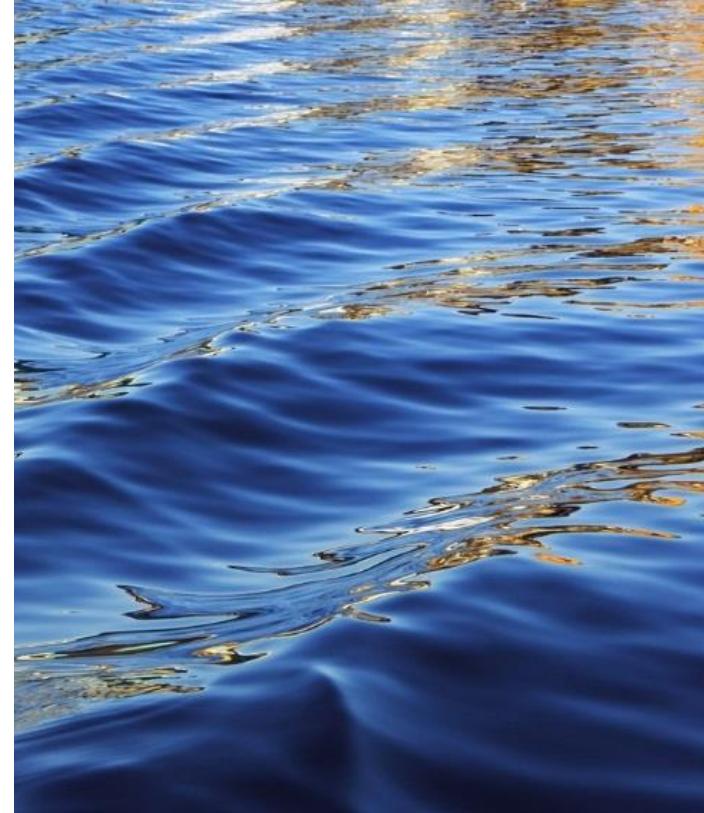
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# DIETARY Healthy Lifestyle



# BALANCING CLIMATE & FOOD Healthy Lifestyle

## Getting the balance right....



Recommendation for S+M,

Adapt menus to green criteria and respect for the environment.

Compose and favor meals according to a quota share that favors plants and grains to meat, which should of course be present but in smaller quantities.

Install free water dispensers.

Give preference to water over sugary drinks.

Why not closing a deal with a local farmer for daily fresh milk for pupils!

# BALANCING CLIMATE & FOOD Healthy Lifestyle



Source: European Climate Pact!

Making a difference in the fight against climate change can only be achieved if we all take steps to decarbonise our lifestyles. But what does that mean in practice and what kind of impact does it make? Which areas of our lives are having a minimal effect on the climate, and where are our weak points? And, crucially, what are the next steps we can take to continue reducing our carbon footprint?

The good news is that there is a way to answer these questions – and it's easier than you might think thanks to the

[Consumer Footprint Calculator \(CFC\)!](#)





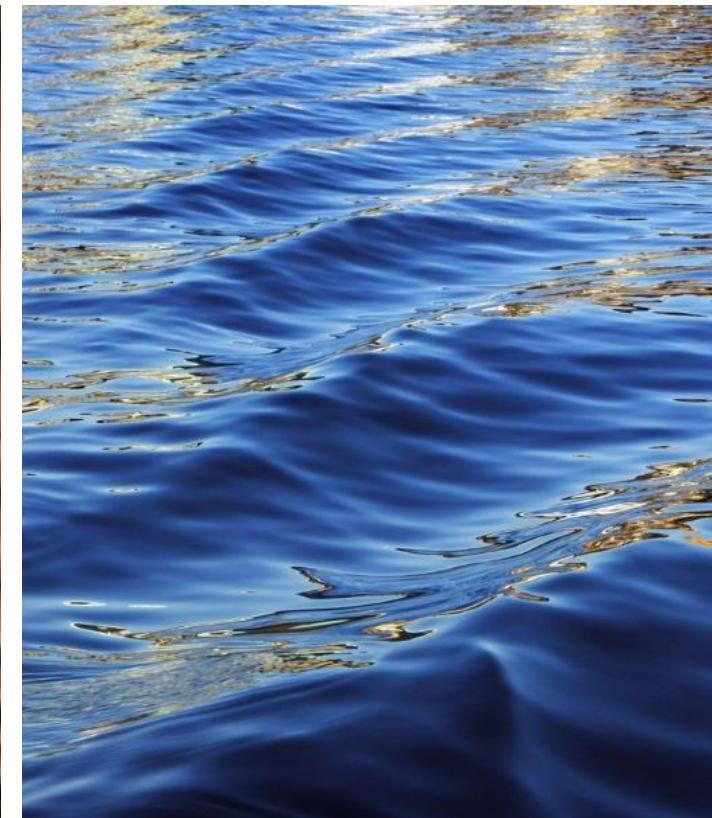
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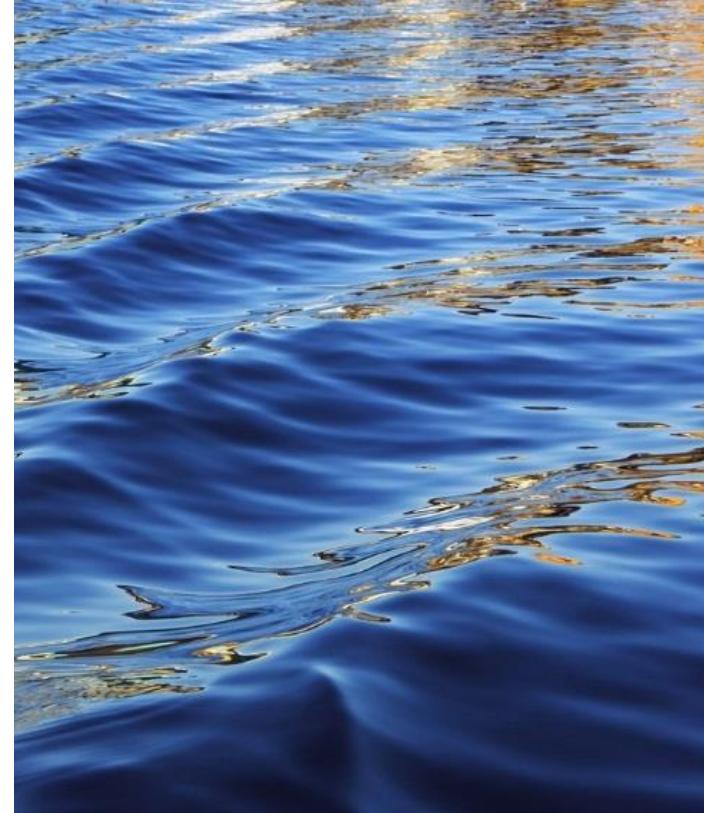
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# DIETARY Healthy Lifestyle



# BIO/ORGANIC FOOD

## Healthy Lifestyle



Recommendation for S+M,

Enable children to understand the connection between the choices they make and their environment.

Allow pupils to explore the positive and negative points of responsible and sustainable agriculture

Set up with pupils environmental workshops

Undertake tours to local producers, e.g. beekeepers, farmers, ...

Give the possibility to build insect castles.

Explain the benefits of diversity and quality requirements

# BIO/ORGANIC FOOD

## Healthy Lifestyle



What is organic food?

Organic food is grown without man-made synthetic chemicals such as pesticides and fertilizers and has not been genetically engineered. Though organic foods currently comprise less than 10% of U.S. food sales, statistics show their consumption is rising, and experts expect that upward trajectory to continue.

Source & Link:

<https://www.rd.com/article/what-is-organic-food/>





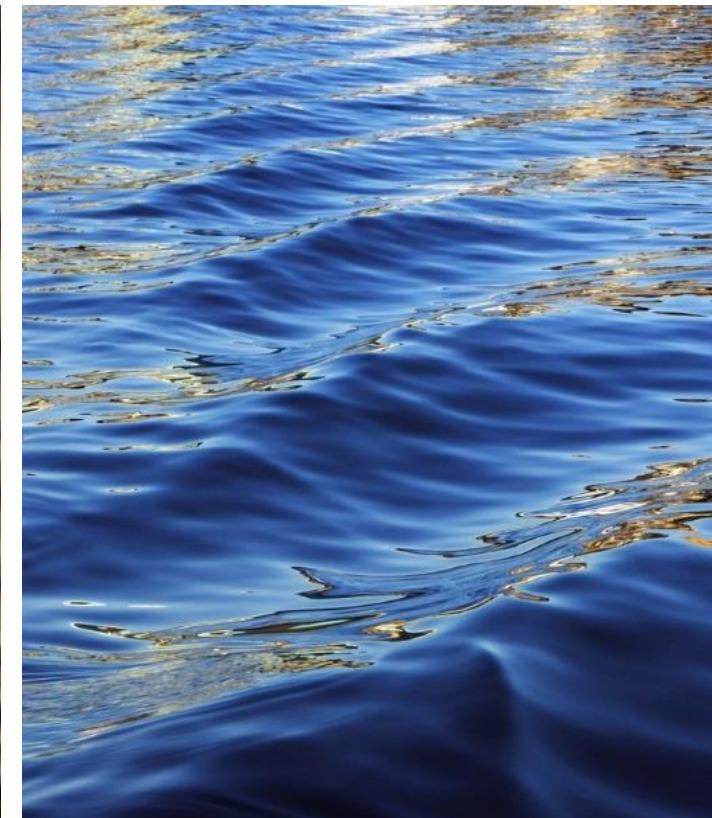
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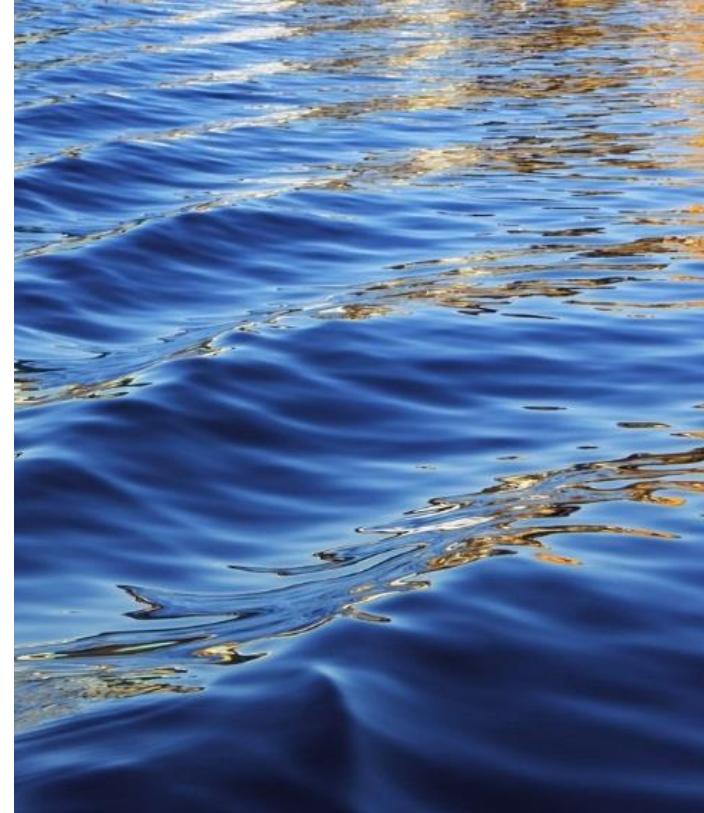
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# DIETARY Healthy Lifestyle



# LEARN BY DOING

## Healthy Lifestyle



Recommendation for S+M,

Provide a green space for students

Let children develop an affinity for the land and growing the soil

Set up workshops to transform the symbolic harvest made from the children's own harvest

Allow children to feel the satisfaction of a process accomplished with their own hands and to taste the fruits of their own efforts

# LEARN BY DOING

## Healthy Lifestyle



GREENER GREEN,

"You can't control what goes on outside, yet you can control what goes on inside." Leading a healthy way of life isn't as confounded as the present world would, in general, make it. A healthy personality and body can be achieved when you effectively gain proficiency with the specialty of controlling the internal sentiments, considerations, and objectives in your psyche

Source & Link!

[Learning to live a healthy lifestyle in a school.](#)





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