

A world map with a light beige background and a dark beige border. The map shows the continents in a light beige color, with the oceans in a dark beige color. The map is centered on the Atlantic Ocean.

PATTERN OF LONGEVITY

(UN)HEALTHY LIFESTYLE

throughout European countries

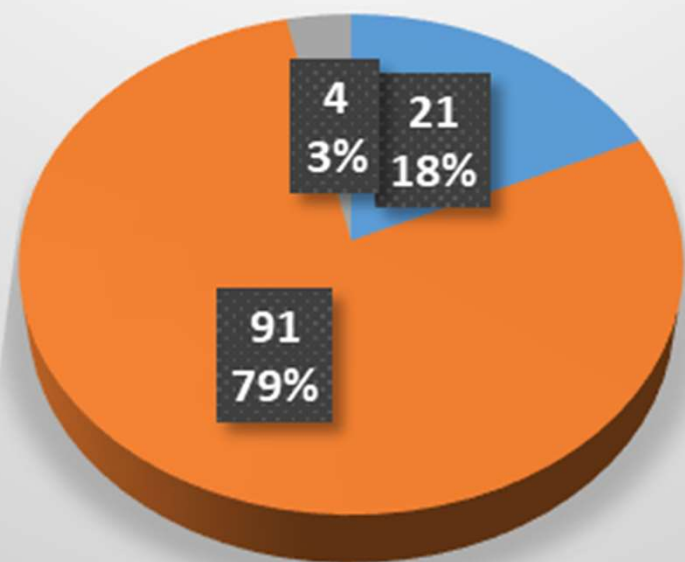


- This questionnaire was filled by 116 Czechs from the secondary medical school in Olomouc.
- Of which are 103 women and 13 men.
- They are students of the second and third year, of specialized courses:
medical assistant, dental technician, nutrition specialist and laboratory assistant.

- Most of the involved don't observe healthy lifestyle.
- A lot of them don't know much about supplements and don't have right information about lifestyle.
- Many people aren't satisfied with their body, but just a few of them try to change themselves.
- Almost nobody buys semi-organic and organic foods.

How important is it you to eat healthy?

■ Very important ■ Somewhat important ■ Not at all important



BREAKFAST AND SNACKS

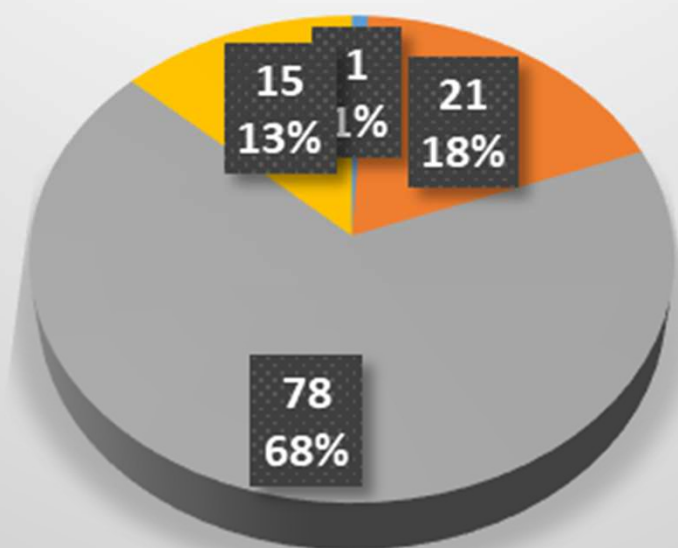
- It's wrong that lots of people start day with sweets (biscuits, cakes), better option would be oatmeal (with fruit), eggs or yoghurt.
- Everyone should begin their day with healthy, tasty and full-value breakfast to start their metabolism.
- If we get a taste for sweets during day, it would be right to take some fruit, a piece of dark chocolate or nuts instead of cake and something sweet.

LUNCH AND DINNER

- Many people don't eat enough vegetables. (It's wrong because vegetables contain vitamins, mineral substances and fiber, and support immune system).
- Everybody should drink at meals water or unsweetened tea instead of limonades. (However, most of asked people drink water – it's all right 😊).
- Not many people eat enough fish but fish is healthy because it contains omega-3 fatty acids and they are important for brain activity.

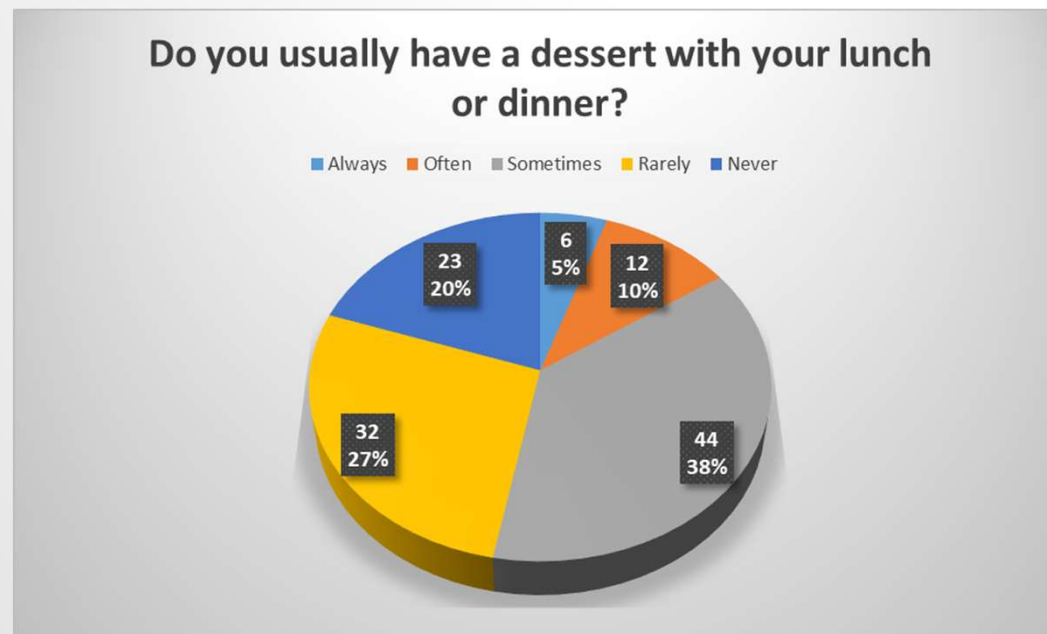
How many times a week do you eat fish?

■ Every day ■ 2/3 times a week ■ Rarely ■ Never



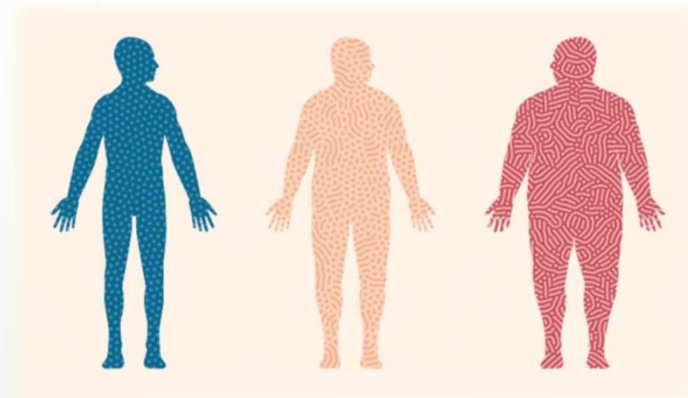
DESSERTS

- A few involved people (about 30%) have a dessert after their lunch or dinner.
- In better case it is fruit, in worse one it's a cake or ice cream.



SUGAR

- NEGATIVES:
 - Increases the risk of stomach cancer.
 - Nourish bacteria and these bacteria destroy teeth.
 - Cause the development of diabetes, osteoporosis and Alzheimer's disease.
 - Cause obesity.
 - Worsens acne.



ABOUT TEACHERS

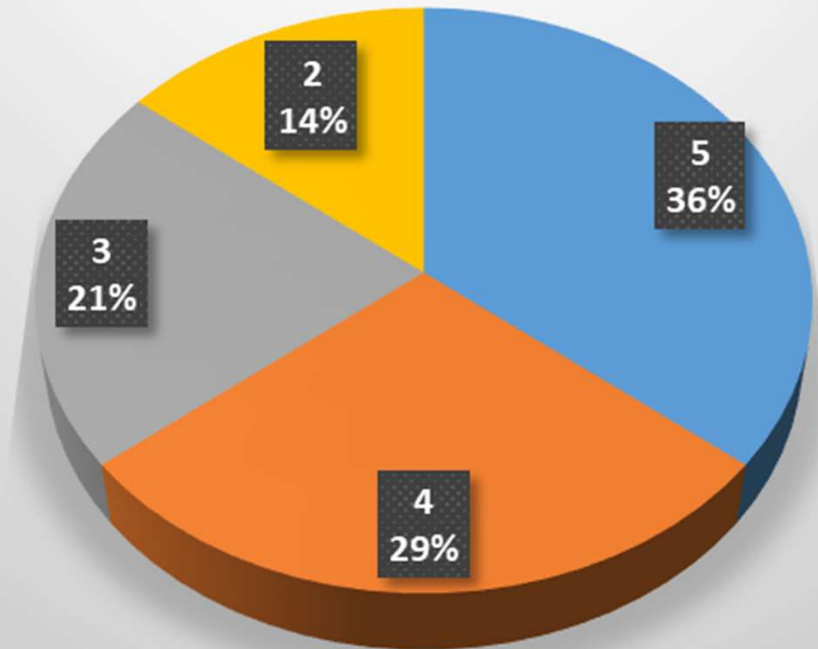
- For most teachers eating healthy means the well-balanced diet.
- A lot of teachers have breakfast in the morning, they usually have tea or coffee and some snacks.
- Most teachers have snacks between meals.
- Our teachers usually have vegetable soup and fish 2/3 times a week.
- A lot of teachers often have vegetables to the meal.
- They eat fruit every day.

- They do not usually have desert with their lunch or dinner.
- Almost all teachers drink water to their food and they do not eat in the fast-food restaurants.
- Half of the teachers use some food supplements.
- They usually buy all- types of food and nobody is on the diet.



What do you usually have for dessert?

■ Cake ■ Scones ■ Fruit ■ Ice cream



SIRLOIN IN CREAM SAUCE WITH DUMPLINGS

Classic sirloin in cream sauce is very fatty and contains many calories.

On the healthy menu, this should be just occasional dish.

Calorie table:

- Overall: 552,46 kcal
- Sauce: 114,72 kcal
- Dumpling: 212,6 kcal
- Beef tenderloin: 225,14 kcal



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