



# MAKE SURE THAT YOU EAT AND BE ENERGETIC

*BOOKLET FOR STUDENT*

**LANGUAGE: English**



**Co-funded by  
the European Union**

**BE  
ENERGETIC**

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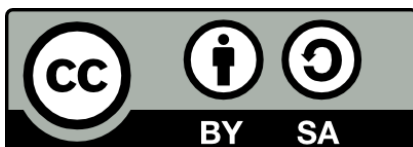
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# TABLE OF CONTENTS

<b>PRESENTATION OF THE BOOKLET .....</b>	<b>4</b>
1. WHAT IS THIS BOOKLET? .....	4
2. WHAT IS IT FOR? .....	4
3. HOW DO I USE IT? .....	4
<b>FIRST QUESTIONNAIRE BEFORE GETTING STARTED .....</b>	<b>5</b>
<b>NUTRITION .....</b>	<b>6</b>
1. TEST YOURSELF .....	6
2. INFORMATION AND ADVICE .....	7
3. NUTRITION CHALLENGE .....	10
<b>SPORT .....</b>	<b>11</b>
1. TEST YOURSELF .....	11
2. INFORMATION AND ADVICE .....	12
3. SPORT CHALLENGE .....	17
<b>MENTAL WELL-BEING .....</b>	<b>18</b>
1. TEST YOURSELF .....	18
2. INFORMATION AND ADVICE .....	20
3. MENTAL WELL-BEING CHALLENGE .....	25
<b>LAST QUESTIONNAIRE BEFORE CONCLUDING .....</b>	<b>26</b>



# PRESENTATION OF THE BOOKLET

## 1. WHAT IS THIS BOOKLET?

A "booklet" is a small booklet or book containing information on a specific subject. These booklets are often used for educational, promotional, or informational purposes. They may contain instructions, advice, explanations, or descriptions about a product, service, event, organization, or any other relevant topic.

This booklet is produced as part of the project "Make Sure That You Eat and Be Energetic." It provides information on overall well-being through three axes: nutrition, mental well-being, and sports.

## 2. WHAT IS IT FOR?

This booklet was designed with children and adolescents in mind, aiming to provide them with comprehensive guidance over a three-week period. It serves as a valuable tool to encourage self-reflection, empowering young individuals to assess their habits critically.

By fostering a deeper understanding of their routines, it enables them to discern between beneficial practices worth maintaining and those that may warrant adjustment for the sake of improved health and overall well-being.

Through practical advice and challenge, this resource strives to instill lasting habits conducive to a healthier lifestyle and a more balanced state of mind.

## 3. HOW DO I USE IT?

First, do the first text on page 5. Next, the booklet is divided into three parts, one for each theme: nutrition, mental well-being and sport.

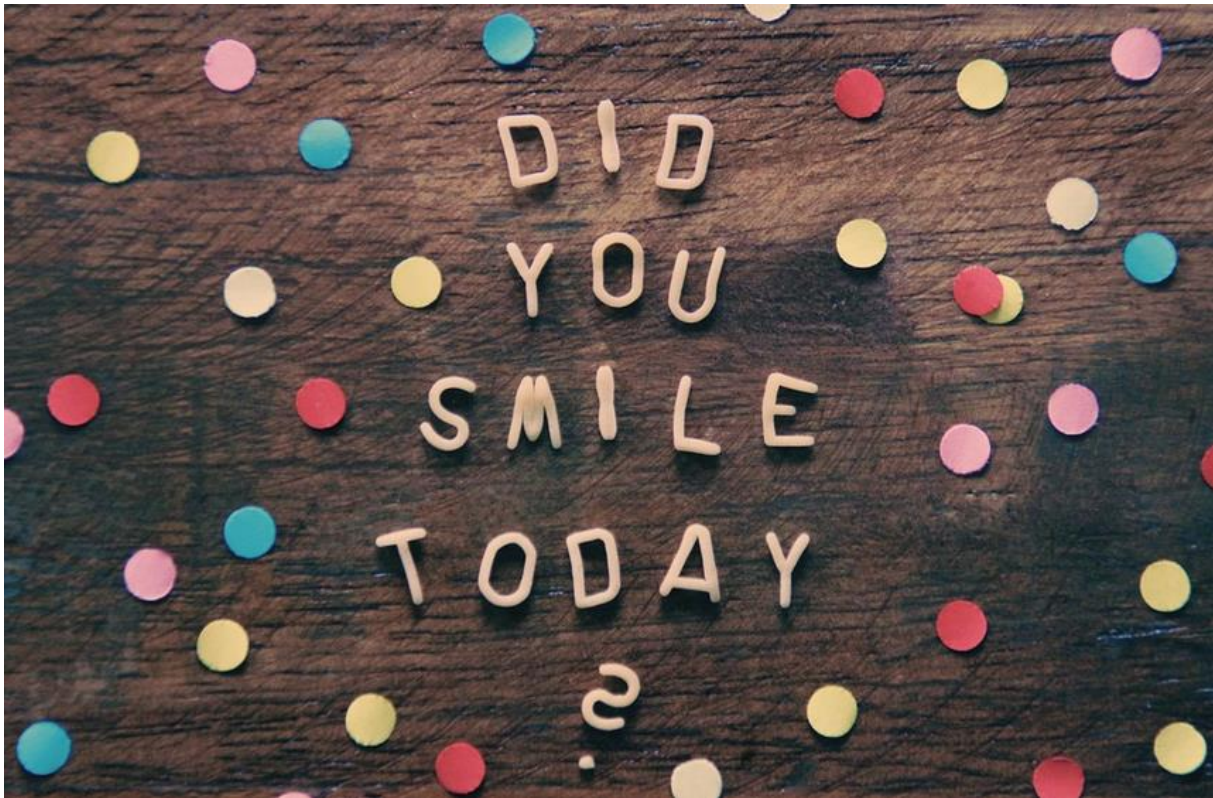
For each theme, you'll find an entry test, a few pages of advice and a challenge.

At the end, you'll take the entry test again.

This booklet will accompany you for 3 weeks.



# FIRST QUESTIONNAIRE BEFORE GETTING STARTED



**How do you assess your overall state of energy?**

0	1	2	3	4	5	6	7	8	9	10
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# NUTRITION



## 1. TEST YOURSELF

Do you eat fruit and vegetables every day?  YES  NO

Do you eat:

Too fatty?  YES  NO

Too sweet?  YES  NO

Too salty?  YES  NO

Do you help your family prepare meals?  YES  NO

Do you take part in your family's shopping for meals?  YES  NO

Do you understand food labels?  YES  NO

Do you know how to eat for a balanced diet?  YES  NO





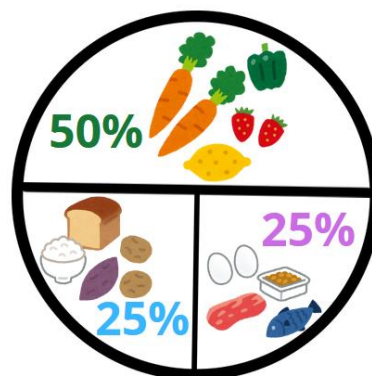
## 2. INFORMATION AND ADVICE

### Balanced Diet

A balanced diet provides your body with all the essential nutrients it needs to function properly, including proteins, carbohydrates or carbs (sugar), lipids (fats), vitamins, and minerals.

List of advice:

- **The 50/25/25 rule on the plate:** half vegetables, a quarter protein, a quarter carbohydrate, with the addition of healthy fats in small amounts.



- Eat 5 servings of vegetables and fruits daily.
- Drink plenty of water throughout the day.
- Get your fiber (about 25 g/day) from whole grains, fruits with the skin, and legumes. Incorporate legumes into your diet at least twice a week.

#### For healthy fat intake

Consume a small handful of nuts each day and opt for olive, rapeseed, and walnut oils.

#### For healthy protein intake

Prioritize poultry over other meats.

#### For healthy carbs intake

Reduce the consumption of sweet or fatty foods such as jam, chocolate, and candies. Avoid sugary drinks and limit juice consumption to one glass per day.

- Consume 2 to 3 dairy products per day.
- Choose seasonal products to benefit from their vitamins.
- Limit sodas consumption and really not every day.



## Reading a Food Label

**1.** Serving Information → 4 servings per container  
**Serving size 1 cup (227g)**

**2.** Calories → **Amount per serving**  
**Calories 280**

**3.** Nutrients →

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

**4.** Quick Guide to percent Daily Value (%DV)  
• 5% or less is **low**  
• 20% or more is **high**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source : [www.fda.gov](http://www.fda.gov)

### The Percent Daily Value (%DV)

The % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a serving of the food. The Daily Values are reference amounts (expressed in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

More often, choose foods that are:

- Higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
- Lower in %DV for Saturated Fat, Sodium, and Added Sugars

<b>Total Fat</b> 9g	<b>12%</b>	} <b>Limit saturated fat, and trans fat, cholesterol and sodium</b>
Saturated Fat 4.5g	<b>23%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 35mg	<b>12%</b>	
<b>Sodium</b> 850mg	<b>37%</b>	} <b>Limit sugar</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>	
Dietary Fiber 4g	<b>14%</b>	} <b>Eat enough fiber</b>
Total Sugars 6g		
Includes 0g Added Sugars	<b>0%</b>	
<b>Protein</b> 15g		} <b>Eat enough vitamin, calcium, iron, potassium</b>
Vitamin D 0mcg	0%	
Calcium 320mg	25%	
Iron 1.6mg	8%	
Potassium 510mg	10%	





## Reading a Food Label

**Salt, or the sodium it contains, helps maintain fluid balance in the body. It plays an essential role in regulating blood pressure and cellular hydration. However, while salt is essential, excessive consumption can be harmful to health.**

### List of advice:

- Limit salt to 6g per day.
- Taste before adding salt after cooking.
- Use salt alternatives:
  - Use spices like curry, ginger, and pepper.
  - Prefer aromatic herbs like parsley, basil, and coriander.
  - Try gomasio (salt + sesame seeds).

## Mental Well-being and Nutrition

### List of advice:

- Prepare your meals at home as much as possible.
- Practice mindfulness while eating: Take at least 20 minutes to eat.
- Avoid compensating emotions with food: Learn to recognize and manage your emotions without resorting to food for comfort. Find other ways to relax or distract yourself, such as meditation, reading, or taking a walk.
- Establish a regular eating routine: Eat at regular times throughout the day to maintain stable energy levels and promote better emotional balance.

## Diet and Exercise

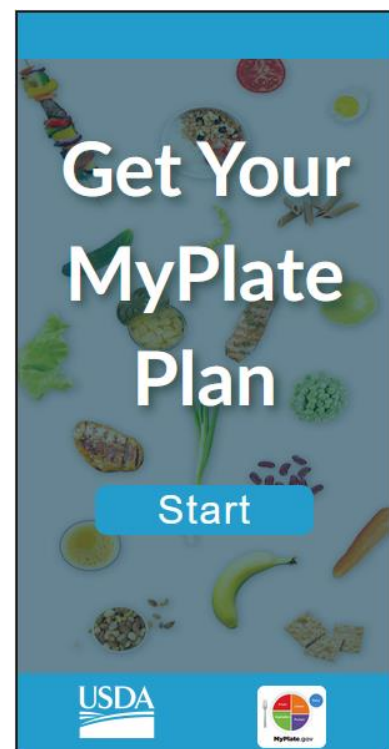
### List of advice:

- Adapt your dietary intake according to your physical activity.
- Learn your estimated calorie needs at <https://www.myplate.gov/myplate-plan>

## Fasting and Diet

### List of advice:

- During Ramadan, prioritize whole cereals.
- Maintain 3 meals during a fasting period.
- Avoid overeating at once during a fasting period.





### 3. NUTRITION CHALLENGE

For a week, every day, enter a positive point you've made about nutrition in the table.

*Example: I ate vegetables instead of starchy foods, I ate an apple instead of a chocolate bar, I went shopping with Mum and asked for fruit, etc.*

<b>MONDAY</b>	
<b>TUESDAY</b>	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	
<b>FRIDAY</b>	
<b>SATURDAY</b>	
<b>SUNDAY</b>	



# SPORT



## 1. TEST YOURSELF

**Do you exercise:**

- Once a week?  YES  NO
- Twice a week?  YES  NO
- Twice a week?  YES  NO

**Do you prefer:**

- Team games?  YES  NO
- Individual games?  YES  NO

**Do you prefer:**

- Indoor sports?  YES  NO
- Outdoor sports?  YES  NO

**What time of day do you prefer to do sports:**

- In the morning?  YES  NO
- In the evening?  YES  NO





## 2. INFORMATION AND ADVICE



### What is sport?

#### What is sport?

It is the common name for all body movements that are performed in accordance with certain rules and techniques, whose proportions are beneficial for development, and which also have the purpose of having fun and competing.

#### What is sport done for?

Exercising is a favorite activity for many people around the world, with physical benefits such as helping the body function more efficiently.

Sports are important not only to strengthen the body but also to ensure whole body coordination.

With sports, peoples muscle and bone systems become stronger. Tissues called fascia increase mobility by softening through sports and skin stretching.

There is an increase in the ability of the person who exercises to focus.

Sports is also known as a way to socialize.



#### What are the types of sport?

Volleyball, archery, hockey, judo, modern pentathlon, water sports, taekwondo, tennis, gymnastics, football, cycling, weightlifting, athletics, boxing and equestrianism are the branches in the Olympics.

People from many nationalities demonstrate their performance in the sports branch in which they specialize.



## What are the benefits of sports?

### 1. First, a reminder of what sport is?

It is a physical activity that is based on working with a certain discipline and rules, through entertainment, energy expenditure and struggle.

### 2. What are the benefits of sports?

Exercising maintains the body's balance, makes a person more energetic, prevents things like heart diseases and stress, and our body pumps more blood.

### 3. Why is exercising so important?

Scientific research shows that physical activity is especially effective in protecting heart health, maintaining weight balance, and reducing the risk of diseases such as obesity and diabetes.

### 4. What does sports bring us?

In addition to physical development, sports also contribute to our psychological and social development. With regular activity, our strength and endurance increase, and our bone development is positively affected.

### What happens if we don't do sports?

If we do not exercise regularly, the excess fat accumulated in the body may not be used as energy and may cause weight gain, heart and circulatory health problems.

A sedentary lifestyle increases the risk of problems such as heart diseases, high blood pressure, coronary artery disease and vascular occlusion.





## Changes you can implement for a healthy live

### 1. Be careful to drink plenty of water

60% of the human body consists of water. In this situation, water is an important part of life and our lives.

### 2. Information about sleep pattern compliance

One of the keys to a healthy life is regular sleep, as predicted. Because our brain and brain, which got tired throughout the day, needed rest at the end of the day. Adults need to sleep at least 7-9 hours.

### 3. You should take care to move during the day

You should especially take care to move daily to protect your cardiovascular health. You can exercise as well as walk and run. If you say, "I don't have time for exercise, walking or running," you can choose to go up or down the stairs instead of using the elevator.

### 4. Review your habits

Our habits shape our lives. Give up smoking. Also limit or give up your alcohol use.

### 5. Make time for your interests

You can pick up a hobby by taking your interests into consideration. In this way, you can feel good both physically and psychologically.

### 6. Pays attention to healthy nutrition

Eating a healthy and balanced diet makes you feel good and increases your energy during the day.

### 7. Avoid Stress

Stress is one of the biggest factors that negatively affects your health. You take care of stress management by using techniques such as yoga, transformation or deep breath.





## Sport recommendations

### What are the recommendations to be given to those who want to start sports?

1. Exercise Frequency: If the person works at an intense pace, he/she should exercise 5 days a week for a maximum of one hour.
2. Duration of the Exercise; The generally accepted duration of the exercise should be at least 20 minutes. It should be noted that this period does not include warm-up and cool-down periods.
3. Increasing Exercise: The important thing is continuity. It should not be forgotten that the benefits obtained from exercise are seen as long as the exercise is done.
4. Support your exercise by managing your sleep, nutrition and stress.
5. Prevent dehydration by drinking plenty of water: Plenty of fluids should be consumed before and after training to prevent dehydration. 1 liter of water should be consumed per day per 30 kilograms. It is very beneficial to consume 1-1.5 liters more on exercise days.

## Which types of sports are most suitable for you?



### **A BLOOD GROUP**

This blood type emerged after the Neolithic farmer's period. People with this blood group should adopt a diet that predominantly consists of carbohydrates. Activities for these people include walking, yoga, golf and Taichi.

### **B BLOOD GROUP**

This blood type emerged from the Himalayan Mountain regions between 10,000-15,000 BC. People with blood type B should eat a balanced diet that includes meat and vegetables. They respond well to moderate exercises such as swimming, Pilates, cycling and tennis.

### **C BLOOD GROUP**

It is the oldest blood group, and its history dates back to 40.000 BC. People with blood type have a healthier body by eating foods containing higher purines, and people with this blood type perform very well in exercises such as weight lifting, aerobics, running and swimming



## Which sport is good for what?

### YOGA



Yoga releases this tension while accelerating blood circulation in the body. Concentrating on slow and deep breathing helps you relax by slowing down your heart rate.

### RUNNING



Running is perfect for getting the lower parts of the body in shape. Moreover, you burn 650 calories in an hour.

### PILATES



Pilates helps put the spine in its proper position by working all the muscles in a balanced way and is frequently preferred.

### TENNIS



It increases the heart rate with oxygen intake and helps distribute oxygen and nutrients to all muscles of the blood.



### 3. SPORT CHALLENGE

For a week, every day, enter a positive point you've made about sport in the table.

*Examples: I take at least 7000 steps a day, I use the stairs instead of the lift, I exercise at least 30 minutes a day.*

<b>MONDAY</b>	
<b>TUESDAY</b>	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	
<b>FRIDAY</b>	
<b>SATURDAY</b>	
<b>SUNDAY</b>	





# MENTAL WELL-BEING



## 1. TEST YOURSELF

Nr.	Questions	Never	Rarely	Some-times	Often	Very often
1.	I am aware of what thoughts are passing through my mind:					
2.	I try to distract myself when I feel unpleasant emotions:					
3.	When talking to other people I am aware of their facial and body expressions:					
4.	There are aspects of myself I don't want to think about:					
5.	I notice changes inside my body like my heart beating faster or my muscles getting tense:					



6.	When I feel sad or uncomfortable I pray or meditate:					
7.	When I feel everything is going down around me, I talk to someone:					
8.	I try to be positive about my life:					
9.	I share my emotions and my thoughts with my friends or my family:					
10.	I go for a long walk to clear my thoughts:					
11.	I eat for pleasure:					
12.	When I am stressed, I eat more than usually:					
13.	I can't sleep when I am anxious:					
14.	I go for a ride with my bike or go running if I am angry:					
15.	I think about my state of mind:					
16.	I listen music:					
17.	I read books:					
18.	I play video games:					
19.	I watch horror movies:					
20.	I watch comedies :					
21.	I draw or paint :					



## 2. INFORMATION AND ADVICE



### What is mental well-being?

Mental well-being is often referred to as subjective well-being and it is defined as “our perception and evaluation of our life” (Keyes, 2006).

Mental well-being is how we respond to life’s ups and downs. In this simple mental well-being definition lies deeper meaning and implication for our lives. It includes how a person thinks, handles emotion and acts.

Two components comprise subjective well-being: hedonia and eudaimonia.

- **Hedonia** (like “hedonism”) refers to pleasure and happiness. In this specific context of well-being it means feeling happy about one’s life and enjoying experiences that cause happiness.  
*Examples of hedonia include any activity that cause happiness and we must underline that the activities that are in the boundaries of a normal society and a normal behavior (reading books, watching films, eating, running, painting etc.)*
- **Eudaimonia** is a more complex concept referring to living a meaningful life and striving to reach one’s full potential.  
*Examples of eudaimonia: finding meaning, completing goals, feeling like one contributes to society, being challenged and having a sense of purpose.*

Together, these two concepts contribute to our understanding of mental well being.

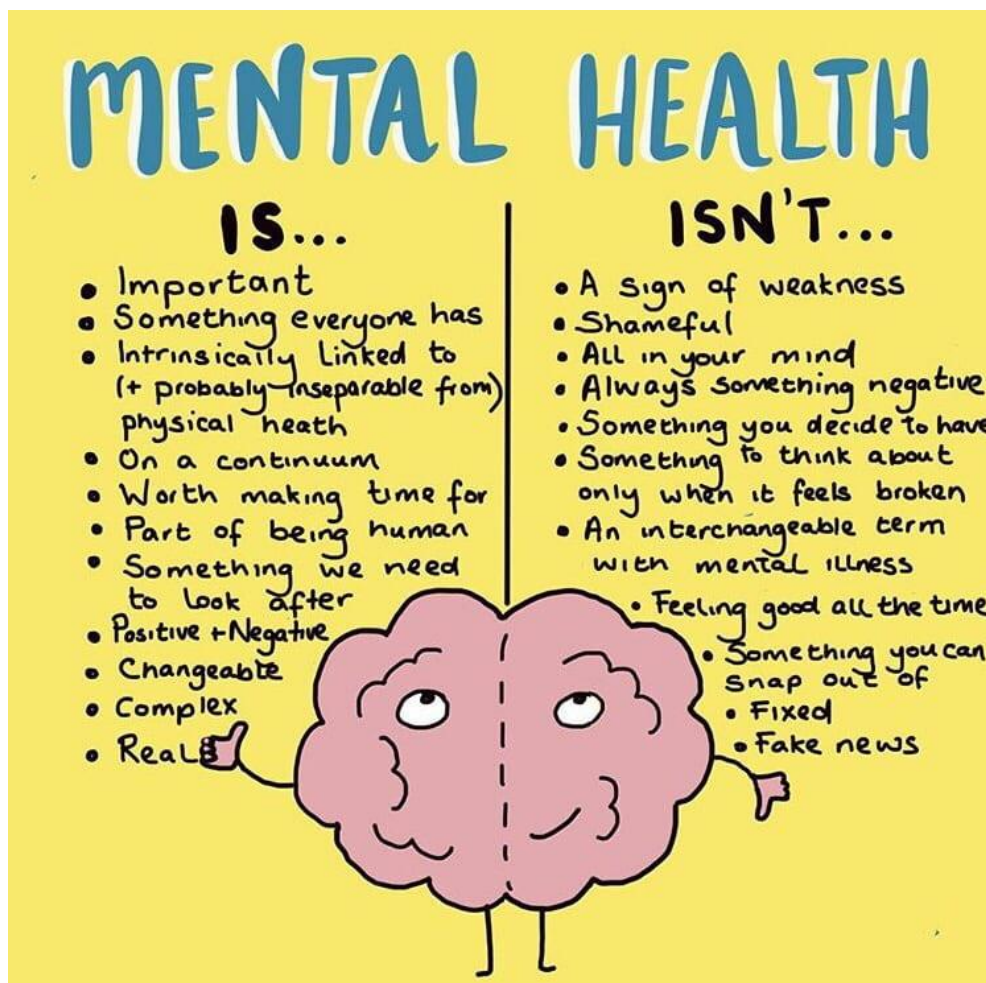




Other definitions of mental well being highlight other behaviors and activities. For example, Ryff (1989; 2013) argues that mental well being comprises six sub domains:

1. Believing that your life has meaning
2. Continued self-development and growth
3. Good-quality social connections
4. Believing that you can overcome hurdles
5. Having a positive self-concept
6. Having a sense of purpose

Mental health is as important as general physical health (World Health Organization, 2004).



## Impact of psychological health on other areas of life

Physical and psychological health are not considered two mutually exclusive concepts. Rather, good physical health can lead to good mental health, a good life, and vice versa.

For example, low mood, which indicates low mental health, is associated with an increased risk of stroke (Nabi, Kivimaki, De Vogli, Marmot, & Singh-Manoux, 2008; Surtees et al., 2008).

Physical health is not the only major domain of our lives affected by mental health. Good mental health also affects our workplace and our productivity, which affects society.



For example, employees who work in stressful work environments can experience burnout. As a result, they are less likely to enjoy their jobs and can develop other illnesses.

By focusing on mental health in a proactive and preventative manner, people might be able to avoid or lessen the severity of mental illnesses and disorders, or reduce the impairments in other areas of life, such as physical health and work (Barry, 2001).



## Benefits of positive mental well-being

Here is a list of benefits associated with mental well-being.

1. Happiness is associated with positive outcomes including better relationships, higher income, better mental health, and longevity (Lyubomirsky, King, & Diener, 2005).
2. Happier people take part in more altruistic activities and volunteering (Diener & Tov, 2007; Tov & Diener, 2009).
3. Happier people show attitudes that promote social cohesion and civility. For example, they trust more easily, are more likely to cooperate and support peace or anti-war efforts, have more confidence in their government, and have more confidence in democracy.



They are also more tolerant of immigrants and people from different demographic groups (Diener & Tov, 2007; Tov & Diener, 2009). These findings are present at both an individual level and a societal level (Tov & Diener, 2009). In other words, happier societies are more confident and trusting of their governments.

4. People with better mental health are more likely to exercise, which has a positive knock-on effect on physical health (Gerber & Pühse, 2009; Ohrnberger, Fichera, & Sutton, 2017).
5. As mental health increases, cigarette use decreases. Reduced cigarette use results in better physical health (Ohrnberger et al., 2017).

Why is it that positive mental well being results in positive circumstances? Lyubomirsky et al. (2005) posit that positive emotions and mood allow us to interpret situations in a more positive light and adopt better attitudes toward learning and experiences.



## Tips for improving your mental wellbeing

There are lots of things we can try to do to take care of our well-being.

There are some tips:

- Try to relax and reduce stress,
- Find ways to learn and be creative,
- Listen to music,
- You can adopt an animal (studies showed that pet owners are happier and healthier than the others),
- Spend time in nature,
- Connect with others,
- Look after your physical health,
- Try to improve your sleep,
- Pray or meditate,
- Try to avoid spending too much time in front of your computer or phone,
- Practice mindfulness.

## What exactly is mindfulness?



Mindfulness is a technique which involves noticing what's happening in the present moment, without judgment. You might take notice and be aware of your mind, body or surroundings.

The technique has roots in Buddhism and meditation but you don't have to be spiritual, or have any particular beliefs, to try it.

Mindfulness aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.



When we are mindful, we are more conscious of our thoughts, our actions and what is happening around us. We might notice a beautiful sunset or really listen carefully to what a friend is saying, rather than planning what we're going to say next. We are also more aware of our own feelings and our thoughts. Jon Kabat Zinn, who has done a lot to make mindfulness popular, says mindfulness is: 'Paying attention, on purpose, in the present moment, and without judging.'

So we are consciously deciding what to pay attention to, we are not worrying about the past or planning for the future and we are not trying to control or stop our thoughts or feelings – we're just noticing them.





### 3. MENTAL WELL-BEING CHALLENGE

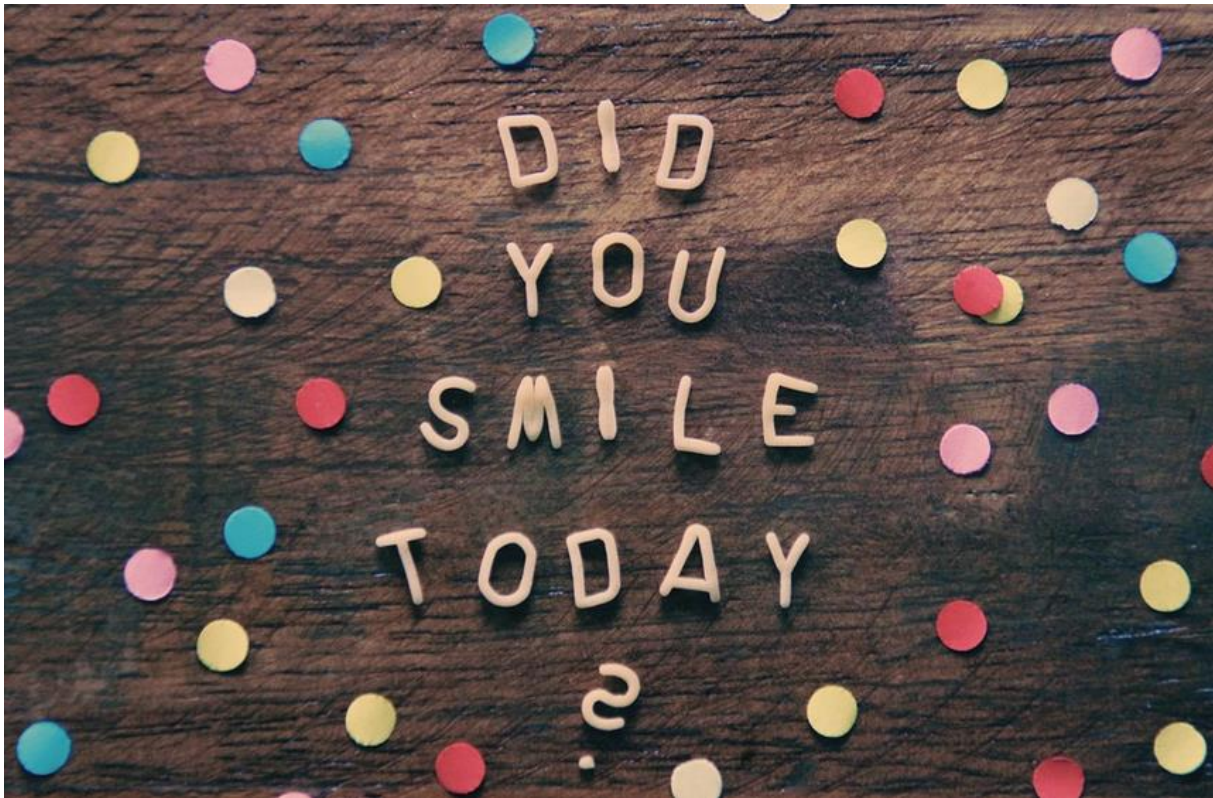
For a week, every day, enter a positive point you've made about mental well-being in the table.

*Example: I didn't eat in front of the computer, I took care of my pet, I have spent time with my friends instead of playing video games, I visited my grandparents, I took long walk and I was aware of all the things met on my way home, I didn't watch any horror movie etc.*

<b>MONDAY</b>	
<b>TUESDAY</b>	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	
<b>FRIDAY</b>	
<b>SATURDAY</b>	
<b>SUNDAY</b>	



# LAST QUESTIONNAIRE BEFORE CONCLUDING



**After your three weeks challenge, how do you assess your overall state of energy?**

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----