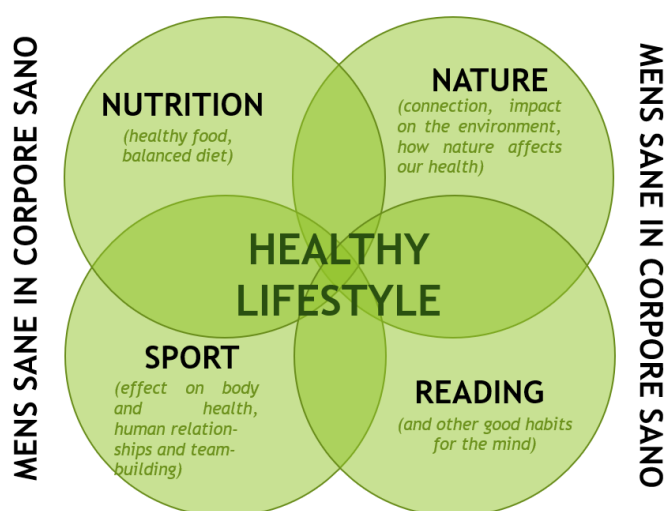




SKILLS TO BE MASTERED DURING THE PROJECT AND QUESTIONS TO TEST THEM



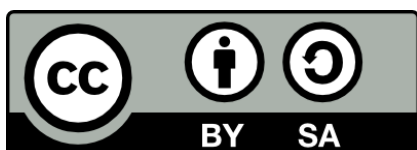
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1. 20 SKILLS TO BE MASTERED DURING THE PROJECT

NUTRITION

1. Know the essential elements for the body (carbohydrates, lipids, proteins, micronutrients) and their function.
2. Explain the functioning of energy metabolism (basal metabolism, activity metabolism, energy, energy balance).
3. Know the consequences of an imbalance in the energy balance.
4. Know the consequences of a too salty alimentation.
5. Explain dietary adaptations for Easter (reduced meat consumption) and Ramadan (intermittent youth).
6. Know what kind of essential elements can be found in what kind of aliments.
7. Know about the food additive and the toxicity of some of them.
8. Read and understand food labels.

MIND AND BODY

9. Be aware of the fact that for a healthy mind and body you have to live in a healthy environment.
10. Be able to analyse your own environment (familial, cultural and global) and understand the link between inner and outer self.
11. Know how can we change the exterior for having a healthy interior with sports, yoga, prayer, meditation, etc.
12. Be able to develop a thoughtful approach to technology (social networks, apps, AI, etc.).
13. Be aware of your habits that could be healthy or unhealthy (food, music, sport, etc.).
14. Be able to implement the knowledge that WE BECOME WHAT WE THINK MOST OF THE TIME.

SPORT

15. Know different types of sport and their specificities.
16. Be able to list physical activities to keep fit.
17. Know the effects of different types of sport on the body (stretching, muscle strengthening, specificities, etc.) and be able to choose for yourself.
18. Know the gender stereotype in sport and be able to fight them.
19. Know the type of sport according to the number of persons doing them.
20. Be able to make the link between doing sport regularly and be healthy.



2. QUESTIONS TO TEST THEM

1. Know the essential elements for the body (carbohydrates, lipids, proteins, micronutrients) and their function.

1.1 What is the primary role of carbohydrates in the body?

- a) Building and repairing tissues
- b) Assisting in blood clotting
- c) Promoting vision health
- d) **[TRUE]** Providing energy

1.2 What is the primary function of proteins in the body?

- a) Energy storage
- b) **[TRUE]** Building and repairing tissues
- c) Regulating body temperature
- d) Promoting digestion

1.3 Lipids are essential for the body because they:

- a) Boost immune system
- b) **[TRUE]** Provide structure to cell membranes
- c) Helps repair muscle tissue
- d) Regulate body temperature

1.4 Micronutrients include:

- a) Carbohydrates
- b) Lipids
- c) Proteins
- d) **[TRUE]** Vitamins and minerals



1.5 Which nutrient acts as the body's primary source of energy?

- a) Proteins
- b) Lipids
- c) **[TRUE]** Carbohydrates
- d) Micronutrients

1.6 Which of the following is a type of carbohydrate?

- a) **[TRUE]** Starch
- b) Cholesterol
- c) Hemoglobin
- d) Insulin

2. Explain the functioning of energy metabolism (basal metabolism, activity metabolism, energy, energy balance).

2.1 What is the term for the minimum amount of energy required to keep the body functioning at rest?

- a) Energy balance
- b) Activity metabolism
- c) **[TRUE]** Basal metabolism
- d) Energy

2.2 The number of calories a person burns while at rest is referred to as?

- a) Activity metabolism
- b) Energy balance
- c) **[TRUE]** Basal metabolic rate
- d) Energy



2.3 Energy balance in the human body is a result of:

- a) Basal metabolism only
- b) Activity metabolism only
- c) Energy input only
- d) **[TRUE]** The equilibrium between energy input and output

2.4 The energy used during physical activity is referred to as:

- a) Energy balance
- b) **[TRUE]** Activity metabolism
- c) Basal metabolism
- d) Energy

2.5 What does the term "energy" refer to in the context of human metabolism?

- a) The force that keeps the body at rest
- b) The mechanism that allows humans to perform mental tasks
- c) **[TRUE]** The power derived from the utilization of physical or chemical resources
- d) The volume of oxygen consumed during exercise

3. Know the consequences of an imbalance in the energy balance.

3.1 What can be a potential outcome of a positive energy balance over a long period?

- a) Weight loss
- b) **[TRUE]** Weight gain
- c) Muscle atrophy
- d) Increase in height



3.2 What can be a result of negative energy balance over time?

- a) **[TRUE]** Weight loss
- b) Weight gain
- c) Increase in muscle mass
- d) None of the above

3.3 What health risk is associated with a prolonged positive energy balance?

- a) Dehydration
- b) **[TRUE]** Obesity
- c) Osteoporosis
- d) Anaemia

3.4 A negative energy balance can lead to:

- a) **[TRUE]** Nutrient deficiencies
- b) Hypertension
- c) Diabetes
- d) Asthma

3.5 Maintaining a balance between energy intake and energy expenditure can result in:

- a) Increased risk of heart disease
- b) Weight loss
- c) Weight gain
- d) **[TRUE]** Stable body weight



4. Know the consequences of a too salty diet.

4.1 Consuming too much salt can increase the risk of:

- a) Osteoporosis
- b) **[TRUE]** High blood pressure
- c) Vitamin D deficiency
- d) Anemia

4.2 A diet high in salt can potentially lead to:

- a) Weight loss
- b) **[TRUE]** Kidney disease
- c) Hypoglycemia
- d) Rickets

4.3 A high salt diet can have the following effect on the body:

- a) Decreased blood pressure
- b) Increased iron absorption
- c) **[TRUE]** Water retention
- d) Decreased heart rate

4.4 Consuming too much salt can cause:

- a) Increased calcium absorption
- b) **[TRUE]** Dehydration
- c) Excess protein synthesis
- d) Increased energy levels



5. Explain dietary the effect of the reduction of meat consumption (i.e. for Easter) and of intermittent fasting (i.e. Ramadan).

5.1 What is a potential benefit of intermittent fasting?

- a) It increases the risk of nutrient deficiencies
- b) **[TRUE]** It can improve insulin sensitivity
- c) It leads to rapid muscle growth
- d) It can increase overall caloric intake

5.2 Which of the following is NOT a known benefit of reducing meat consumption in one's diet?

- a) Increased risk of cardiovascular disease
- b) **[TRUE]** Increased risk of iron-deficiency anemia
- c) Reduced environmental impact
- d) Lowered risk of certain types of cancers

5.3 Intermittent fasting may potentially lead to:

- a) **[TRUE]** Improved metabolic health
- b) Increased muscle mass
- c) Immediate weight loss in the first week
- d) Increased energy levels throughout the day

5.4 A diet that reduces meat consumption can potentially:

- a) Decrease the risk of heart disease
- b) Increase the risk of protein deficiency
- c) Increase the risk of Vitamin B12 deficiency
- d) **[TRUE]** Both a) and c)



5.5 Which of these is NOT a common method of intermittent fasting?

- a) The 5:2 diet (eat normally for 5 days, restrict calories for 2 days)
- b) **[TRUE]** The 7:0 diet (fast for 7 days, eat normally for 0 days)
- c) The 16/8 method (fast for 16 hours, eat within an 8-hour window)
- d) Eat-Stop-Eat (a 24-hour fast once or twice per week)

6. Know what kind of essential elements can be found in what kind of foods.

6.1 What type of food is usually rich in proteins?

- a) Fruits
- b) **[TRUE]** Meats and legumes
- c) Sugary drinks
- d) Bread

6.2 Which of the following foods is a good source of lipids?

- a) Rice
- b) Pasta
- c) **[TRUE]** Nuts and seeds
- d) Fruit juice

6.3 Carbohydrates are most abundant in:

- a) Meat
- b) Fish
- c) **[TRUE]** Grains and starchy vegetables
- d) Eggs



6.4 Which food group is known to be high in micronutrients like vitamins and minerals?

- a) Dairy products
- b) Meats
- c) **[TRUE]** Fruits and vegetables
- d) Bread and pasta

6.5 Which type of food is known for being rich in fibers but low in lipids?

- a) Fast food
- b) **[TRUE]** Fruits and vegetables
- c) Fried food
- d) Dairy products

7. Know about the food additive and the toxicity of some of them.

7.1 What is the primary purpose of food additives?

- a) Increase nutritional value
- b) **[TRUE]** Preserve flavor or enhance taste, appearance, or other sensory qualities
- c) Make food less appealing
- d) Reduce cooking time

7.2 Which food additive has been linked to potential health risks, including hyperactivity in children?

- a) Natural flavors
- b) **[TRUE]** Artificial colorings
- c) Ascorbic acid
- d) Xanthan gum



7.3 Which of the following is NOT a common type of food additive?

- a) Preservatives
- b) Flavorings
- c) Colorings
- d) **[TRUE]** Vitamins

7.4 Certain food additives are considered toxic because they can:

- a) Enhance the taste of food
- b) **[TRUE]** Contribute to health problems when consumed in large quantities
- c) Improve food texture
- d) Preserve food

7.5 Which food additive is generally considered safe to consume in moderate quantities, but can lead to stomach discomfort in high amounts?

- a) Ascorbic acid
- b) **[TRUE]** Sorbitol
- c) Citric acid
- d) Xanthan gum

8. Read and understand food labels.

8.1 When reading a food label, which section tells you how much of certain nutrients the food provides?

- a) Ingredient list
- b) **[TRUE]** Nutrition Facts
- c) Allergen Information
- d) Product weight



8.2 What does the "% Daily Value" indicate on a food label?

- a) The percentage of each ingredient in the product
- b) The percentage of calories per serving
- c) The freshness of the product
- d) **[TRUE]** The percentage of each nutrient in a serving of the food, based on a 2,000-calorie diet

8.3 The ingredients on a food label are listed in what order?

- a) Alphabetically
- b) **[TRUE]** By weight, from most to least
- c) By weight, from least to most
- d) Randomly

8.4 What does a food label NOT typically provide information about?

- a) Caloric content
- b) Fat content
- c) Carbohydrate content
- d) **[TRUE]** The origin of the ingredients

8.5 Which of the following would be found on a food label?

- a) The address of the manufacturer
- b) **[TRUE]** Serving size
- c) Preparation instructions
- d) All of the above



9. Be aware of the fact that for a healthy mind and body you have to live in a healthy environment.

9.1 Which of the following environmental factors can directly affect physical health?

- a) **[TRUE]** Air quality
- b) The color of your walls
- c) The size of your city
- d) The height of your building

9.2 A healthy environment contributes to:

- a) Greater job opportunities
- b) Better public transportation
- c) **[TRUE]** Improved mental and physical health
- d) Increased property values

9.3 Which of these is NOT a characteristic of a healthy environment?

- a) Clean air and water
- b) Adequate housing conditions
- c) Safe workplaces
- d) **[TRUE]** Heavy traffic

9.4 An unhealthy environment can lead to:

- a) Improved physical fitness
- b) Lowered stress levels
- c) Enhanced creativity
- d) **[TRUE]** Increased risk of disease



9.5 Living in a healthy environment contributes to:

- a) Wealth accumulation
- b) **[TRUE]** Enhanced well-being
- c) Increased social status
- d) Career progression

10. Be able to analyze your own environment (familial, cultural, and global) and understand the link between inner and outer self.

10.1 What is the relationship between your environment and your inner self?

- a) They are completely independent of each other
- b) Your inner self shapes the environment, but the environment has no effect on your inner self
- c) **[TRUE]** They influence each other
- d) Your environment shapes your inner self, but your inner self has no effect on your environment

10.2 How can cultural environment influence one's inner self?

- a) By dictating what career one must pursue
- b) **[TRUE]** By influencing one's values and perspectives
- c) By controlling one's financial status
- d) By determining one's physical appearance

10.3 Which of the following is NOT an aspect of one's environment that can impact the inner self?

- a) Family relationships
- b) Cultural norms
- c) Global events
- d) **[TRUE]** The color of one's car



10.4 Your familial environment can influence your inner self by:

- a) **[TRUE]** Shaping your early beliefs and attitudes
- b) Dictating your career choice
- c) Determining your height
- d) Choosing your friends for you

10.5 Your global environment might influence your inner self through:

- a) Deciding your favorite food for you
- b) Choosing your life partner
- c) **[TRUE]** Influencing your worldview and awareness of global issues
- d) Determining your daily routine

11. Know how we can change the exterior for having a healthy interior with sports, yoga, prayer, meditation, etc.

11.1 How does regular exercise impact mental health?

- a) It worsens mental health over time
- b) It has no impact on mental health
- c) **[TRUE]** It can improve mental health by reducing stress, anxiety, and depression
- d) It can only improve mental health if done in a group setting

11.2 What is the primary benefit of meditation for mental health?

- a) It improves physical strength
- b) It enhances social skills
- c) It boosts memory and concentration
- d) **[TRUE]** It helps manage stress and increases self-awareness



11.3 How does practicing yoga contribute to physical health?

- a) It increases social relationship
- b) **[TRUE]** It improves flexibility and balance
- c) It leads to weight gain
- d) It impairs cardiovascular function

11.4 Prayer can positively affect mental health by:

- a) Increasing physical strength
- b) Increasing memory function
- c) **[TRUE]** Providing a sense of peace and purpose
- d) Providing a social position

11.5 Which of the following activities can contribute to a healthier 'interior' or inner self?

- a) Spending more time on social media
- b) **[TRUE]** Regular exercise
- c) Watching more television
- d) Eating fast food regularly

12. Be able to develop a thoughtful approach to technology (social networks, apps, AI, etc.).

12.1 What does it mean to have a thoughtful approach to technology?

- a) Avoiding all forms of technology
- b) **[TRUE]** Being mindful of how and why you use technology
- c) Using as much technology as possible
- d) Only using technology for entertainment purposes



12.2 A thoughtful approach to social media may include:

- a) Sharing personal information online
- b) Spending everyday time on social media
- c) **[TRUE]** Considering the impact of social media on mental health
- d) Ignoring negative messages received on social media

12.3 A mindful approach to using apps may involve:

- a) Downloading all the free apps, never pay for them
- b) **[TRUE]** Considering the privacy implications and time on it
- c) Ignoring updates and notifications from apps
- d) Only using apps recommended by friends and family

12.4 In the context of AI, a thoughtful approach could mean:

- a) Avoiding all AI technology, it is too early
- b) **[TRUE]** Being aware of the ethical implications of AI
- c) Using AI for decision-making and homeworks
- d) Using only AI-developed products

12.5 Which of the following is NOT part of a thoughtful approach to technology?

- a) Limiting screen time
- b) Considering privacy and data security
- c) **[TRUE]** Relying on technology for social interactions
- d) Staying informed about the latest technological advancements

13. Be aware of your habits that could be healthy or unhealthy (food, music, sport, etc.).

13.1 Which of the following is considered a healthy habit?

- a) Consuming fast food daily
- b) **[TRUE]** Regular physical activity
- c) Listening to music for extended periods
- d) Get plenty of sleep in the morning



13.2 What characterizes an unhealthy habit?

- a) It contributes to mental and physical well-being
- b) **[TRUE]** It has a negative impact on health over time
- c) It is recommended by health professionals
- d) It is a routine behavior that is difficult to change

13.3 Which of the following is NOT typically considered a healthy habit?

- a) Eating always the same thing you like
- b) **[TRUE]** Spending hours on social media
- c) Engaging in regular physical activity
- d) Getting adequate sleep

13.4 Which of these could be considered a healthy habit related to music?

- a) Listening to music through headphones for several hours
- b) **[TRUE]** Using music as a relaxation tool to reduce stress
- c) Playing an instrument without any breaks
- d) Constantly changing musical tastes

13.5 An unhealthy habit related to sport could be:

- a) Training for a sport several times a week
- b) **[TRUE]** Ignoring pain or injuries and continuing to train
- c) Stretching before and after physical activity
- d) Drinking water during exercise



14. Be able to implement the knowledge that WE BECOME WHAT WE THINK MOST OF THE TIME.

14.1 The phrase "We become what we think most of the time" suggests that our thoughts:

- a) Have no impact on our lives
- b) **[TRUE]** Shape our reality and our future
- c) Are completely independent of our actions
- d) Are determined by our physical environment

14.2 If "we become what we think most of the time," a person with a positive mindset will likely:

- a) Have more negative experiences
- b) Have no influence over their experiences
- c) **[TRUE]** Attract more positivity into their life
- d) Attract more negativity into their life

14.3 If we understand "we become what we think most of the time," we could improve our lives by:

- a) Ignoring our thoughts
- b) **[TRUE]** Cultivating positive thinking habits
- c) Focusing on negative experiences
- d) Trying not to think at all

14.4 To apply the concept "we become what we think most of the time," you could:

- a) avoid long-term thinking
- b) Correct past mistakes
- c) **[TRUE]** Visualize your success on a regular basis
- d) Prepare for potential problems



15. Know different types of sport and their specificities.

15.1 Which of the following is an example of an aerobic sport?

- a) Weightlifting
- b) Sprinting
- c) **[TRUE]** Marathon running
- d) Gymnastics

15.2 What is a characteristic of a team sport?

- a) It is always played indoors
- b) It requires no equipment
- c) **[TRUE]** It involves cooperation between players
- d) It can only be played by professionals

15.3 Which of the following is a characteristic of individual sports?

- a) They require a ball
- b) They involve physical contact
- c) **[TRUE]** They rely on individual performance for scoring
- d) They cannot be played outdoors

15.4 What is a feature of contact sports like rugby and American football?

- a) They require no equipment
- b) They are always played indoors
- c) They rely on individual performance for scoring
- d) **[TRUE]** They involve a significant amount of physical contact between players

15.5 What is unique about endurance sports like cycling or long-distance running?

- a) They involve physical contact with opponents
- b) **[TRUE]** They require sustained physical effort over a long period
- c) They are typically played with a ball
- d) They are always played indoors



16. Be able to list physical activities to keep fit.

16.1 Which of the following is a physical activity that can help maintain fitness?

- a) Watching TV for several hours
- b) Playing video games
- c) Sitting for extended periods
- d) **[TRUE]** Swimming regularly

16.2 Which of the following is NOT a physical activity that can help maintain fitness?

- a) Biking to work
- b) Taking the stairs instead of the elevator
- c) **[TRUE]** Sitting in a meeting for several hours
- d) Walking a dog

16.3 What is a physical activity that can help maintain fitness and also improve balance and flexibility?

- a) Eating a balanced diet
- b) Running every day
- c) **[TRUE]** Practicing yoga regularly
- d) Sleeping for eight hours each night

16.4 What physical activity can help maintain fitness and also improve strength?

- a) Cooking a meal
- b) **[TRUE]** Lifting weights regularly
- c) Driving a car
- d) Shopping for groceries



17. Know the effects of different types of sport on the body (stretching, muscle strengthening, specificities, etc.) and be able to choose for yourself.

17.1 What is a primary effect of weightlifting on the body?

- a) Increased flexibility
- b) **[TRUE]** Increased muscle strength
- c) Decreased heart rate
- d) Decreased bone density

17.2 What is a primary benefit of stretching exercises for the body?

- a) Weight loss
- b) **[TRUE]** Improved flexibility
- c) Increased muscle mass
- d) Increased heart rate

17.3 How does endurance training primarily affect the body?

- a) It reduces flexibility
- b) **[TRUE]** It improves cardiovascular fitness
- c) It increases muscle mass quickly
- d) It decreases lung capacity

17.4 Which type of exercise is beneficial for improving balance?

- a) Weightlifting
- b) Long-distance running
- c) **[TRUE]** Yoga
- d) Sprinting



17.5 Which of the following sports is beneficial for improving coordination?

- a) Long-distance running
- b) **[TRUE]** Tennis
- c) Weightlifting
- d) Cycling

18. Know the gender stereotype in sport and be able to fight them.

It's better to gather information through interviews and compare at the end of the year.

19. Know the type of sport according to the number of persons doing them.

19.1 Which of the following sports is typically played one-on-one?

- a) Baseball
- b) **[TRUE]** Tennis
- c) Soccer
- d) Basketball

19.2 Which of the following is a team sport?

- a) Marathon running
- b) Swimming
- c) **[TRUE]** Volleyball
- d) Boxing

19.3 What type of sport is typically done in large groups?

- a) Tennis
- b) Boxing
- c) **[TRUE]** Soccer
- d) Golf



19.4 A sport typically played by two players is:

- a) **[TRUE]** Badminton (singles)
- b) Basketball
- c) Soccer
- d) Rugby

19.5 Which of these is a solo sport?

- a) Basketball
- b) **[TRUE]** Swimming (individual races)
- c) Football
- d) Hockey

20. Be able to make the link between doing sport regularly and be healthy.

20.1 Regular physical activity can contribute to health by:

- a) Increasing the risk of injuries
- b) **[TRUE]** Lowering the risk of chronic diseases like heart disease and diabetes
- c) Causing severe muscle pain
- d) Increasing the risk of mental health disorders

20.2 How does regular sport participation influence mental health?

- a) It increases the risk of anxiety and depression
- b) It has no impact on mental health
- c) **[TRUE]** It can reduce stress and improve mood
- d) It worsens overall mental health



20.3 Which of these is NOT a benefit of regular physical activity or sport for health?

- a) Improved cardiovascular health
- b) Increased muscle strength and flexibility
- c) **[TRUE]** Increased risk of chronic disease
- d) Improved mental health

20.4 Regular participation in sports can contribute to healthy aging by:

- a) Increasing joint pain
- b) Reducing muscle mass
- c) **[TRUE]** Maintaining mobility and reducing the risk of falls
- d) Increasing the risk of injury

20.5 Which of these is a benefit of regular sport or physical activity on mental health?

- a) It increases feelings of isolation
- b) **[TRUE]** It can improve sleep quality
- c) It increases stress levels
- d) It reduces focus and concentration