

Hello everyone,

welcome to our food blog.

We are a science course here at Gesamtschule Uerdingen.

The most special thing about our course is that it is in English.

Today we are talking about some topics like an interview, healthy eating rules, healthy snacks, anorexia, bulimia and compulsive overeating.



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We had an interview with Marcel, the canteen man.



Why do you have a tattoo with a carrot?

Because I worked at many restaurants as a chef.

Is it great to work here?

Sometimes it is exhausting for my ears and nerves, but I would say it is funny to work here.

What is your favorite food in the canteen?

In the morning:
Chocolate

In the evening:
„Schnitzelbrötchen“

How much money do you get?

Not enough.

Which quality does the food have?

I'm selling good things to you.

Do you like the school canteen?

It is exhausting, but really funny.

Do you work in your free time?

No I don't work in my free time.

What do you think about healthy food?

I eat really much unhealthy food, but healthy eating is important.



<http://modernhek.com/wp-content/uploads/2013/10/Health-image.jpg>althmon

By Kevin Neif and William Fischer

8 RULES FOR HEALTHY EATING

1. Base your meals on starchy carbohydrates



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- Starchy carbohydrate foods include potatoes, bread, pasta, rice and noodles.
- Where possible choose wholegrain or higher fibre versions with less added fat, salt and sugar, or leave the skins on potatoes.
- Did you know? Starchy carbohydrate foods contain fewer than half the calories of fats per gram.

2. Eat lots of fruit and vegetables



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- Eat at least 5 portions of a variety of fruit and vegetables every day as they contain different combinations of vitamins and minerals.
- Fresh, frozen, tinned, dried and juiced, all count but remember unsweetened fruit juice and/or smoothies should be limited to 150ml per day in total and dried fruit should be limited to about 1 tablespoon (30g) per day and eaten with a meal.
- You could try grating vegetables like carrots and courgettes into a Bolognese sauce or add lots of vegetables to homemade tomato sauce and blend.

3. Eat more fish, including a portion of oily fish



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- Aim for at least two portions of sustainably sourced fish per week, including a portion of oily fish (a portion is approximately 140g cooked weight).
- Oily fish, such as sustainably sourced salmon, sardines, mackerel and trout, are one of the only natural food sources of vitamin D, which is important for bone health. Oily fish is also our main source of omega 3, which is important for heart health.
- Choose from fresh, frozen, smoked and canned fish, but remember smoked and canned fish may contain high levels of salt, so check the food labels to choose the varieties lower in salt.

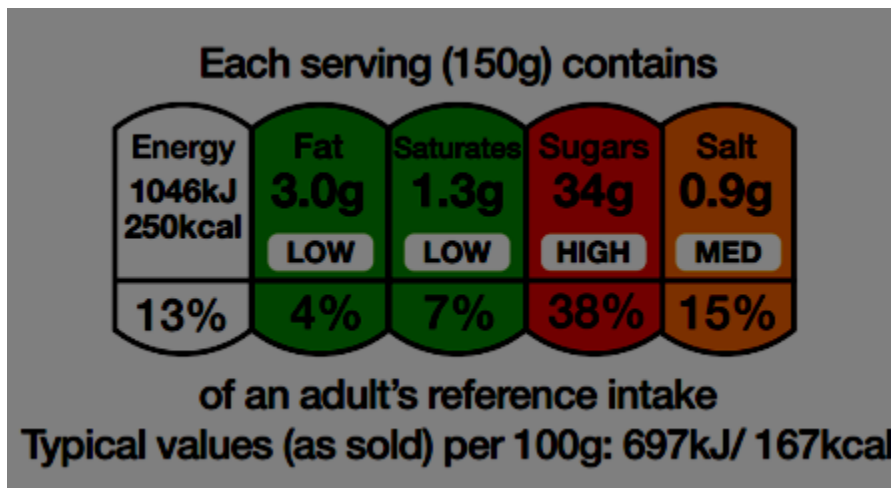
4. Cut down on saturated fat and sugars



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- Swapping saturated fat, found in butter, chocolate, cheese and fatty cuts of meat, with unsaturated fat, found in vegetable oils, nuts, seeds, oily fish and avocado, can help lower the level of cholesterol in your blood.
- Too much sugar, especially between meals, can increase risk of tooth decay and will add extra calories so cut down on sugary foods and drinks like cereals high in sugar, cakes, biscuits and sugary drinks. If you get a sweet craving you could try having fruit on yogurt instead, helping you to achieve your 5-a-day!
- Use food labels to help you choose foods lower in saturated fat and sugars by choosing varieties with more green and ambers on the front of pack label.

5. Eat less salt



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- Adults should eat no more than 6g (1 teaspoon) per day and children should have even less. A high salt intake is associated with an increased risk of developing high blood pressure which puts you at a greater risk of developing stroke or heart disease.

- Most of our salt intake comes from processed foods rather than salt added during cooking or at the table, so always check food labels for the salt content! When comparing foods, a high salt content is more than 1.5g salt per 100g and low is 0.3g salt or less per 100g.

- Try using extra herbs, spices, citrus juices (lemon and lime), or vinegar to flavour foods so you can use less salt in your recipes.

6. Get active and be a healthy weight

- **The government recommends 150 minutes of moderate intensity or 75 minutes vigorous intensity physical activity for adults 19-64 years of age and muscle strength training on at least two days per week.**
- **Moderate intensity activities include cycling or brisk walking. High or vigorous intensity activities include swimming and running. Muscle strengthening activities include weight lifting, exercises with weights or carrying heavy boxes or groceries.**
- **Over 60% of adults in the UK are overweight or obese which increases the risk of getting type 2 diabetes, heart disease and some cancers. Physical activity can reduce the risk of type 2 diabetes, heart disease and stroke and help maintain a healthy weight.**

7. Don't get thirsty



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- Aim for 6-8 glasses of fluid per day. Water is the best choice as it hydrates you without adding any extra calories to your daily intake.
- Other good options include unsweetened tea and coffee, sugar free drinks and low fat milk. Unsweetened fruit juice and smoothies count but remember intake should be limited to 150ml a day.
- Alcohol does not count because it makes you pass urine more frequently.

8. Don't skip breakfast



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- A healthy breakfast can provide fibre, calories, vitamins and minerals important for health.
- Choose wholegrain cereals, porridge or wholemeal toast for a healthy start to the day.
- Swap sugary breakfast cereals for plain cereals such as plain porridge, no added sugar muesli or wholegrain cereals.

By Kübra Durmazcanli and Jessica Juralewsky

Ideas for healthy snacks

- Eat more fruit and vegetables
- Drink much water
- Eat meat without much fat
- Eat some fish

Here are some ideas for healthy snacks

Fruit salad

- Apples
- Bananas
- Strawberries
- Grapes
- Blackberries
- Pineapples
- Oranges
- Mangos
- Peaches



Devita.com

Vegetables spits

- Cucumber
- Pepper
- Tomato
- Carrot

For the Cheat Day

KRÜMELMONSTER
CUPCAKE



foodchomp.de

Anorexia

Hello together we are Selin and Sarah

and we talk about Anorexia nervosa, also called anorexia today. It is an eating disorder, where you have a low weight, fear of gaining weight, a strong desire to be thin and restrict food.

Many people with anorexia see themselves as overweight, even though they are in fact underweight. If asked they usually deny they have a problem with low weight. Often they weigh themselves frequently, eat only small amounts and eat only certain foods.

Some exercise excessively, force themselves to vomit or use laxatives to produce weight loss.

Consequences may include infertility and heart damage, among others.

Women often stop having menstrual periods.

By Sarah Hantelmann and Selin Magdanz

Bulimia

The word bulimia comes from the Greek word Bulimios, which means „oxhungry“.

People with bulimia have binge eatings and after that they throw up or do sports every time, day and night. It's similar to anorexia.

When you have bulimia, you are bingeing and purging regularly. Regularly means at least once a week and again and again. It isn't like going to a party, eating too much and throwing up once. Plus, it isn't eating too much and doing sports on the next day.

People with bulimia first eat very much junk food, mostly in secret. They buy convenience food or eat frozen food. They can't stop eating, only when there is no food left or they are too full. Sometimes they have to take salt on a dessert or something else to stop eating. After that some people with bulimia take laxatives or throw up.

Often you can identify people with anorexia, because they are very thin and underweight, but the people with bulimia can have an average weight or can be a bit overweight.



Essen-und-trinken.de

>definetly better than<
<definetly worse than<



getslimer.net

By Vera Köster

Binge eating

People who suffer from binge eatings feel ashamed. The illness comes from the brain. The reason is a psychological trauma. If you are a binge eater, you eat as much as you can. After too much food you have a break and then you start again. 2% in the USA are binge eaters. That are 6 million people. They are close to diabetes.

By Vincent Krutzke

Photos from the lessons





