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Work sheet

1st column

2nd column

1	Make it interesting!	A	The more processed the product, the less nutritional value it has. Sweets are a source of empty calories, easily digestible sugar and fats that cause atherosclerosis. On the other hand, salty snacks, Chinese soups and ready meals flood us with salt and other harmful substances.
2	Eat regularly!	B	Think about how many times you have criticised yourself, blamed yourself about things beyond your control, and reacted allergically to compliments. At least once a day, praise yourself for what you have managed to do.
3	Take care to relax!	C	Ensure that each of your meals contains a variety of products. Try not to eat bread and ham for breakfast, second breakfast and dinner. Prepare a variety of pastas, cottage cheese and salads. Eat raw vegetables as often as possible, preferably 5 times a day, and make sure your plate is always colourful. Eating a variety of colourful foods ensures the provision of nutrients and vitamins from different groups.
4	Make changes in small steps!	D	To compensate for the daily loss of water from the body, we should drink at least 1.5 to 2 litres a day. Adequate hydration of the cells enables the body to functioning and also prevents the formation of swelling. We are made up of 70 per cent water!
5	Avoid ready-made products and store-bought sweets!	E	Rome wasn't built in a day. And you will not immediately succeed in changing your lifestyle to a healthy one. Try to gradually eliminate behaviours that don't serve you. Where should you start? For example, don't salt the tomato on sandwich, prepare a healthy salad for dinner, take an hour to relax after a hard day at school 2 times a week.
6	Get enough sleep!	F	We keep hearing about five meals a day every three hours. But this really extremely important. Eating at regular times helps to regulate the body and limit hunger pangs, during which we are able to consume everything at hand.
7	Work on your self esteem!	G	Whole grains are best for breakfast and will slowly provide you with energy throughout the morning. Choose sandwiches made from whole-grain bread, oatmeal with nuts or chickpea paste.
8	Drink enough water!	H	Physical exertion is relaxation for the mind. So go out for a walk, cycle to school on your bike, and at the weekend, go to the swimming pool instead of sitting in front of a computer. Regular, moderate exercise improves physical fitness, oxygenates the brain and cells of the body, as well as contributing to an improved mental state.
9	Get active!	I	Find time just for yourself. Read a book, listen to your favourite music, go out with friends. Just don't talk about your

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			problems! Simple things like that really do help to maintain mental balance.
10	Start your day with a filling meal!	J	Carve out the right amount of hours for sleep. Not only will you be physically healthier, but also happier, more focused and concentrated and more effective in your studies.

Correct answers

1	2	3	4	5	6	7	8	9	10
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