



# FOOD ETHOS COURSE

## Food Education in European Schools (FEEDS)

Stredná zdravotnícka škola,  
Moyzesová 17  
SLOVAKIA

# Activities

- Chocolate Day
- Project implementation into subjects/school education
- Canteen regulations
- The Pyramid of Food



# Chocolate Day



# Visit to a Chocolate Bar



# Making of Traditional Chocolate Candy and Šuhajdy



Chocolate Candy



Šuhajdy

# St. Nicholas online competition about chocolate

8. Consummation of chocolate is protecting us from...(mark all the right answers) \*

- Cold
- Sun radiation
- headache
- Depression

Which chocolate is healthier?

- White chocolate
- Milk chocolate
- Dark chocolate

✗ 4. Which chocolate is healthier? \*

0/1

- White chocolate
- Milk chocolate
- Dark chocolate

Správna odpoveď

correct answer

- Dark chocolate

Spätaná väzba

*Dark chocolate is very nutritious, it is also a powerful source of antioxidants, may improve blood flow and lower blood pressure, raise HDL and protects LDL from oxidation, may reduce heart disease risk, may protect your skin from the sun, could improve brain function.*

<https://forms.gle/ymb21EQUycW4Er977>

# The Prize for the winner



# How the project was implemented into school subjects

- **Vocational subjects**
  - Canteen regulation
  - The Food Pyramid
- **English language**
  - Food course brainstorming
- **Information technology**
  - video making
  - online quizzes
  - recipe book in Slovak language
- **Recipes for e-book**



# Canteen regulations

## The Pyramid of Food



# Principles of making a varied menu

## Soups

- vegetable /meat - 12x/month (according to the character of the main course)
- legume – (beans, peas, lentils)3 - 4x / month



We serve meat soups with main dishes which do not have a whole portion of meat (risotto, spaghetti)

# Main dishes

- poultry (chicken, turkey, rabbit) – 3x/month
- fish - 2-3x/month
- pork - 4x/month
- Vegetarian savoury dishes  
(lentils, peas, beans without meat) – 4x/ month
- vegetarian sweet food - 2x/month

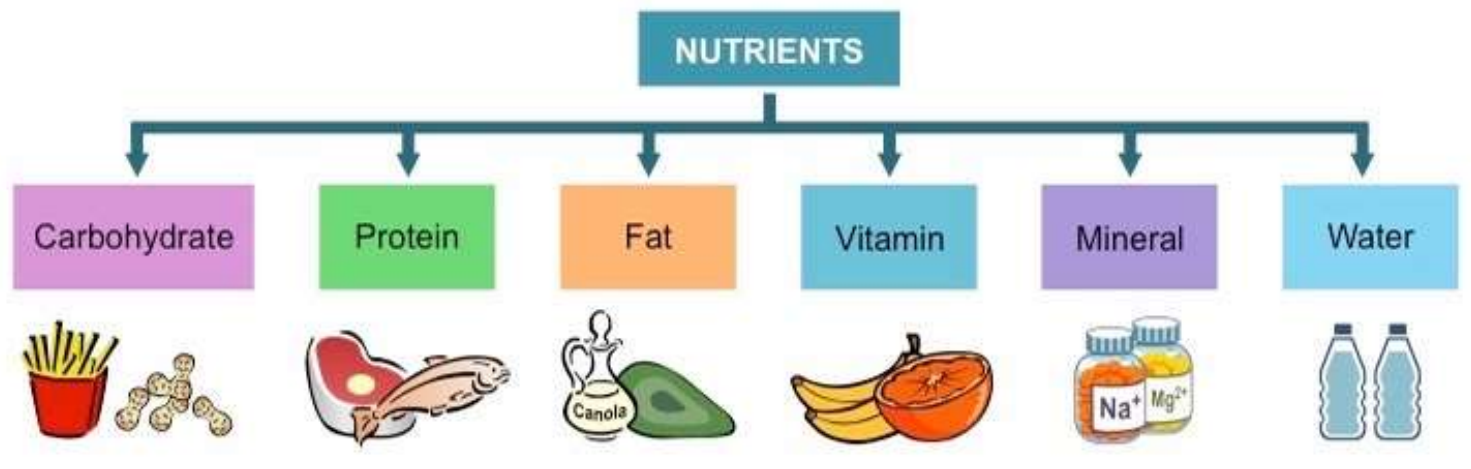
Part of the sweet main meal  
is fruit.

We always serve a drink:  
unsweetened drink or tea



# Essential nutrients in nutrition

- Fats - 30 - 35% of the total. energy  
(max. 10% of which saturated)
- Protein - 10% - need to change with age, average 0.9g / kg / day
- Carbohydrates - 55% of the total. daily energy intake, part of fiber,  
(max. 10% added sugar)
- Vitamins - vitamins gr. B, C
- Minerals



# Online quizzes

4. What protein does banana contain? \*

- Histidine
- Leucine
- Tryptophan

5. What kind of fruit looks like a brain? \*

- Walnut
- Tangerine
- Pomegranate

6. What kind of vegetables is good for diabetics? \*

- Asparagus
- Cauliflower
- Cabbage

What is effective against cardiovascular and metabolic diseases?

- Lemon
- garlic

In case of anxiety, you should eat:

- antioxidants
- spinach
- avocados
- beet - root
- broccoli

In case of depression you should eat:

- olive oil or walnut oil
- cinnamon
- turmeric

# Online quizzes

- <https://forms.gle/qUrw1tz8iwXEUxoX9>
- <https://forms.gle/GzW5dPfmzdbA7Emy9>
- <https://forms.gle/aj1QFnYb1HwLK2he6>
- <https://forms.gle/hZvpMubTpDWqe1o49>
- <https://forms.gle/aHXPoKHNmcRZm7Jc7>
- <https://lnk.sk/brP4>
- <https://forms.gle/nkm8UENtrc1KrN8f7>
- <https://forms.gle/RoCXfZKKgs6CwK7L6>
- <https://forms.gle/S7PGUbtacNXjo8jv8>
- <https://forms.gle/VUhacTwbJZPUtLRcA>
- <https://forms.gle/R74vXLJ11696y4zL6>
- [https://docs.google.com/forms/d/1BF5fvSWem8B0BJ5-n6FSC\\_8pn7ZceOj0-2IEhagAKSI/edit?chromeless=1](https://docs.google.com/forms/d/1BF5fvSWem8B0BJ5-n6FSC_8pn7ZceOj0-2IEhagAKSI/edit?chromeless=1)



# **Stredná zdravotnícka škola Moyzesova 17 Košice Slovakia**

[http://szske.sk/aktivity/erasmus/projekt\\_erasmus.php](http://szske.sk/aktivity/erasmus/projekt_erasmus.php)