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Gabriel Racoviță (coord.)

Marijana Kličinović (coord.)

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**GUIDE TO HEALTHY EATING AND
SUSTAINABLE LIFESTYLE**

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Gabriel Racoviță (coord.)

Marijana Kličinović (coord.)

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Coordinator: Racoviță Gabriel
Marijana Kličinović

Technical editing: Marijana Kličinović
Marta Skalbania
Diaconu Alina-Mihaela

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I. Racoviță Gabriel (coord.)

II. Kličinović, Marijana (coord.)

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An Introduction to Building a Healthy Life

Welcome to your comprehensive guide to health and wellness! As a teenager, you're at an exciting stage of life where your body and mind are developing rapidly. This is the perfect time to learn about making healthy choices that will benefit you not just today, but for the rest of your life.



Why Health Matters for Teens

Your teenage years are a crucial period of growth and development. During this time, your body needs proper nutrition to support brain development, bone growth, and the many physical changes you're experiencing. The habits you form now will often carry into adulthood, making this the ideal time to establish a foundation for lifelong wellness.

Health isn't just about avoiding illness – it's about feeling energetic, confident, and capable of pursuing your goals and dreams. When you take care of your body through good nutrition, regular physical activity, and adequate rest, you're more likely to perform better in school, enjoy better relationships with friends and family, and feel more positive about yourself.

What You'll Learn in This Guide

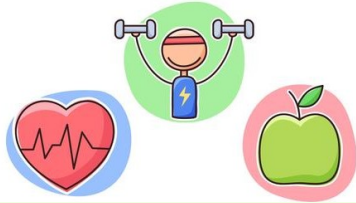
This guide will take you on a journey through the essential aspects of teenage health. You'll discover how to understand your body's needs, make informed food choices, and develop sustainable healthy habits that fit into your busy lifestyle.

Understanding Your Body: We'll explore how your body works during adolescence and what it needs to function at its best. You'll learn about Body Mass Index (BMI) and how to interpret health measurements in a positive, realistic way that focuses on overall wellness rather than appearance.

Nutrition Fundamentals: Food is fuel for your body and brain. We'll break down the basics of nutrition, helping you understand which foods provide the energy and nutrients you need. You'll learn about balanced eating, portion sizes, and how to make healthy choices even when you're eating out or grabbing food on the go.

Physical Activity and Movement: Exercise doesn't have to mean boring gym sessions. We'll explore fun ways to stay active that you'll actually enjoy, from team sports to dancing, hiking, or even walking with friends. You'll discover how physical activity benefits not just your body, but also your mood, sleep, and academic performance.

Mental Health and Wellness: Your mental health is just as important as your physical health. We'll discuss stress management techniques, the importance of sleep, and how to maintain a positive relationship with your body and food. You'll learn practical strategies for dealing with the pressures of teenage life while maintaining your wellbeing.



Making It Work for Your Life

We understand that as a teenager, you have a busy schedule filled with school, activities, friends, and family responsibilities. The advice in this guide is designed to be realistic and achievable. You don't need to make dramatic changes overnight. Instead, we'll show you how small, consistent improvements can lead to significant benefits over time. Remember, healthy living isn't about perfection – it's about making good choices most of the time and finding balance. There's room for flexibility, treats, and enjoying food with friends and family. The goal is to develop a positive, sustainable approach to health that will serve you well throughout your life.

Your Health Journey Starts Here

Every person's health journey is unique. What works for your friends might not be exactly right for you, and that's perfectly normal. This guide will help you understand the general principles of good health while encouraging you to listen to your body and find what makes you feel your best.

As you read through this guide, remember that developing healthy habits is a process, not a destination. Be patient with yourself, celebrate small victories, and don't be discouraged by occasional setbacks. With the right knowledge and a positive attitude, you can build a foundation for a healthy, happy life.

Your health is one of your most valuable assets. By investing time in learning about and caring for your body now, you're giving yourself the best possible foundation for a bright, energetic future.



Let's begin this exciting journey toward better health together!

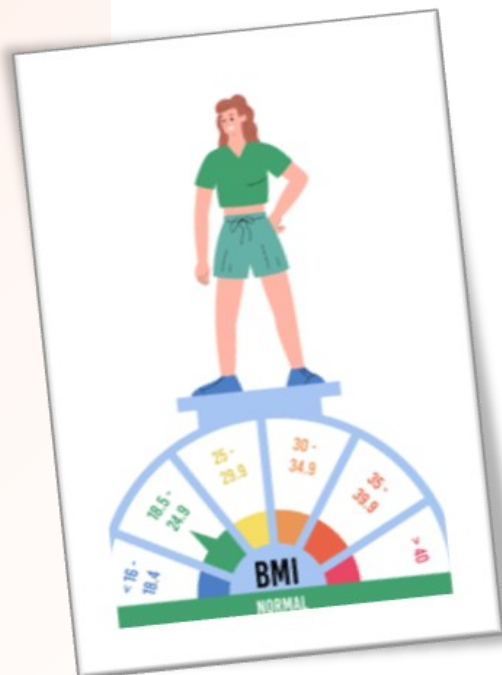
What IS BMI?



A NUMBER THAT TELLS A STORY: Have you ever had your height and weight measured at the doctor's office? After that, the doctor might talk about something called BMI.

Let's find out what that means! What is BMI?

BMI stands for Body Mass Index. It is a number made from your height and weight. Doctors use this number to check if your body is growing in a healthy way. There are four BMI categories: Underweight - maybe you need more food or energy Healthy weight - your body is just right for your height Overweight - your body may have more fat than needed Obese - your body may need help to stay healthy But don't worry! BMI is not a grade or a score. It's just one way to understand your body. If your BMI is too high or too low, the doctor may talk to you and your parents about healthy eating and fun ways to move your body. It doesn't tell how fast you can run, how strong you are, or what kind of foods you eat.



Everyone is different! Some kids are tall, some are small. Some grow quickly, and some grow slowly. That's okay! Your body is special and growing every day. What matters most is being healthy and happy.

Why do we use BMI at all? Because it helps doctors start a conversation. If your BMI is too high or too low, the doctor may talk to you and your parents about healthy eating and fun ways to move your body.

Remember: BMI is just a tool-not a test. Healthy doesn't always mean "skinny." The most important thing is how you feel and how you treat your body.

Questions for you:

- What does BMI stand for?
- What two things are used to calculate BMI?
- Is BMI the same for every child? Why or why not?
- How can you take care of your growing body?

Healthy Lifestyle - Move, Play, Smile!

What if staying healthy could feel like a game?

Good news - it can! Why Moving Matters Your body loves to move! When you run, jump, dance, or even walk, you are helping your body stay strong and full of energy. Here's what happens when you move your body: Your heart beats stronger, your muscles grow, you sleep better at night, you feel more confident and happy.

How Much Should I Move?

Kids should move for at least 1 hour every day. It doesn't have to be boring. It can be lots of fun! Fun ways to move: Playhide-and-seek, ride your

bike or scooter, dance to music, jump rope, help with cleaning or walking the dog. Even small actions make a big difference. Exercise doesn't mean you have to go to the gym or lift heavy weights. It just means you move your body and have fun! Moving gives your brain a break and helps your body grow.

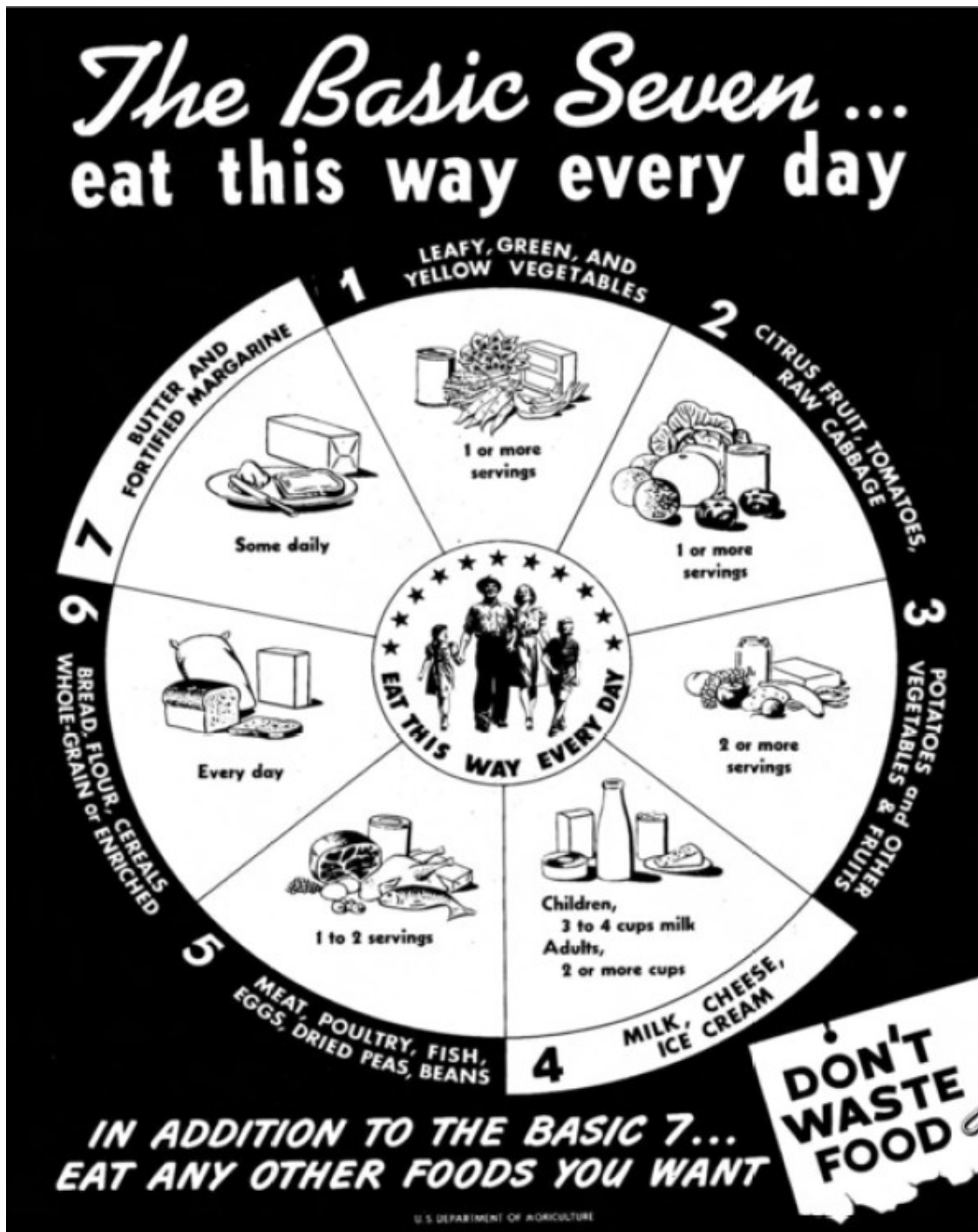
Healthy living is more than exercise. To stay healthy, remember to:

eat fruit and vegetables, drink water, sleep enough hours, take time away from screens .

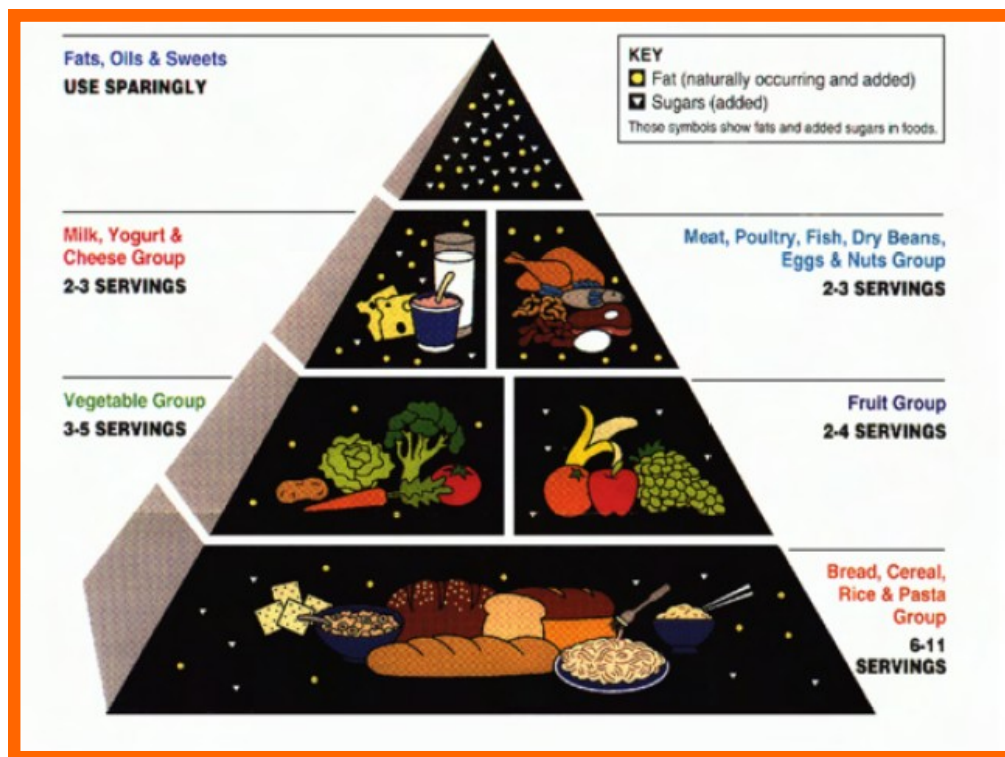
Being healthy is about feeling good, being strong, and having fun!

Happy hearts, strong muscles, and big smiles come from.

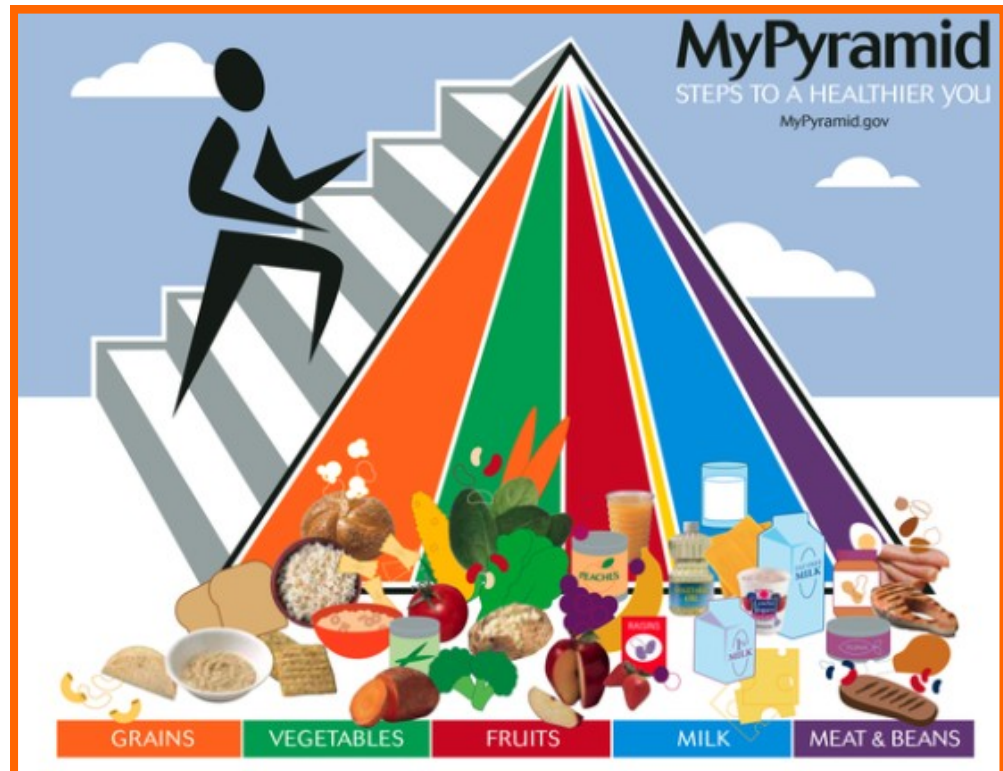
THE EVOLUTION OF THE FOOD PYRAMID



Amid high food prices in 1972, Sweden's National Board of Health and Welfare developed the idea of "basic foods" that were both cheap and nutritious.



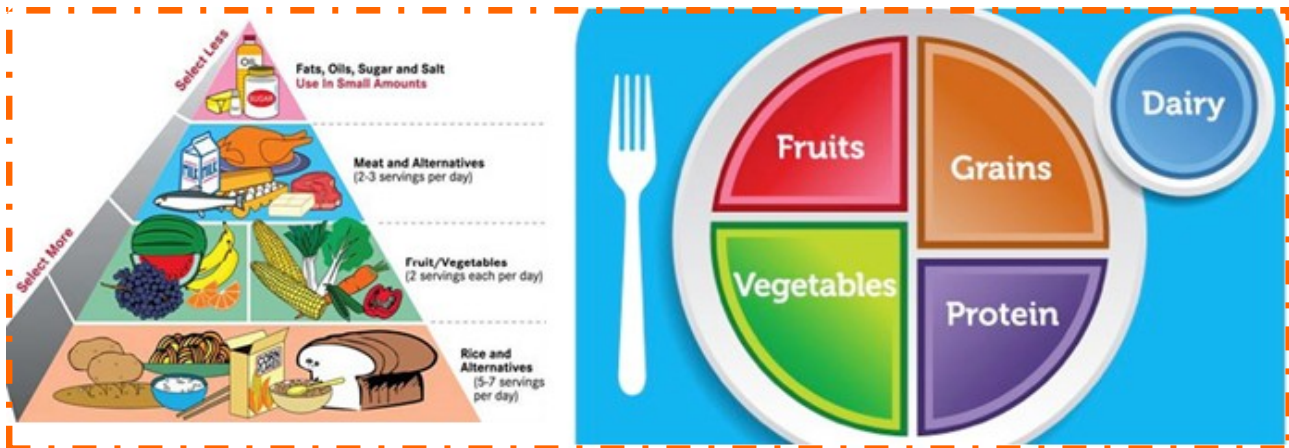
The 1992 pyramid introduced by the United States Department of Agriculture (USDA) was called the "Food Guide Pyramid" or "Eating Right Pyramid". It was updated in 2005 to "MyPyramid", and then it



The USDA's food pyramid from 2005 to 2011, MyPyramid

A Guide to Healthy Eating

Eat Smart, Feel Great!



Do you eat breakfast, lunch, and dinner every day? What's on your plate?

Let's learn how to make smart food choices that help your body and brain feel great!

What is Healthy Eating?

Healthy eating means choosing food that give you energy, vitamins, and strength. Your body needs fuel—just like a car! And good food is the best fuel.

Healthy foods help you:

- Grow tall and strong
- Stay focused in school
- Fight off sickness
- Feel happy and full of energy



Eat the Rainbow!

Try to eat fruits and vegetables of many

colours:

- Red apples
- Orange carrots
- Green broccoli
- Blueberries
- Yellow peppers



Each color has different nutrients that help your body in special ways.

Don't forget to...

- Drink plenty of water – not too many sugary drinks.
- Eat meals at regular times.
- Enjoy treats sometimes – but not too often.

Questions for you



1. What does healthy eating mean?
2. Why is it good to eat colorful fruits and veggies?
3. What is one healthy snack you like?
4. What drink is best for your body?

What Is a Balanced Diet? Building a Super Plate!

Do you know what's on your plate? A balanced diet means eating different kinds of food—not just one thing all the time.

The 5 Food Groups

To keep your body healthy, you need foods from all five food groups:

1. Fruits – sweet and full of vitamins (like apples, bananas)
2. Vegetables – crunchy and colorful (like carrots, spinach)
3. Grains – give you energy (like bread, pasta, rice)
4. Protein – builds your muscles (like eggs, beans, chicken)
5. Dairy – helps bones grow strong (like milk, cheese, yogurt)

Each food group does something special for your body.

How to Make a Balanced Plate

Imagine your plate like a puzzle:

- Half of your plate should be fruits and vegetables

- One quarter should be grains

- One quarter should be protein

- And add a small cup of milk or yogurt

You don't need to be perfect every meal—but try to mix it up during the day! Balance is the Key.

Too much sugar or fast food? That can make your body feel tired and slow.

Just enough of the right foods? That gives your body what it needs to grow, play, and learn.



The Polish recipes

Tasting Traditions: Polish Recipes and Culture

Food is not only about health, but also about culture, family, and sharing traditions. During our mobility in **Poland**, students had the opportunity to learn about Polish cuisine and even prepare some of these delicious dishes together. These recipes remind us that food connects people and cultures while teaching us about balance and tradition.

Polish Vegetable Salad



This mouth-watering version of the Polish vegetable salad called is delicious.

Ingredients:

- 6 eggs
- 60dkg of carrots
- 20dkg of parsleys
- 40dkg of celery
- 20dkg of onions
- 40dkg of apples
- 40dkg of pickled cucumbers
- on can of peas
- mayonnaise

Instructions:

Peel and boil carrots, parsleys and celery. Boil eggs at the same time. Once it all cools down, chop all ingredients (apart from peas) into small cubes.

Mix everything together and add salt, peppers and mayonnaise. Let it stand in a fridge for a bit before consuming.

Polish Vegetable Salad

If you're looking for a dish that is quintessentially autumnal, try this easy pumpkin soup recipe! It's thick and creamy, with a perfect balance of sweet and savory flavor.

Ingredients:

- 800g of pumpkin (500g after peeling)
- 250g of potatoes
- 25g of butter
- 1 onion
- 2 cloves of Garlic
- 1 teaspoon of turmeric powder
- 1 teaspoon fresh grated ginger
- 1 tomato
- half a litre of vegetable broth
- cream to taste



Instructions:

1. Peel the pumpkin, remove the seeds, dice the flesh, peel the potatoes and dice them too.
2. In the pot - fry the diced onion and peeled and sliced garlic on butter. Add the pumpkin and potatoes. Season with salt, turmeric and ginger. Fry and mix for about 5 minutes.
3. Pour in the hot broth, cover and boil. Reduce the heat to medium and boil for about 10 minutes.
4. Scald the tomato, peel cut into quarters, add to soup. Mix cook 5 minutes until vegetables are tender. Blend up.

Spring Sandwiches

If you want to eat something delicious, try Polish spring sandwiches.

Ingredients:

- bread
- ham
- butter
- radish
- cucumber or pickled cucumber
- chives
- tomato
- salt, pepper

Instructions:

Wash vegetables, remove hard and non-edible parts and cut them into slices. Chop the chives. Spread butter, put ham, cheese , egg and vegetables on each slice of the bread. Sprinkle with chives and season to taste with a pinch of salt and pepper.





Domestic recipes from the Island of Brac, Croatia

Flavors of the Adriatic: Croatian Recipes and Heritage

Croatia is known for its rich culinary heritage, where the Mediterranean meets Central Europe. During the mobility in **Croatia**, participants had the chance to prepare and taste some of these traditional recipes, experiencing first-hand how local food reflects history, geography, and community values. Cooking and eating together became an important way of sharing culture and friendship.

Bročki medenjaci

Ingredients:

- 1 kg of sharp flour add
- 125 ml of olive oil
- 1 tablespoon of vanilla sugar
- a pinch of salt
- ½ of grated walnuts
- 4 crushed cloves
- a little cinnamon
- 5 grams of saffron
- a little honey



Procedure:

The saffron is briefly fried the night before and soaked in a glass of prosecco or brandy.

In the morning, strain it and add it to the dough. Sift 1 kg of sharp flour, add 125 ml of olive oil, 1 tablespoon of vanilla sugar, a pinch of salt, grated walnuts, 4 crushed cloves, a little cinnamon

and prepared saffron. Add just enough honey so that the dough can be rolled out. The prepared dough is rolled out to a thickness of 1 to 1.5 cm and shapes are cut out. Place the cut shapes on

baking paper. Bake at 200°C until they get a nice golden color.

Pandoleti

Ingredients:

- 12 eggs
- 75 dkg powdered sugar
- 1.5 kg all-purpose flour
- 25 dkg unpeeled almonds
- a little salt
- 12.5 dkg raisins

Procedure:

Steam beat 12 whole eggs with 75 dkg powdered sugar until it becomes foamy. Then remove from heat and continue beating until it cools. In the cooled mixture, slowly add 1.5 kg sifted flour, 25 dkg whole unpeeled almonds, a little salt and 12.5 dkg raisins.

Roll out into loaves. Place the loaves in a baking pan lined with baking paper. Bake at 180°C for 4 hours to 1 hour. Cut into slices while still warm and then let cool.



Baškotini



Ingredients:

- 1 kg flour
- 15 tablespoons sugar
- 2 dl olive oil
- 2 yeast cubes
- 1 teaspoon salt
- 2 eggs
- add warm water (up to about ½ lit.)

Procedure:

Knead the ingredients together into a dough, let it rise. When the dough has risen, knead it and divide it into two parts. Arrange in a baking pan in two rows. Let the baškotini rise and put them in a preheated oven. Bake for about an hour at 150°C - 170 °C, separate and dry at 50°C.

Kroštule

Ingredients:

- 2 egg yolks
- 4 whole eggs
- 3 tablespoons sugar
- 1 tablespoon rum
- 3 tablespoons sunflower oil
- lemon zest flour as much as you like
- 1 l oil
- 10 dag powdered sugar

Procedure:

Put ½ kg of flour on the table and make a well and add the remaining ingredients. Knead the dough and roll it out thinly. Cut it into strips 2 cm wide and 10 cm long. Tie knots in the middle of the strip or cut a hole in the middle of the strip with a knife and pull the end of the strip through the hole. Fry in hot oil until golden brown.

While still hot, sprinkle with powdered sugar.



Rafjoli



Ingredients:

- 4 egg yolks
- 2 tablespoons sugar
- 2 tablespoons lard
- 2 tablespoons oil
- 1 baking powder
- 1 glass of prosecco
- (1-1.5dl) - medium glass
- flour as much as need

Procedure:

Filling:

- 4 egg whites
- 20 dkg sugar
- 20 dkg walnuts
- ½ lemon juice
- ½ shot glass of rum

Fig cake

Ingredients:

- 2 dl of homemade grape brandy
- 1 kg of dried figs
- 250 g coarsely chopped walnuts

Procedure:

Remove the stems from the figs and grind them in a meat grinder. Chop the walnuts and add them to the figs, then gradually add the brandy so that the loaves can be mixed. When we have made all the loaves, put them in a baking dish and dry them (about 40 minutes in an oven heated to 80 degrees).

And then let them cool down. Then we wrap them in baking paper. If the recipe is prepared for children, orange juice diluted with water can be used instead of brandy.



Arancini

Ingredients:

- 500 g of orange peel
- 500 grams of sugar
- 2.5 dl of water



Procedure:

Soak the unsprinkled orange peel in cold water for several hours to 1 day.

Take the peel out of the water, and cut it into thin strips, weigh it and put the same amount of sugar and half the amount of water as you put the oranges into the liquid in which you put the peel.

Cook everything together until the edge turns white, remove the peel, roll in granulated sugar and leave to dry.

Food With Spoon



BOB (FAVA BEAN) WITH PASTA

Ingredients:

- 1 kg of dried (or fresh) beans
- 1 kg of dried kastradina (ribs)
- 10 dkg of pesto (a mixture of pancetta, onion and parsley)
- 1 onion
- 1 teaspoon of salt
- a pinch of pepper
- 200 dkg pasta (homemade macaroons are the best)

Procedure:

Soak the unsprinkled orange peel in cold water for several hours to 1 day.

Take the peel out of the water, and cut it into thin strips, weigh it and put the same amount of sugar and half the amount of water as you put the oranges into the liquid in which you put the peel.

Cook everything together until the edge turns white, remove the peel, roll in granulated sugar and leave to dry.



Pasticada with gnocchi

Ingredients:

2 kg of beef or beef thigh
20 g of pancetta
2 kg onion (as much meat as onion)
150 g of parsley root
150 g carrot
2 tablespoons of mustard
50 g of selenium root
2 cloves of garlic
20 g cooked tomato concentrate
200 ml of oil
6 prunes (and maybe dried figs)
1 apple
300 ml of red wine
bay leaf, rosemary leaves, thyme, salt, pepper



For the gnocchi:

500 g of white potatoes
150-200 g of flour
1 egg
60 g of pork fat

Procedure:

Wash the meat, wipe it clean, cut it from all sides with a sharp knife and sprinkle it with finely chopped carrots, garlic and bacon, coat it with mustard. Put it in the liquid and let it stand overnight, or maybe 24 hours in the kvasi (let the kvasi pour over the meat, or you turn it often). Brown the meat quickly on all sides in hot oil. Take it out of the container and briefly sauté the sliced cabbage, onion and vegetables in the same oil. Return the meat to the pot and simmer covered for approximately 2 hours, adding small amounts of the water and wine mixture from time to time. When the meat is half soft, add the whipped canned food, then the washed plums and figs and the quartered apple. Towards the end of cooking, stir in the bay leaf, rosemary, thyme, pepper and salt to taste. Take out the meat, cut it into pieces and put it on a plate, and press the vegetables with the sauce, boil and pour over the meat.

Boil potatoes for gnocchi in the skin. When it's cooked, peel it and press it while it's still hot. Add flour, fat, egg and salt. Make the dough, divide it into smaller balls. Shape each into a roll and cut into pieces of equal size. Cook the gnocchi in boiling salted water. As soon as the gnocchi have risen in the water, let them boil and take them out into a bowl, cover them with pashto sauce and serve with sliced meat.



Šalša of tomatoes

Ingredients:

2 kg tomatoes
5 cloves of garlic
1 a bunch of parsley
1 dl of olive oil
1 shot glass of prosecco
1 teaspoon of sugar
salt, pepper, a little cinnamon if desired

Procedure:

Peel and core the tomatoes, cut into quarters. Add finely chopped garlic and parsley to the olive oil and gradually add the crushed, peeled tomatoes. Cook while stirring until it thickens, then add chopped Prosecco, sugar, salt, and scald (a little cinnamon if desired) stir a little more and remove from heat.

Serve šalša with homemade macaroons, roast or carcass meat.



Sardines in Savura (marinade)



Ingredients:

1 kg of sardines
oil for frying
a little flour
a little vinegar
onion
parsley
peppercorns
a sprig of rosemary
olive oil

Procedure:

Clean the sardines, wipe them with a clean cloth, roll them in flour (crisp is recommended) and fry them well. Chop 4 - 5 cloves of bilog onion, a little pretusimula, peppercorns and add rosemary leaves. Pour all this with half a deciliter of yeast and a glass of water, add salt and sugar to taste. Let it boil. Sprinkle a little chopped onion and parsley in a bowl and arrange a row of fried sardines, again sprinkle some chopped onion and parsley and arrange a row of fried sardines and so on until you run out of sardines. Pour the boiled stock over the fish you have arranged.

Jota

Ingredients:

- 20 dkg of beans
- ½ kg of grated sauerkraut
- 20 dkg of dry meat (pork ribs or legs)
- a small head of cabbage
- 2-3 cloves of garlic
- a bunch of parsley
- a piece of bacon (15 dkg)
- 2 bay leaves
- a spoonful of olive oil
- pepper, salt, red pepper



Procedure:

Soak the beans overnight and boil them in water, then put them to boil again. Rinse the dry meat and put it in cold water and let it cook. Pour the first water. In the third pot, brown the finely chopped cabbage in a little fat or oil and put sauerkraut on it. If you do not want the dish to be very sour, wash the cabbage before stewing. Add bay leaves, some ground paprika and a few peppercorns, cover with water and cook half-covered. At this moment, something is cooking in all three pots, so take a cutting board, bacon, garlic and parsley and finely chop everything until it turns into a uniform mass (pest). Put the pesto in the pot with the beans. After about half an hour of cooking, add the beans along with the water and the meat, but without the water, to the cabbage. Let it cook for about another hour, and towards the end add the diced potatoes. Add salt and pepper.

Cooking activities









Sports and Outdoor Adventures

Sports and Outdoor Adventures

Physical activity is an essential part of a healthy lifestyle. Sports not only keep the body strong and active but also help develop teamwork, discipline, and joy. During our Erasmus+ mobilities—especially in **Croatia**—students took part in a variety of sports and outdoor activities. These moments showed how movement, nature, and friendship come together to create energy and happiness.

Sport activities

Tennis



Bicycling



Table tenis



Table tennis



Soccer



Handball



Handball



Outdoor gym near the running track



Sea kayaking



Sea kayaking



Swimming



Windsurfing



Sustainability Tips for a Healthy Planet



Planting





Conclusions - Your Journey to a Healthy Life



After completing this comprehensive guide on healthy eating and sustainable lifestyle, you have discovered that health is not just about numbers on a scale or complicated formulas. It's about balance, joy, and wise choices you make every day.

What You Have Learned

Through exploring concepts of BMI, the evolution of the food pyramid, and principles of a balanced diet, you have understood that nutrition science has constantly evolved. From the old "Food Pyramid" of 1992 to today's "MyPlate" model, specialists have refined our understanding of what it means to properly nourish our body and mind.

"Eat the rainbow" is not just a colorful slogan - it's a philosophy that reminds you that variety in nutrition brings variety in nutrients. Each color on your plate represents different vitamins and minerals that work together to support your growth, concentration, and energy.

Cultural Heritage and Innovation

The traditional recipes from Poland and Croatia that you discovered demonstrate that healthy eating doesn't mean abandoning tradition. Polish salad with boiled vegetables, Croatian honey cookies, or pasticada with gnocchi show that traditional cuisines have always incorporated healthy nutritional principles, using local ingredients and preparation methods that preserve nutritional value. These recipes offer you a valuable perspective: you can respect culinary traditions while making smart food choices. You don't have to choose between pleasure and health - you can have both.

Movement as a Lifestyle

The sports activities presented - from tennis and football to sea kayaking and swimming - show you that physical exercise doesn't

have to be a chore. It's a celebration of what your body can do. Whether you choose to cycle through the parks of Vaslui or play table tennis with friends, what's important is finding activities that bring you joy and making them part of your routine.

Sustainability and Responsibility

Planting and caring for plants, outdoor activities, and connecting with nature remind you that your personal health is connected to the planet's health. When you choose local foods, when you grow your own vegetables, or when you spend time in nature, you contribute to a virtuous circle of well-being.

Your Action From Now On

Now, as you close this guide, don't close your commitment to a healthy life. Start with small steps: add an extra serving of vegetables to dinner, try a new traditional recipe, take a 20-minute walk, or plant an herb on your windowsill.

Remember that perfection is not the goal - progress is. Every healthy choice you make is an investment in your future. Every balanced meal, every moment of physical activity, every hour spent in nature brings you closer to the best version of yourself.

Health is a journey, not a destination. And this journey can be full of flavor, color, movement, and joy. The knowledge you've gained, the recipes you've learned, and the activities you've discovered are tools that will accompany you throughout your life.

Start today. Start small. But start with the confidence that every step you take toward a healthier lifestyle is a step toward a happier, more energetic, and more fulfilling life.



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