

# Healthgazine

*healthiest in the hood*



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# Vasilis Healthy Corner

Eating is a great part of our lives. Consequently, eating healthy is crucial to having a good quality life. It is not hard to cook or find healthy meals when you know which foods are nutritional and in what frequency you should eat them. That is why we created this list of healthy meals and their recipes.

## Sourdough:

Sourdough dish. It can be glass, it can be clay / ceramic. It can't be metal. I always use a large 5 liter jar. It is easy to scald and wash. Just treat it with a hot washing mode in the dishwasher or scald with boiling water.

It is best to seal the jar tightly - this promotes the process of ensiling - i.e. anaerobic digestion.

Batch and preparation of beet sourdough:

Recipe for marinade:

The amount of pickle you need depends on what dish will you use. But don't worry about the supply - you can make some extra any time.

The proportions are:

put 1 tablespoon of salt in a liter of water

you can add bay leaves, cloves, allspice, pepper - at will and to taste - e.g. one grain / leaf per liter

boil it all (I always get 2 liters of pickle on the 5-liter jar)

Let it cool down after boiling!

## Beet preparation:

1. Buy good beetroot - from the host, or at least eco beetroot

2. Peel them, wash and cut into cubes / rings

3. Put them in the prepared (scalded) dish

I always add garlic (2-3 heads and each clove is worth crushing before throwing in and optional horseradish root, or horseradish leaves, rosemary, thyme)

at this stage you can also add other vegetables here - but I will put this recipe in the next paragraph

4. Pour beetroot with pickle

5. Nothing can protrude above the level of the pickle - you can press the beets with something

6. Close the jar tightly.

7. After the first days foam may appear on the surface - collect it so that it does not become moldy

8. Pickling lasts from 5-7 days - you must watch and taste sourdough on a regular basis

9. when sourdough will have an intense taste and color. Sweetness will no longer be felt:

Pour sourdough into a brewed jar and keep in the fridge - it can be stored for up to several months

note - pour the same beets over with the pickle again and leave for 3-5 days again

Also pour out a second portion of sourdough

10. during this second pickling - I already eat pickled beets and garlic (treat them in the same way as pickled cucumbers). They are great as an element of salad.

## Notes and Tips:

if the sourdough becomes moldy - you need to throw it all away. Unfortunately.

Do not confuse the foam that is produced by fermentation with mold - you have to rely on smell and taste. Foam is OK, mold is toxic

The smell may smell like hm, floral and fruity - such ester odors arise naturally during fermentation, i.e. the work of bacteria.



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## Greek salad (for 4 people):

350 g. cherry tomatos  
1/3 onion, dry  
250 g. of water, for the onion  
1 big spoon of vinegar, of white wine, for the onion  
1/2 cucumber  
1/2 green pepper  
1 big spoon of sugar  
3 big spoons of vinegar, of white wine  
5 big spoons of olive oil  
Salt  
Pepper  
10-15 olives  
1 big spoon of caper  
150 g. of feta cheese  
1/2 small spoon of oregano  
5-6 dry biscuits (croutons)

### Execution:

Cut the onion into thin vertical slices and put the onion in a bowl with cold water and vinegar.

Wash and clean the cucumber, leaving a little peel and cut into thin vertical diagonal slices.

Put the cucumber in another bowl.

Cut the cherry tomatos in the middle and toss them in the bowl with the cucumber.

Cut the pepper into vertical thin strips and pour it into the bowl with the cucumber and cherry tomatos.

Rinse the onion by draining it well with hands and add it to the bowl with the other vegetables.

Then pour the vinegar, sugar, olive oil, salt, pepper and mix with a spoon.

Serve on a plate and sprinkle over the olives, oregano, feta, caper and sprinkle with enough olive oil.



## Ovcharska salad:

300 g tomatoes  
1 medium sized cucumber  
300 g roasted capsicums, peeled (You can also use fresh peppers which you don't need to peel but it tastes better with roasted peppers)  
1 bunch spring onions (scallions)  
150 g marinated mushrooms  
150 g feta cheese  
150 g chopped ham  
150 g tasty cheese  
4 hard-boiled eggs  
3 tablespoons vegetable oil , olive oil works great too  
½ bunch fresh parsley  
salt and vinegar, to taste  
olives, to garnish.

### Recipe Instructions:

Drain the mushrooms from the marinade; chop the parsley and the ham.

Chop the rest of the vegetables and place in a mixing bowl, add the ham, parsley and mushrooms.

Stir the mix and add salt and vinegar to taste.

Pour the vegetable oil on top.

Place in a serving platter and grate the feta and yellow cheese on top.

Decorate with the chopped eggs, olives and parsley.

# Vasilis Healthy Corner

## Banana Oatmeal Pancakes:

1/2 cup Almond Milk unsweetened  
2 Eggs  
1 Egg White  
1 Banana  
2 Tablespoons 100% Real Maple Syrup  
1 1/2 cups Rolled Oats (1 use Gluten-Free)  
2 teaspoons Baking Powder  
1/4 - 1/2 teaspoon Salt  
1 teaspoon Vanilla optional

### Toppings Ideas:

Fresh Berries  
Real Maple Syrup  
Chocolate Chips  
Fresh Banana Slices  
Sliced Almonds

### Instructions

In a blender, pour in SILK Almond Milk, eggs, egg white, banana, maple syrup, vanilla (optional), rolled oats, baking powder and salt.

Blend until smooth.

Heat skillet over medium heat. Once warmed, spray with non-stick cooking spray or place coconut oil or butter in skillet. Pour pancake batter into skillet in round circles.

Cook for 2-3 minutes on one side. Turn over and cook for another 1-2 minutes.

Drizzle with real maple syrup and toppings of choice.



## Cupavci

### Cookie preparation:

Turn the oven to 200C and allow it to heat. Separate egg yolks from egg whites. Especially foam the egg yolks with the sugars and lemon crust, mix for a few minutes until the mixture is browned and whitened, add the flour, mix, finally add water and oil (mix them together in one glass), and baking powder. Mix briefly to merge. Coat smaller oven tray (about 15 cm \* 25 cm) with baking paper. Whisk the egg whites into the solid snow, slowly using a spatula or cooker, stirring into the egg yolk mixture. Do not mix for too long to prevent the biscuit from sinking completely. Pour into a saucepan, flatten slightly and place in a preheated oven for about 25 minutes. Cool the biscuit a bit before slicing it. Cream preparation and decorating. Slice the cooled biscuit into desired shapes. On the side, prepare a casserole on which to place the finished tufts. Cook all the ingredients for the cream (except coconut) together (if you want to add a couple of tablespoons of sugar to the cream), remove from heat. Insert each piece with a fork, then dip in the cream, then into the coconut. The creams will eventually have a little left, maybe 1 dcl, but if you make smaller creams of the last cube you will not have much to dip in and you will not get a good tufter if it is not well immersed in the cream. Store the cake in a box to stay juicy the next day.

ingredients: Biscuit Ingredients 6 eggs, 10 tablespoons, sugar, 1 vanilla sugar, a little lemon peel or 1 lemon, 8 tablespoons smooth flour, 0.5 dcl of oil, 0.5 dcl of water, 1 baking powder  
Ingredients for cream: 200 g dark chocolate, 150 g margarine, 4 dcl of milk, (according to the recommendations of the reader, less than 2.5 dcl) coconut to decorate, some sugar.



# Is healthy lifestyle healthy for the environment?

Since our childhood we have often been told: „eat your veggies". In Croatia, when we were kids we would ask our grandparents or parents: “ is there something sweet lunch? “. They would often say: “ there are apples “. Now when we are older we don't have so much problems with eating vegetables or fruits but there is a problem in packing. In supermarkets you can often see peeled off oranges packed in plastics. Similar example one can find even in Balan. The picture below shows cucumbers packed in plastics in the supermarket. This is one of the examples of unnecessary use of plastics. Moreover, plastics that they use for packing vegetables and fruit could be more harmful to humans. When producing plastics, industries use chemicals to upgrade physical properties of plastics. When people eat products that were wrapped in plastics there is possibility of absorbing harmful chemicals from plastics. On the brighter side, there is a way for you to eat healthily and save environment at the same time. Next time when you buy fruit buy them with peel. Peeling fruits takes few minutes but it makes big difference for you the environment. Also, next time when you are in a supermarket, bring your own bags and don't use plastics. Good luck!

by Ana



# Plan your life healthily

We are all in a hurry. Every day each of us has to deal with a lot of things to do: school activities, household chores, sometimes work as well. We rarely think about our health as long as we feel all right. But what if our body says 'no more' one day? Have you every thought about the consequences od eating junk food, not doing enough sport and smoking or drinking alcohol? Probably you have but... you stick to your habits. How to change it? Firstly, don't think you can' t. Every one can give up bad habits provided that they want to. You just have to believe in yourself! Secondly, make a schedule of your day. There should be a balance: time for work, learning, relaxation, exercises, hobbies and at least 7-8 hours good night sleep. 45 minutes of walking 4 times a week and 15 minutes a day for your favourite activity are the musts! When it comes to your diet, the balance is also required: fruit, vegetables should be on your plate every day. Cereal products need to be the basic ones for you. Plan your shopping for every day having that in your mind. You can also buy a gym ticket or a pass for a sports centre to make yourself active. This way when you miss your visit to such a facility, you lose your money. As far as your hobbies are concerned: don't think you have none! People who are passionate about something, are the happy ones. Thirdly, evaluate your week on the basis of your plans. Is there something missing? Next week might be better... And finally, try to encourage your friends to do the same! In a group things go easier. We kindly ask you, young readers, to send us your reports about healthy lifestyles. We promise to publish the most interesting ones in our magazine.



by Dorota

# How to achieve healthy life?

Have you ever been on a diet? Maybe, everybody thinks that the diets are only for people who don't like themselves and want to improve something in their body. Actually, diets are related to the healthy life and the immune system, so we can tell you some effective secrets that will change your life for better.

**Physical activity.** Doing any activity is better than doing none. It reduce the risk of developing several diseases, can improve your health and mostly important-your quality of life. For instance, you can start with aerobic exercise for 30 minutes a day. Exercise makes you feel good by rleasing happy endorphins reducing the incidence of anxiety and depression by 40 per cent. Also, pay attention to your diet. You are what you eat, so learn about food. Sugary foods and drinks, including alcoholic drinks, are often high calories, and could contribute to weigh gain. So, be careful what you put in your mouth, because it can lead to upcoming difficulties.

**Drink more water.** Did you know that the colour of your urine shows how much water you drink? A good trick is to have at least one glass of water with every meal. We recommend that women should drink about 1.6 litres of liquids and men should drink about 2.0 litres of them per day. It is good for your body, because dehydration can cause fatigue, headqches, constipation and many other ailments.

**Get a good night's sleep.** Most people need 7-9 hours. If you get this, it will affect positively your health, your relationships and work. The secrets of a good sleep is to get a routine, because our body loves it. You can try to wake up at the same time every day, even at weekends and take a nap to make up for lost sleep rather than sleeping late.

Did you hear about all these secrets? If we helped you lead a healthy lifestyle, we would be glad of you have other queations. We will be happy to answer them.



by Zarina

# Fast or healthy?

Fast food restaurants are everywhere nowadays, even in small towns. We go there when we don't have time or we don't want to cook.

Unfortunately a lot of people especially in USA suffer from overweight and it's mostly the fault of fast food. Some people think that fast food is so bad for your health that it should be banned or limited. On the other hand a lot of us would have to look for additional time to cook. Is fast food really that bad or maybe it helps us to save some time? You could find the answer in this article.

Although how many times did you order something instead of cooking to save time? Now imagine you wouldn't have this opportunity, you would often go hungry to work or spare some more time the day before to prepare additional breakfast. In this case fast food really can help. Also either when preparing or eating fast food a high amount of ingredients is just wasted.

Sometimes people just throw away food that they can't eat or restaurants waste the materials they don't use. The most popular con about fast food is of course that it contains a lot of unhealthy ingredients. Actually in America and other countries meat in some fast food restaurant is not even meat. Many chemicals are used to make the food tasty for a long time but we have to remember that tasty is not always healthy. These chemicals often cause cancer or other unhealable illnesses. Don't forget that fast food restaurants are also a job for a lot of people (example McDonald's employments) If it would be banned then a bunch of people would lose their jobs.



by Max

## HOW HEALTHY IS YOUR LIFESTYLE?

Do the quiz and find out!

- 1.) You are at a party. What do you choose as a snack?
  - a.) grapes or chopped watermelon,
  - b.) small sandwiches or cereal bars,
  - c.) pieces of chocolate or peanuts,
  - d.) crisps, candies and lollipops.
- 2.) You forgot your lunchbox to school. What do you do?
  - a.) buy a ready, freshly prepared sandwich with vegetables and ham from a schoolshop,
  - b.) buy yourself a chocolate bar from the machine,
  - c.) buy a small, cold pizza from the shop next to your school,
  - d.) eat nothing until you get home.
- 3.) You have recently had a lot of work: daily routines at home, schoolwork, a weekend job at a cafe. You got nervous. What do you do?
  - a.) devote yourself to your hobby, listen to music, do sports or ... whatever relaxes you,
  - b.) go to the party and dance the whole night,
  - c.) go to your bedroom and just lie or try to get some sleep,
  - d.) nothing - it's s just life!
- 4.) You are having a hard maths test in a week time. What do you do?
  - a.) study for it half an hour every day,
  - b.) study for it just when you realise it' s coming,
  - c.) 2 days before the test you study until 11 at night
  - d.) study only the night before the test until 2 am,
- 5.) It's s a beautiful, sunny, spring day What do you do?
  - a.) call your friends and invite them for a bike ride,
  - b.) go for a walk with your dog,
  - c.) take your books and go to the garden,
  - d.) stay at home and follow your friends on Facebook
- 6.) You are thirsty after jogging. What do you drink?
  - a.) just water (the still one, of course),
  - b.) water, but the sparkling one,
  - c.) orange juice from the carton,
  - d.) an energetic drink or cola.
- 7.) What does the inside if your fridge look like?
  - a.) there are mostly vegetables, fruit, some cheese and ham and soup for dinner,
  - b.) there are fruit yoghurts, fried meat, fishfingers,
  - c.) there is almost nothing: you usually buy fast food on your way from school,
  - d.) a ready pizza, hamburgers or sandwiches bought in a shop the previis day.
- 8.) How often do you do any form of physical activities?
  - a.) almost every day- you walk or cycle to school,
  - b.) 2-3 times a week - you go to the gym,
  - c.) at weekends, when the weather is good, you play basketball or go jogging, or...,
  - d.) you hate being active!
- 9.) How many hours do you sleep at night?
  - a.) 8-9,
  - b.) 7-7.5,
  - c.) 6-7,
  - d.) less than 6
- 10.) You feel like eating a pizza. What do you do?
  - a.) you prepare your own, at home, you know a great recipel,
  - b.) you buy a ready pizza dough and only add your ingredients,
  - c.) you eat something else, but still remember about the pizza,
  - d.) you just order one from the nearest pizza bar or buy a frozen one and heat at home in the oven.

Now count your A,B,C and D answers and check your results on the last page of our magazine.

**Mostly As:** Congratulations! You really take care of your health, watch your diet, do sport wisely and sleep the proper amount of hours! Keep living like that and you'll have a long, healthy life!



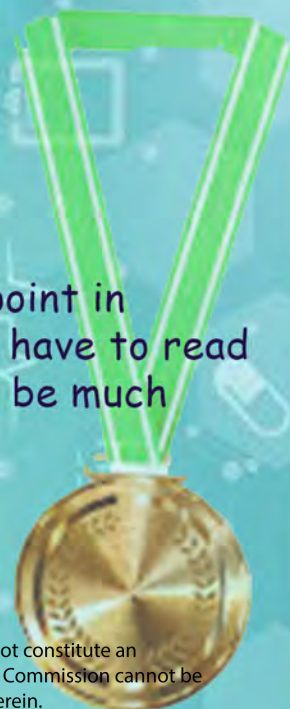
**Mostly Bs:** Well done! You are on a good way to live till you are 80! Remember to stick to the rules of a healthy lifestyle and keep the balance in your life!



**Mostly Cs:** Well, you sometimes forget about keeping fit and usually don't care about your diet! Think about some changes in your life and read our articles carefully!



**Mostly Ds:** Not good... Unfortunately, you don't see the point in bothering about your health now as you are so young! You have to read our articles and alter your behavior: in a few years it can be much harder.



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