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THE Snack



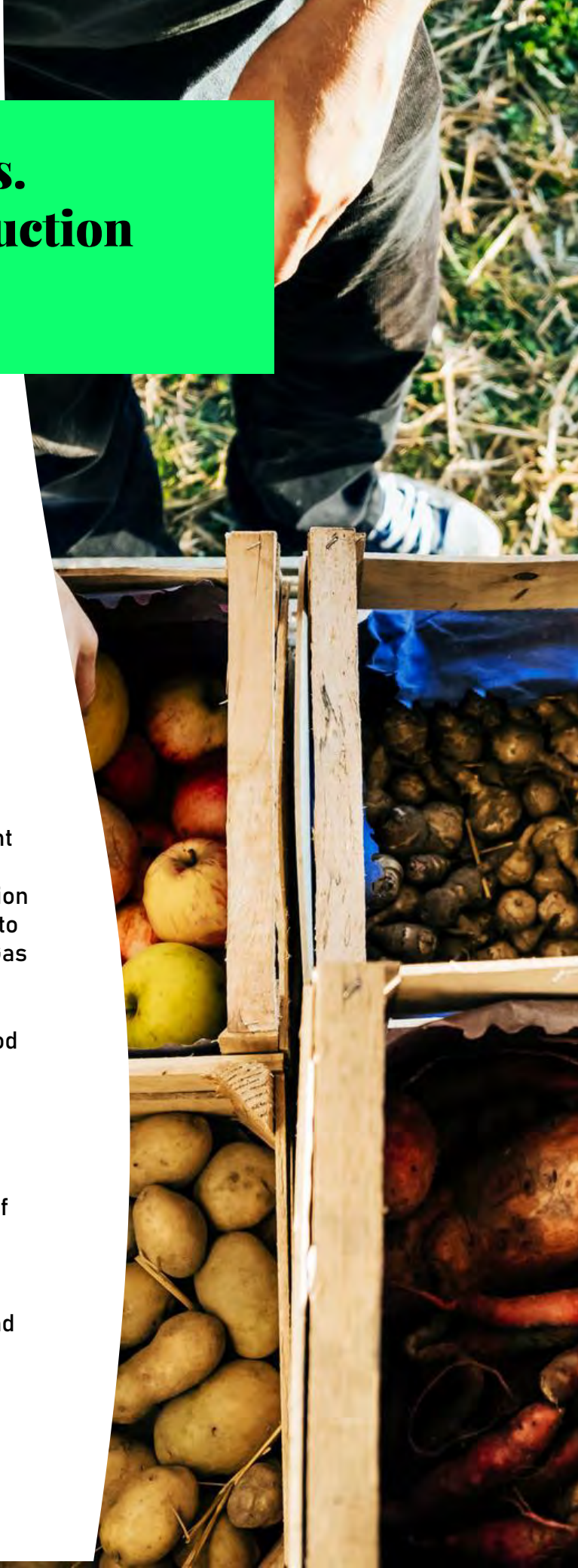
Climate Change vs. World Food Production and Quality

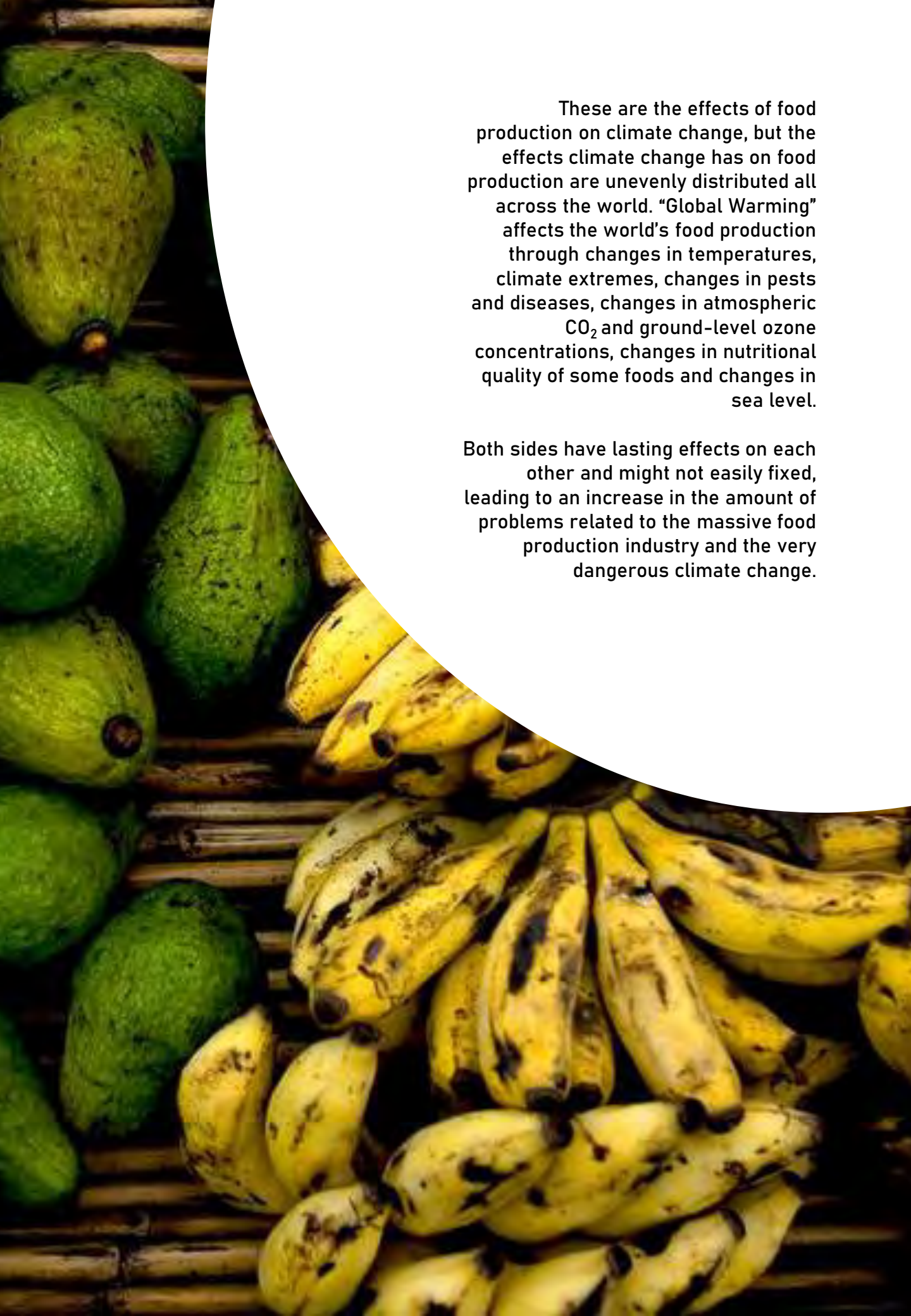
By Luis

Food production is one of the main industries in the world. The consequences of food production being so big and occupying so much space, for crops, transportation, processing, packaging, refrigeration and retail, have lasting effects on climate change, and the impact the two have on each other is enormous.

Humans consume an inordinate amount of food every day. The increasing need for food requires that the food production industry continues to grow. This leads to an increasing amount of Greenhouse Gas (GHG) emissions. In turn, these emissions will cause a change in the climate that will affect, later on, the food production process.

Out of all the industries, the GHG emissions of agricultural production stands at an average of 11–15%. Most of which can be attributed to the use of heavy fossil-fuel using intensive machinery, along with the use of petrochemical fertilizers, pesticides and herbicides.





These are the effects of food production on climate change, but the effects climate change has on food production are unevenly distributed all across the world. "Global Warming" affects the world's food production through changes in temperatures, climate extremes, changes in pests and diseases, changes in atmospheric CO₂ and ground-level ozone concentrations, changes in nutritional quality of some foods and changes in sea level.

Both sides have lasting effects on each other and might not easily fixed, leading to an increase in the amount of problems related to the massive food production industry and the very dangerous climate change.

Find the differences





RUN FAST
FROM
FAST-FOOD

Why we should spend more time in nature?

By Florentina



Spending time in the great outdoors can help relieve stress, anxiety or depression, improve your mood, and boost feelings of happiness and wellbeing. Current research is showing that a one hour walk in nature, especially in the forest, reduces stress hormone levels by 57%.

Spending time in nature helps in general to balance our bodies as holistic systems, bring them back to homeostasis. The state of mind is deeply connected to the state of physical body. Both complement each other and harmony can be only achieved when balance is in all spheres of the body -physical, mental, spiritual, emotional. And because stress is present in our daily lives, the need for it to be active and healthy becomes an increasingly important aspect. It is acknowledged that any kind of minimalist movement is welcome for the body.



One of the things that help us maintain a healthy lifestyle and connected with nature are hiking on the mountain. Hiking on the mountain can become a lifestyle because the mountain teaches us how to adapt to certain situations and how to know how to act behind them. For example, when you go to the mountain and it is a blizzard, you have to maintain a positive attitude so that you do not lose confidence that everything will go well, and it also makes you understand that in life there are both good and bad things, but from each one we learned something, these helping us to develop and shape our personality. Another example may be when you go to the mountain and meet people you do not know, you have never seen them, and they greet you, smile and wish you a good word. This can be an impulse or motivation to be better as people in general and to create a positive mindset for both ourselves and others.

Every time we hike the mountain we feel at ease and let nature be our teacher. I believe that in order to get to enjoy what your life and adventures have to offer, you must be in the comfort zone and have ambition.

Hiking is the type of sport that combines the useful with the pleasant. I think every outing has something memorable, every mountain has something special. So, when I went to the mountains I learned to feel nature, to listen to nature and peace, to enjoy every little thing that life has to offer me and to protect everything that surrounds me. I learned that life is beautiful and that it must be lived fully.



Tips from Ms Bunny

By Grace

Hello, dear healthy readers! Miss Bunny (the coolest teacher ever) is back to give you some teachings on how to keep fit, or not. So, what have you been doing to keep your body and soul fit? Curious to know my tips? My mother always told me "if advice was good, it would be sold, not given!" But, here are some guidelines for you to follow:



- ✓ Coffee breaks only with buddies around, not buds.
- ✓ Walk while texting, but don't drive.
- ✓ Vary your footwear: one day heels, another day sneakers.
- ✓ Don't take the elevator. Instead walk up the stairs with your neighbor and you'll update gossip.
- ✓ Take cold baths: it saves energy and open your pores.
- ✓ Use brown sugar to scrub your face.
- ✓ Eat black chocolate when you have cravings.

- × Don't dress up your salad.
- × No dipping, except in the sea.
- × No juices or fizzy drinks. Water just rusts metals, not bodies.
- × Avoid solitude. Give and you'll receive.
- × Don't drive to work. Cycle to work and enjoy the sights.
- × Keep out toxic people. Surround yourself with people you like.
- × Keep away from sweets, not sweet people.

The yes and the no of the Sun

By Ziva

We are constantly bombarded with well meaning advices on how to live a better, more meaningful life. From how to pick the perfect diet and exercise routine to how waking up at 4am will make us the next Steve Jobs. However what these self-help articles fail to mention is how relative all those advices are. There are no universal habits except perhaps this: drink a lot of water and wear sunscreen.

“But I do wear it!” you might yell in your head as you imagine all those times your mother slathered you in white cream on summer holidays. “You can’t go into the sea yet!” Well let’s see if her reasons why she made you do it were valid.

The main issue here is skin cancer, which is the most common of all human cancers. In the US more than 1 million of people are diagnosed with it. It usually shows on the skin in the form of uneven moles or permanent discolorations and changes on the skin. It can be caused by certain UV lights, tanning booths, radiation, some chemicals but most importantly, the sun.



The light the sun emits is made out of three different UV lights. UVC, the one with the biggest wavelength is the most dangerous but thankfully none of those waves actually make it to the Earth as the atmosphere stops them. The next kind is called UVB and it's the most common. It's what makes us tan in the summer as well as cause the burning of the skin. It can damage our DNA and cause severe skin burns and more importantly skin cancer, however it is also a source of a very important vitamin (D), which is essential for our overall health. More on this later as we have another source of UV light and that is UVA. With the smallest wavelength it can penetrate through windows and our skin. It's the main cause why we have wrinkles (not age, which is the common assumption), sun spots and general aging of the skin.

It's all pretty serious but sun care is all about balance. With sunlight we produce vitamin D, without which we may experience feeling sick, tiredness, back pain, depression, wound healing, hair loss and even muscle pain. It's also very common to suffer from vitamin deficiency – over 60% of people on the northern hemisphere do not get enough sun exposure in the winter times. Experts recommend we get 15min of direct sun exposure every day. For anything more than that we need to seek shadow or wear sunscreen.



Does healthy Fast Food exist?

By Ilina

The term “fast food” generally refers to food that people intend to consume quickly, either on- or off-site. There is plenty of well-researched evidence demonstrating the various negative health effects of eating and overeating fast food, in both the short and long term. Some of the main reasons of consumption of Fast Food is due to the lack of time or ability to prepare healthier food at home. It is also well known that in most parts of the world, Fast Food appears to be much cheaper option for lots of families.

However, there are a few healthier options that most of the Fast Food companies offers. We have all been there: we only have an hour until we have to be somewhere important, but we have to eat. At that point avoiding Fast Food is very difficult, but that doesn't mean there are no ways to avoid consuming an unhealthy amount of calories.



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Number one is to choose food that is not fried. There are a few options offered by each brand that substitutes fried meat with grilled one that cuts the calories of the meal at least in half. Second, it is really important to choose salad for the side instead of fries and maybe get a dressing that has a low fat percentage. Also, get a lemonade or water instead of soda. That way you not only do not consume calories but also stay hydrated. Though not very interesting choice, these healthy fast food options will make a huge difference if you choose to get them every time you have no other choice but consume fast food. Your body will surely thank you.



The Snack's weekly healthy menu no. 1

Breakfast:

Banana pancakes

Lunch:

Vegetable soup + beef steak, rice & vegetables

Snack:

Fruit bowl

Dinner:

Vegetable soup + fish fillet, potatoes and veggies

