



World food day

(the 16-th of October 2012)



*Comenius Project “Food! Food
for thought”*

The 16th October 2012

The students from Technical College “Gheorghe Asachi” Onesti, who take part in Comenius Project “Food! Food for thought” celebrated the World Food Day (on the 16th of October) by gathering and disseminating the information regarding the benefits of fruit consumption for health. The classmates, teachers and inhabitants of our town were informed on all this things and they were given fliers and fresh ecological fruit picked up by the students from their own orchards and garden.

READY FOR WORK



Fruits for all !





The 16 th of October

The content of the fliers offered by the students is the following:



REMEDIES

Apples

The consumption of apples leads to the decrease of the cholesterol value. Apples should also be included in the menu of the hypertensive persons.

Apple cures are recommended to those suffering from gout and rheumatism. They are also recommended to the persons suffering from colibacilosis, physical and intellectual asthenia and they help the growing up.

Even the smokers could consider apples an inestimable help (for the three-day cure to give up smoking).

Information on the occasion of World Food Day (the 16th of October), within the Comenius Project: “Food! Food for thought”



Quinces

More than 4.000 years ago, the Greeks and Romans used the quinces in order to increase potency and immunity. Quinces contain substances that stimulate the liver and pancreas, slow down the ageing processes and fight against the terrible cancer in an incredibly efficient manner.

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Grapes

Energizing and real oxidation preventive bombs, grapes, no matter how we eat them, including wine, keep us young and protect our circulatory system.

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Nuts

Nuts have always been associated to intellectuals because their shape resembles that of the brain. They have a vitaminizing action (the presence of vitamin E, with the effect of looking younger, hormonal activity regulation, skin protection, together with vitamin F, that helps the assimilation of the former one). In addition, nuts are rich in copper and zinc (the treatment of the vascular diseases, growth and ageing disorders, immunitary deficiencies).

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Pears

Recent studies have shown that pears are distinguished by several curing qualities, rarely met in the case of the other foods, being exceptional in treating renal and urinary affections, cardiovascular diseases, as well as in intoxications and the diseases caused by the immune deficiencies.

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And finally came to an end our work



“ Il faut manger pour vivre et non pas vivre pour manger.”
Moliere

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