

World Nutrition Day

October 16th 2015

During the week, in the three school complexes of our IIS LS Piccolo, we discussed various issues concerning Nutrition with :

- *the presence of expert teachers*
- *the watching of videos*

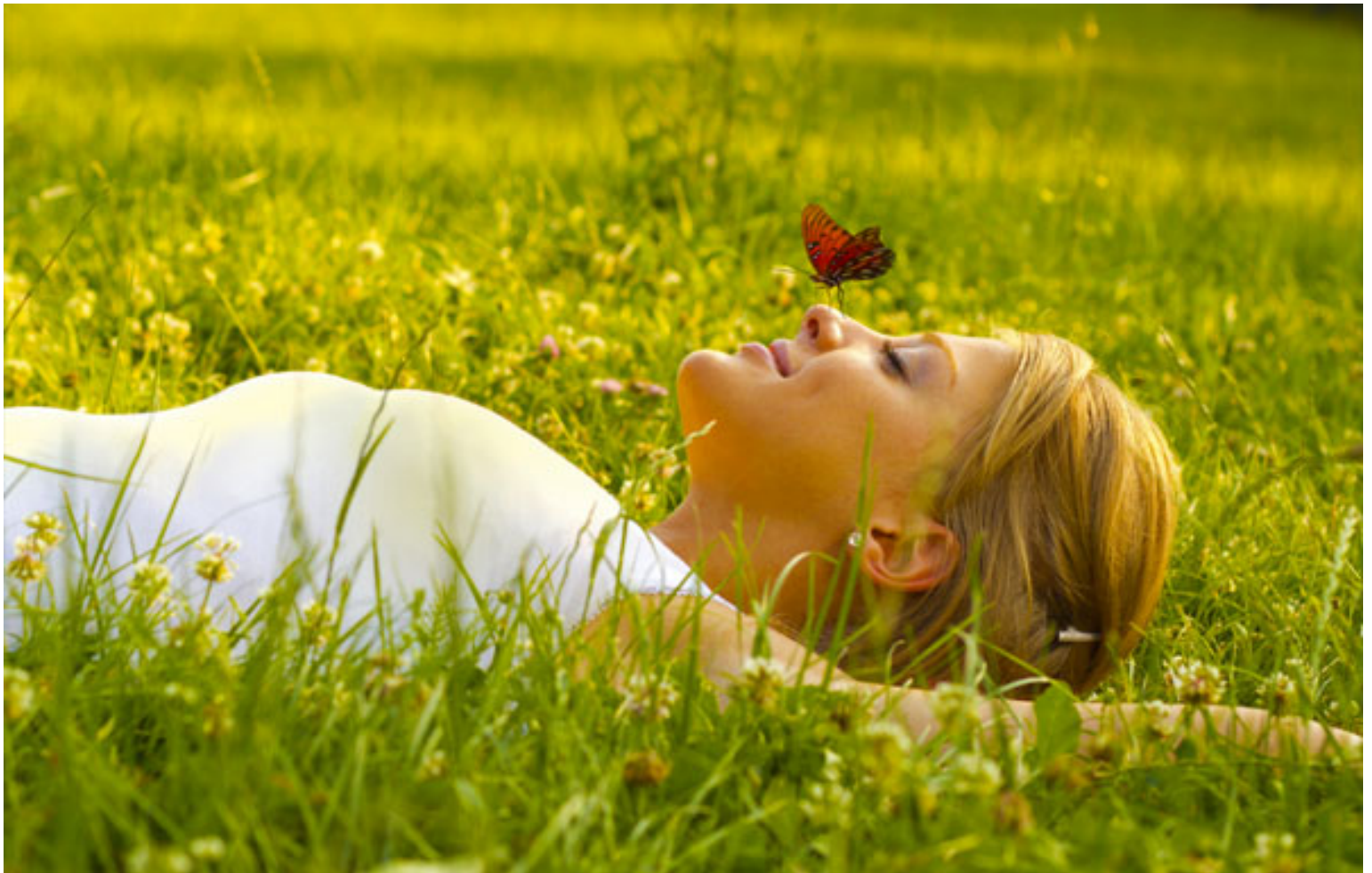
School Headmistress, experts and a very involved public Main School complex



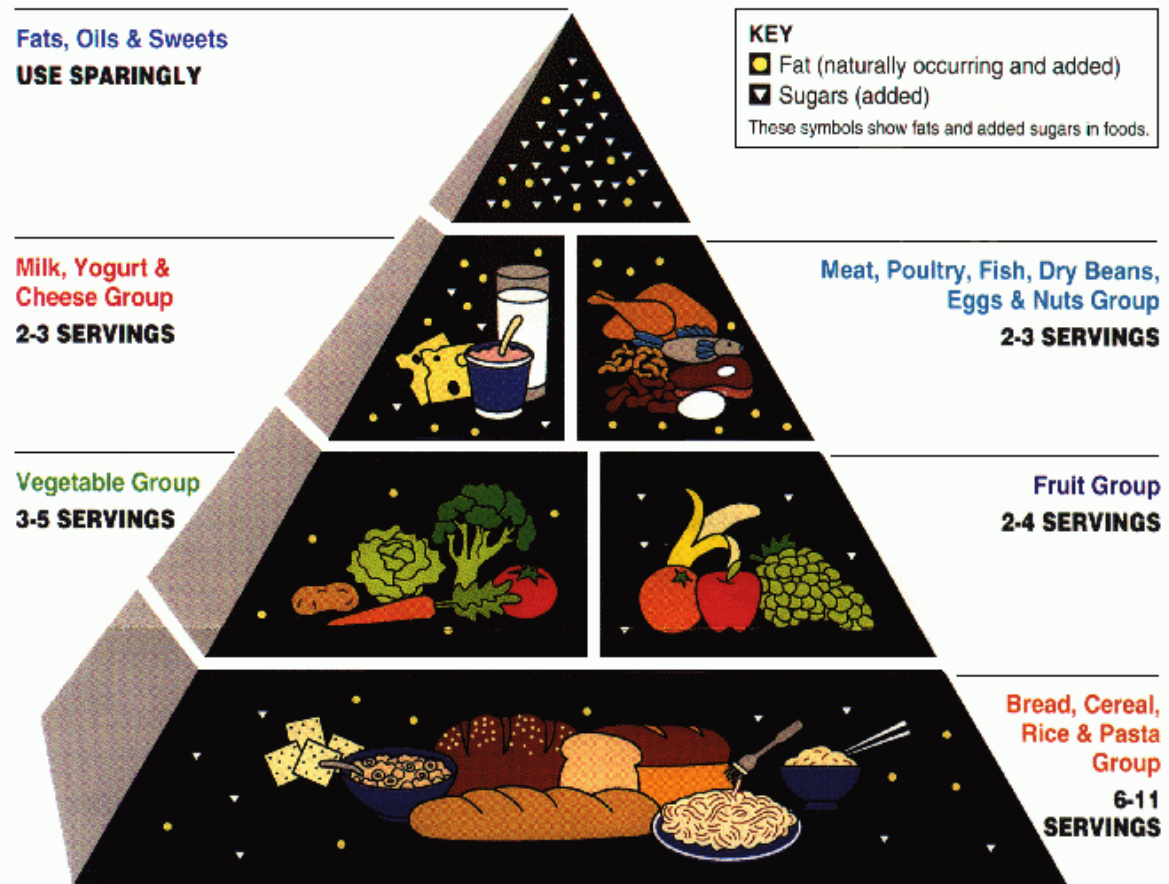
Artistic School Complex and IPA



***Take care of your body,
it is the only place where you
must live***



Correct Nutrition: 1,5 liter of water a day /
pasta and bread /
fish twice a week
little meat (better white meat)/
5 portions of fruit and vegetables
dairy products / legumes / few sweets and salt.
Together with a **regular physical activity.**



But...

***Man spends the first half pf his life in wasting his health
the second half of his life in the attempt of better his health***

Leonardo Da Vinci

"L'uomo passa la prima metà
della sua vita a rovinarsi
la salute e la seconda metà
nel tentativo di guarire"

***Leonardo
Da Vinci***

ESM www.EdenStyleMagazine.it



Malnutrition and Overeating

A planet where 36 million people die of starvation every year in the poorest areas, while in the richest areas one person over ten is overweight, is obviously and sadly a world that does not show any interest in its future...

“The doctor told me to stop having intimate dinners for four.
Unless I invite other three people!”

Orson Welles

**Il dottore mi ha detto di smettere
di fare cene intime per quattro.
A meno che non ci siano
le altre tre persone.**

Orson Welles



Starvation in the World



NEL MONDO C'È CHI SOFFRE LA FAME E CHI MUORE PER TROPPO CIBO E CATTIVA ALIMENTAZIONE

Expo 2015, sfida ai controsensi



How much does a tear weigh?

IT DEPENDS... :

***THE TEAR OF A NASTY CHILD WEIGHS LESS
THAN THE WIND***

***THE TEAR OF A HUNGRY CHILD WEIGHS MORE
THAN THE WHOLE EARTH.***

(G. Rodari)

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