



Fresh Food Hollywood

Background Information sheet for teachers

by Best-ReMaP EU Joint Action project

When discussing the scripted questions in class, a teacher should bring the following ideas to the students:

Nutritional value: Healthy food options generally provide more essential nutrients, such as vitamins, minerals, and fiber, than unhealthy food options.

Calories: Unhealthy food options tend to be higher in calories and lower in nutrients, which can contribute to weight gain and other health problems.

Fat content: Unhealthy food options often contain more saturated and trans fats, which can raise cholesterol levels and increase the risk of heart disease.

Sugar content: Unhealthy food options are often high in added sugars, which can contribute to obesity, type 2 diabetes, and other health problems.

Processing: Unhealthy food options are often highly processed and contain additives, preservatives, and other chemicals that can be harmful to health.

Portion size: Healthy food options are often served in appropriate portion sizes, while unhealthy food options tend to be oversized.

By discussing these ideas, students can learn how to differentiate between healthy and unhealthy food options, make informed food choices, and improve their overall health and well-being.

For more information about the Best-ReMaP project's mission and scientific background please visit our website and download our leaflet or official project presentation.

<https://bestremap.eu/about-us/>