

A glossary with terms related to all subtitles of project topic /in English and the national language/

healthy eating – mancat sanatos - *healthy eating, or good nutrition, is simply eating adequate, well-balanced meals to support your body's needs*/ Mancatul sanatos sau nutritia sanatoasa este mancatul de mese echilibrate pentru a acoperi toate nevoie corpului.

balanced diet – dieta echilibrata - *a diet consisting of adequate amounts of all the necessary nutrients recommended for healthy growth*/ Dieta echilibrata este dieta care ofera cantitatile potrivite de nutrienti necesari recomandati pentru o dezvoltare sanatoasa a corpului.

over food consumption – mancat excesiv - *occurs when an individual consumes more calories in relation to the energy that is expended via physical activity, leading to weight gain and often obesity*/ Mancatul excesiv se intampla cand o persoana consuma mai multe calorii in relatie cu energia consumata prin activitati fizice, care duc la crestere in greutate si obezitate.

obesity – obezitate - *abnormal or excessive fat accumulation that may impair health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese*/ Obezitatea este o acumulare de grasimi anormala sau excesiva care poate distruge sanatatea. Indexul de masa corporala peste 25 este considerat supraponderal, iar peste 30 obez.

food allergies – alergii alimentare - *abnormal responses of the body's immune system to certain foods. They are a serious and potentially life-threatening medical condition*/ Alergiile alimentare sunt raspunsuri anormale ale sistemului imunitar in cazul anumitelor mancaruri sau ingrediente. Ele sunt probleme medicale serioase si pot pune viata in pericol.

endemic plants for natural treatment – plante endemice pentru un tratament naturist - *endemic plants are restricted to a geographical area and do not occur naturally in any other part of the world. Natural therapy is the application of substances and methods that are directly related to human life, such as food, air, water, sunlight, gymnastics, sleep, rest, and spiritual factors that are beneficial to health, such as hope and belief, to maintain and restore health*/ Plantele endemice sunt restrictionate la o anumita zona geografica si nu apar in mod natural in alte parti ale lumii. Tratamentul naturist este aplicarea de substante si metode care sunt legate direct de viata, ca de ex. mancare, aer, apa, lumina soarelui, gimnastica, somn, odihna si factori spirituali care sunt benefici sanatatii ca de ex. speranta si credinta, folosite pentru a reface sanatatea.

safety during physical activity – siguranta in timpul activitatilor sportive - *to promote safety during physical activity, health experts usually suggest moderation and regularity. Use safety equipment. · Warm up to your workout. Drink plenty of fluids when you are physically active, even if you are not thirsty. Always bend forward from the hips, not the waist. Stop being active if you feel very out of breath, dizzy, or nauseated or have pain*/ Pentru a promova siguranta in timpul activitatilor sportive

expertii in sanatate sugereaza moderatia si constanta. Foloseste echipamentul in siguranta. Fa incalzirea inainte de activitatile sportive. Bea multe fluide cand faci exercitii chiar daca nu ti-e sete. Apleaca-te mereu de la solduri nu din mijloc. Opreste-te daca ramai fara aer , esti ametit, ai greata sau simti vreo durere.

healthy eating habits – obiceiuri de a manca sanatos - *healthy eating requires that you get an adequate number of nutritious foods from each food group. Ex: Choose a variety of vegetables. Include fruit with your meals. Choose fat-free or low-fat dairy products. Choose lean meat and poultry. Avoid sugary drinks (including juice and juice drinks). Drink plenty of water*/ Obiceiurile de a manca sanatos cer sa primesti prin mancare o cantitate de nutrienti sanatosi din fiecare grupa alimentara. Ex. Alege o varietate mare de legume. Include fructe la fiecare masa. Alege produse lactate fara grasime sau cu grasime mica. Alege carne slaba sau pui. Evita bauturile dulci (inclusiv suc sau bauturi echivalente). Bea multa apa.

stress – stress - *stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action*/ Stressul poate fi definit ca orice tip de schimbare care cauzeaza o tensiune fizica, emotionala sau psihologica. Este raspunsul corpului la orice situatie care cere atentie sau o anumita actiune.

alcohol habit – obiceiul de a bea - *a drinking habit is something that you do often or regularly*/ Obiceiul de a bea este ceva ce faci foarte des sau cu regularitate.

equality – egalitate - *the state of being equal, especially in status, rights, or opportunities*/ Egalitatea este starea de a fi egal in status, drepturi sau oportunitati.

tolerance – toleranta - *the ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with*/ Toleranta este abilitatea sau dorinta de a tolera existenta de opinii sau comportamente pe care nu le placi sau cu care nu esti de acord.

active citizenship – cetatenie activa - *people getting involved in their communities and democracy at all levels from local to national and global*/ Cetatenia activa este procesul prin care persoanele se pot implica in comunitatile lor si in procesul democratic la toate nivelele de la local, la national sau global.

snack – gustare - *a small amount of food eaten between meals*/ Gustarea este o cantitate mica de hrana mancata intre mesele principale.

slow food restaurants – restaurante slow-food – *restaurants promoting and serving slow food (food which is carefully prepared using traditional cooking methods and organic ingredients, and is intended to be eaten and enjoyed slowly for maximum benefit)/* Restaurantele slow-food promoveaza si servesc slow food (mancare preparate cu grija folosind metode de gatit traditionale si ingrediente organice, care este mancata si savurata incet).

junk food – mancare junk - *a term used to describe food that is high in calories from sugar and/or fat, but with little dietary fiber, protein, vitamins, minerals, or other important forms of nutritional value. It is also known as HFSS food (high in fat, salt and sugar)/* Mancarea junk – mancare cu continut caloric mare de la zaharuri sau grasimi, dar cu putine fibre, proteine, vitamine, minerale sau alte valori nutrionale importante.

biologic food farms – ferme de mancare biologica - *biological farming is a chemical free method of farming that focuses on improving the microbiology as a way of increasing plant growth and produce yield*/ Fermele bio sunt o procedura de agricultura fara chimicale, care se concentreza pe inbunatatirea microbiologica pentru a creste productia si a dezvolta cresterea naturala a plantei.

wellness – wellness - *the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes*/ Wellness-ul este conceptul de a avea obiceiuri sanatoase practicate zilnic pentru a obtine sanatatea corpului si a mintii.

eating disorders - boli de nutritie - *a mental disorder defined by abnormal eating behaviors that negatively affect a person's physical or mental health. Ex: anorexia, bulimia and binge-eating disorder*/ Bolile de nutritie sunt definite ca boli mentale datorate unor comportamente anormale de nutritie care afecteaza in mod negativ sanatatea fizica si mentala a unei persoane. Ex. anorexie, bulimie etc.

doping - dopaj - *the illegal use of a drug (such as a steroid) to improve an athlete's performance/*Dopajul este folosirea ilegala a unei subsante, de ex.a unui steroid pentru a imbunatati performanta unui atlet.

drugs – medicamente - *any substances (other than food) that are used to prevent, diagnose, treat, or relieve symptoms of a disease or abnormal condition*/ Medicamentele sunt orice subsante (in afara de mancare) care sunt folosite pentru a preveni, diagnostica, trata sau imbunatati simptomele unei boli sau afectiuni.

habits on the table – obiceiuri la masa - *table manners are the rules of etiquette used while eating, which may also include the use of utensils*/ Obiceiurile la masa sunt reguli de eticheta folosite la masa, care pot include si folosirea tacamurilor saup a veselei.

healthy typical habits – obiceiuri sanatoase - *behaviours that are beneficial to one's physical or mental health*/ Obiceiurile sanatoase sunt comportamente care sunt benefice pentru sanatatea corporala si mentala.

sport dances – dansuri sportive - *dancesport is a dancing competition which includes ballroom dancing and is different from the exhibition dance*/ Dansurile sportive sunt parte a competitiilor care pot include dansuri standard sau latino-americane care sunt diferite de dansurile demonstrative.

yoga – yoga – *is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation*/ Yoga este o disciplina spirituala Hindu care include controlul respiratiei, mediatatii, si adoptarea unor anume posturi corporale specifice si care este practicata pentru sanitate si relaxare.

gastronomic tradition – traditie gastronomica - *gastronomy is the science that studies the connection between food, tradition and culture of a certain region or area. Traditional foods are foods and dishes that are passed on through generations or which have been consumed for many generations*/ Gastronomia este stiinta care studiaza legatura dintre mancare, traditie si cultura unei anumite regiuni sau zone geografice. Mancarurile traditionale sunt mancaruri sau retete care sunt transmise sau care au fost consumate din generatie in generatie.

first aid – prim ajutor - *help given to a sick or injured person until full medical treatment is available*/ Prim ajutor-ul este ajutorul dat unei persoane bolnave sau ranite pana cand primeste ajutor medical specializat.

nutrition – nutritie - *the substances that you take into your body as food and the way that they influence your health*/ Nutritia consta in substantele ingerate in corp ca mancare si felul in care ele au o anume influenta asupra sanatatii acestuia.

food allergens – alergeni alimentari - *proteins in foods or derivatives of them that cause abnormal immune responses*/ Alergenii alimentari sunt proteine sau mancaruri sau derivate ale acestora care cauzeaza raspunsuri imunitare anormale ale corpului.