



Erasmus+

“i-City”

Phase 2 - Provision of food and shelter to a growing, changing, aging population

SHORT-TERM EXCHANGE OF GROUPS OF PUPILS

11 – 15 March 2019

Agrupamento de Escolas de Gondifelos, Vila Nova de Famalicao, Portugal

PRESENTATION HELD BY “Ion Băncilă” Secondary School TEAM

Key Action 2: School Exchange Partnerships

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HUMAN SETTLEMENTS



Rome



Madrid



Istambul



Tokyo

A human settlement - rural or urban - is a complex locality, with a continuously changing population, attracted to the mirage of a better life through the easy access to services, resources and personal security.

Did you know that... the number of inhabitants can reach such figures as up to 37 million in Tokyo – Japan, 25 million in Shanghai – China, 15 million in Istanbul – Turkey, 3,16 million in Madrid – Spain, 2,87 million in Rome – Italy? Quite a demographic explosion!

Source : Giz.ro, Imopedia.ro

THE NUMERICAL EVOLUTION OF THE POPULATION WITHIN AN URBAN SETTLEMENT

Causes of the demographic growth:

1. *A positive natural growth (the difference between natality and mortality)*
2. *Migration (from villages to cities or between cities), due to:*
 - **economic factors** – economic inequalities related to the underground and agricultural resources, a better living standard;
 - **social factors** – the quality of the services, better medical care facilities and services, the variety of social and cultural activities;
 - **natural factors** – favourable climate, accessible relief, the presence of water resources;
 - **political factors** – e.g. political refugees;
 - **psychological factors** – the attraction towards the beauty of a scenery;
 - **ecological factors** – moving from areas affected by changes of the environment.

THE NUMERICAL EVOLUTION OF THE POPULATION WITHIN AN URBAN SETTLEMENT

The consequences of migrations:

- ❑ **at demographic level** – changes within the structure on groups of ages and genders, within the ethnic, racial and religious structures, which leads to social tensions through discrimination and aversion towards migrants;
- ❑ **at economic level** – the deficit/excess of workforce, the increase of economical pressure on the active population, the increase of unemployment rate, the overcrowding of communication ways and means of transport;
- ❑ **at social level** – the lack of specialised personnel, a deficit of qualified workforce;
- ❑ **at psychological level** – disturbances in children's education, reactions of rejection and conflicts due to differences in mentality, behaviour and living standards;
- ❑ **at ecological level** – pollution.

SOME HUMAN SETTLEMENTS OFFER ACCESS TO:



Education



Dwelling areas



Leisure areas



Hypermarkets



Access routes



Malls



Restaurants



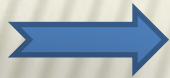
Medical facilities



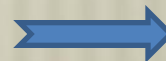
Fast food areas

THE PROVISION OF FOOD TO THE CITY INHABITANTS – A CURRENT ISSUE

The task to feed appropriately the world's city inhabitants represents a growing issue which requires....



- 1. food procurement and processing*
- 2. fast and safe transport*
- 3. hygienic trading*
- 4. a variety of foods*



1. FOOD PROCUREMENT

It is based on making use of agricultural products, vegetal or animal, but also on the food resources offered by the planetary ocean.

A. The production of raw material for the food industry outside the city or in remote areas (imports):



Cereal
cultures



Orchards



Ocean



Greenhouses,
vegetables



Animal farms



TYPES OF AGRICULTURAL CULTURES

1. *WHEAT – used in mill and breeding industry, and also for feeding animals. It is cultivated in prairies, with main producers in Russia, Ukraine, Romania, Canada, Latin America;*
2. *BARLEY – used for bread, beer, starch, glucose, alcohol and feeding animals. It is largely cultivated in Sweden, Russia and Canada;*
3. *CORN – used to produce oil, flakes, alcohol, to feed animals. It is largely cultivated in the USA, China, Brasil, France, Romania;*
4. *SUNFLOWER – for oil. It is cultivated in Europe, Russia, Argentina;*

Did you know that ... *cereal and technical plants are especially grown in the temperate and subtropical (Mediterranean) areas;*

.....rice (also called “the bread of Asia”) is suitable to the tropical monsoonic areas and is largely cultivated in China, India, Japan, the USA;

.....citrus trees, vine and olive trees are cultivated in subtropical or Mediterranean areas.

FOOD PROCUREMENT

B. Processing raw materials in the food industry:



Semi-processed



Dairy



Preserves



Breading products

2. TRANSPORT AND TRADING

The TRANSPORT towards the trading place can be done internally or internationally through:

1. *Road transport*



2. *Railway transport*



3. *Water transport*



The TRADING is done through hypermarket chains or proximity stores.



A handy means of procurement is also the virtual one, through online orders.

3. The food consumption



Motto:

“Breakfast should be yours to have, lunch should be shared with friends, and dinner should be given to enemies.”

(popular saying)

SPECIALISTS ADVISE US TO TAKE INTO ACCOUNT THE FOOD PYRAMID

It comprises types of foods that must be eaten daily in order to provide nourishing substances (nutrients) and the energy that is necessary for current activities. These are:

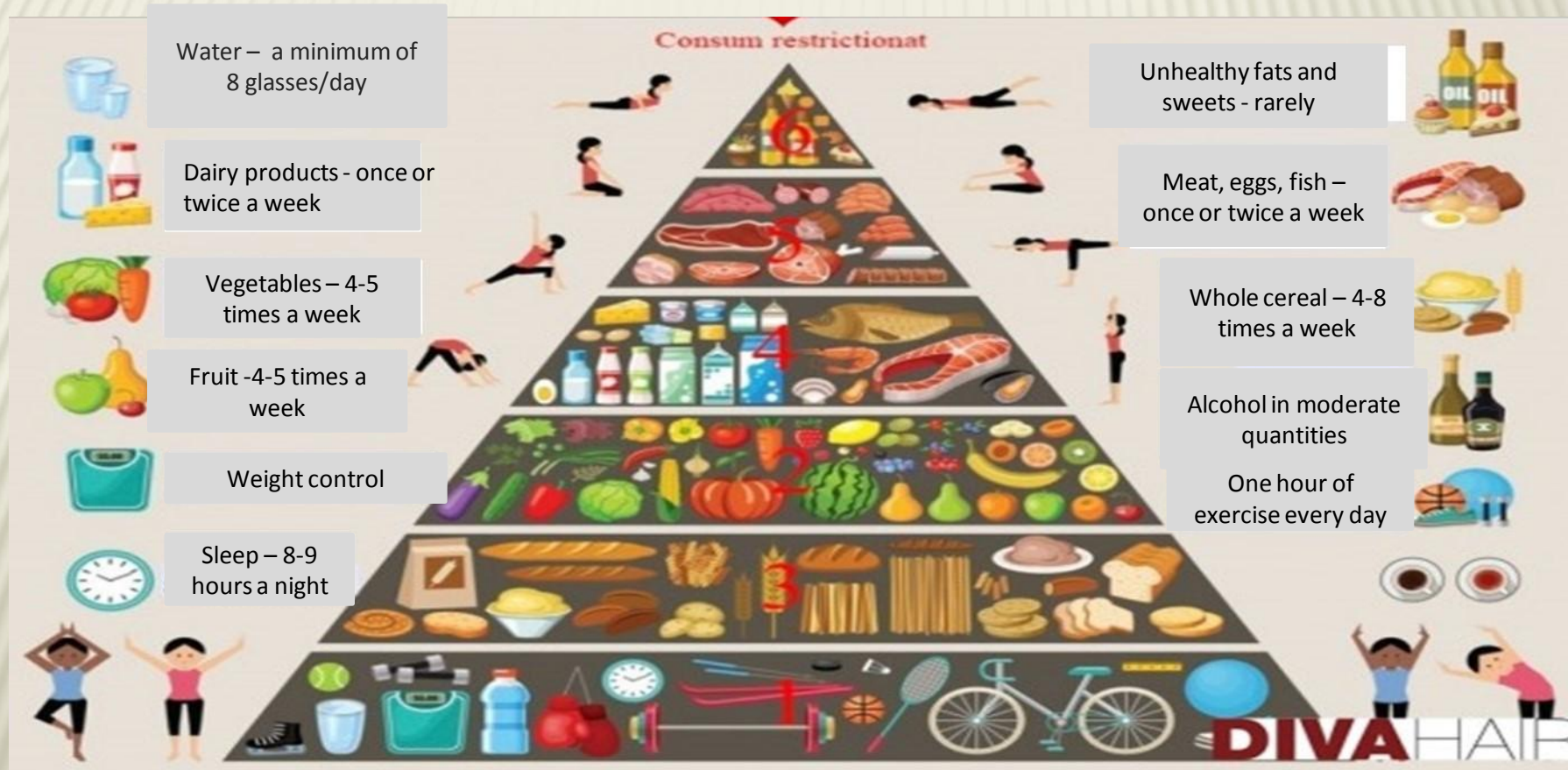
1. Cereal 2. Vegetables 3. Fruit 4. Dairy 5. Meat

6-11 servings/day 3-5 servings/day 2- 4 servings/day 2-3 servings/day 2-3 servings/day



A minimum of 2,5 litres/day

NUTRITIONAL REQUIREMENTS.... FOOD PYRAMIDS



(The Spanish Society of Nutrition)

BREAD, CEREAL, RICE AND FISH

Bread, cereal, pasta, rice and other flour products contain complex carbohydrates, vitamins B, minerals and fibres. Complex carbohydrates and fibers are necessary for ensuring a good digestion and for reducing the risk of heart diseases, diabetes and some types of cancer.

Did you know that... as a child is growing, the fiber requirement is also growing, which can be calculated as it follows: $\text{age} + 5 = \text{the quantity in grams necessary for one day}$?



FRUIT AND VEGETABLES

They provide significant sources of beta-carotene, vitamin C, vitamins B, potassium, calcium and other minerals which maintain the skin, the eyes and the gums healthy.



MILK AND DAIRY

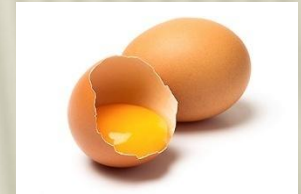


Milk, yogurt and cheese bring calcium, vitamin D and proteins which are necessary for the growth and development of the muscular and bone systems and of the teeth.



MEAT, FISH, EGGS

Red and white meat, fish, eggs/beans, nuts and seeds are an important source of proteins, iron, vitamins B and other minerals that support the growth and development of the body, especially for children. Also, iron and vitamins B (B9 and B12) are necessary for the good development of the nervous system, for increased attention and concentration at school.



SWEETS

Fresh fruit should be offered as a snack, instead of ice cream or cakes. The amount of sweet juice should be cut down or even cut off!



SOMETIMES WE EAT...

Nowadays we look for nutrients in the food provided fast by the chains of hypermarkets, fast food, proximity stores, restaurants, and very rarely in our kitchens.

The food often has calories in excess and lacks essential nutrients. The price represents another advantage of fast food. A menu bought from such a restaurant is sometimes half the price of a regular meal. Another reason for this choice lies in its presentation through appearance, taste, smell (all of these obtained through chemical substances).

This type of food attracts all age groups, but children in particular. Through its high content of saturated fats, carbohydrates and salt, this type of food can cause diabetes, obesity, heart and circulatory diseases, and even the decrease in life expectancy!

Pizza-1200 calories...

Juice -170 calories...

A serving of chips - 400 calories

Shaorma- 1100 calories

People usually need about ...1000-2000 calories a day!



DID YOU KNOW THAT...

As people grow older, their nutritional requirements change?

The food ratio for elderly people (60-74 years old) must contain:

- proteines 68 g (men), 61 g (women),
- fats 77 g (men), 66 g (women),
- carbohydrates 335 g (men), 284 g (women),
- energetic value: 2300 kcal (men), 1975 kcal (women)!

Recommended products for 24 hours, in grams:

- Rye bread 150/ Wheat bread 75 / Pasta 10;
- Natural honey 15;
- Potatoes 320,
- Vegetables: beet 120, carrots 90, cabbage (fresh, pickled) 240,
- Other vegetables (pepper, cucumbers, tomatoes) 160
- Fruit, cantaloupe, watermelon, pumpkin 390!

ALTERNATIVES...TRUTH OR FICTION?!

Did you know that... people assume that, in the future, food will come from tubes and eco cultures?

Causes: *time passes very quickly and people find it more and more difficult to reach their daily goals – they need time for families, friends, leisure activities; is there any time left for regular complete meals?*

Effects: *future means changes on all plans, and the food field is no exception. Despite the common people's scepticism, are our grandchildren and great-grandchildren unlikely to eat solid food?*

Truth or fiction: *according to the specialists, in ten years' time, the daily food will consist of 3D printed foods and oils. There are also voices that say that feeding will be done through plasters attached to the skin. They would work on the same system as those used for administering drugs, but will they contain the nutrients that will reach directly to the organism?!*

THE STUDENTS OF “ION BĂNCILĂ” SECONDARY SCHOOL STUDYING THE NUTRITIONAL REQUIREMENTS OF THE POPULATION WITHIN THE ERASMUS+ PROJECT “I-CITY”



Information sources:

-Statistics :

www.insse.ro;

www.primăriabrăila.ro

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