



## Did you know that...

**we have the right to an adequate quantity and variety of good quality and safe foods to meet our body's needs** and we must have information on how to make the right food choices in order to be healthy and well-nourished.

## Some facts about my country

**There are 58 million people living in Italy.** It is a developed, food-secure nation with one of the largest economies in the world.

**Yet, in 2004 seven and a half million people** - two and a half million families - lived in poverty.

**Some people in Italy are food-insecure;** in 2004 over 1.2 million Italians received food aid. The needy are elderly people, young mothers, children, refugees, immigrants, drug-addicts and people living with HIV/AIDS.

**Italians are known for their healthy and nutritious Mediterranean diet** based on fruits, vegetables, cereals, legumes, dairy products, fish, olive oil and some red meat.

**At the same time, malnutrition is a problem in Italy** where many adults and children are overweight or obese.

**Italy has nutrition education campaigns** for primary and secondary school children to promote informed food choices and healthy diets.



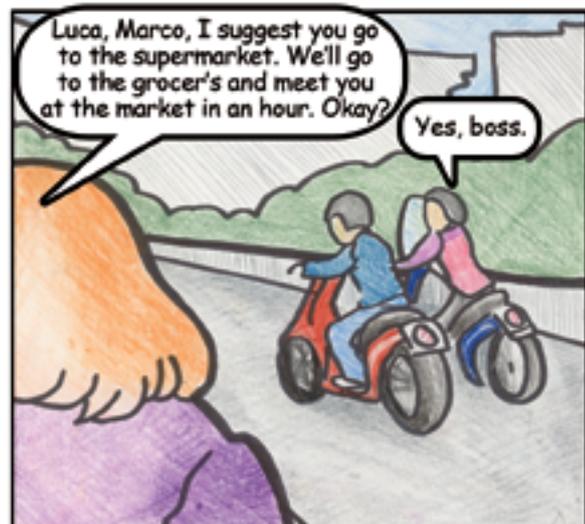
## Read our story to find out...

**What** we need to be healthy and well-nourished.

**What** we need to be able to make healthy food choices.

**Where** we can get information about food, nutrition and healthy diets.

# Just the Right Mix



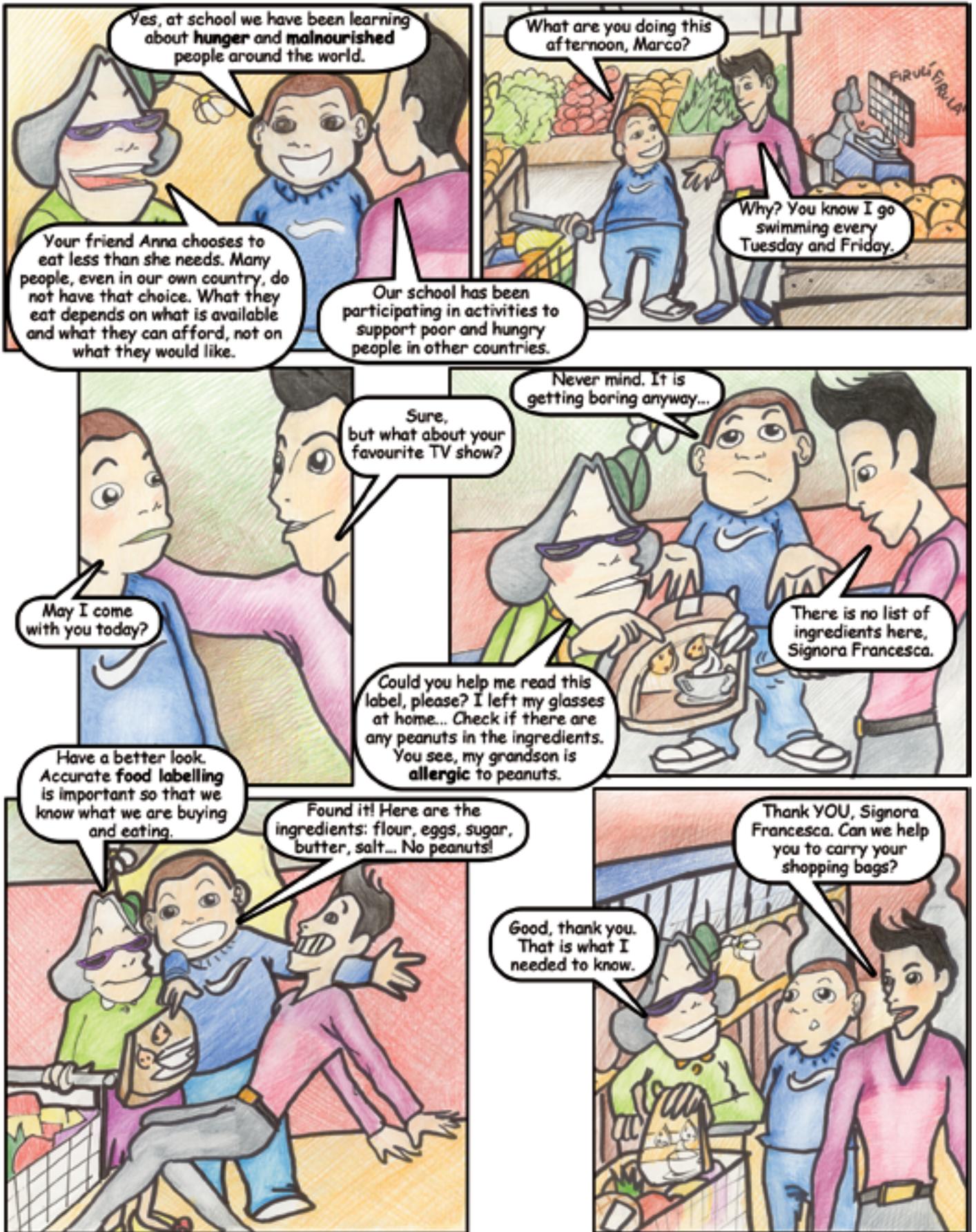
# Just the Right Mix



**life-styles:** different ways of living our lives

**calorie:** a unit for measuring energy that food gives us

**nutrient:** the part of a food that is stored and used by the body for energy, growth and repair, and protection from disease



**hunger:** not having enough food to meet our nutritional needs

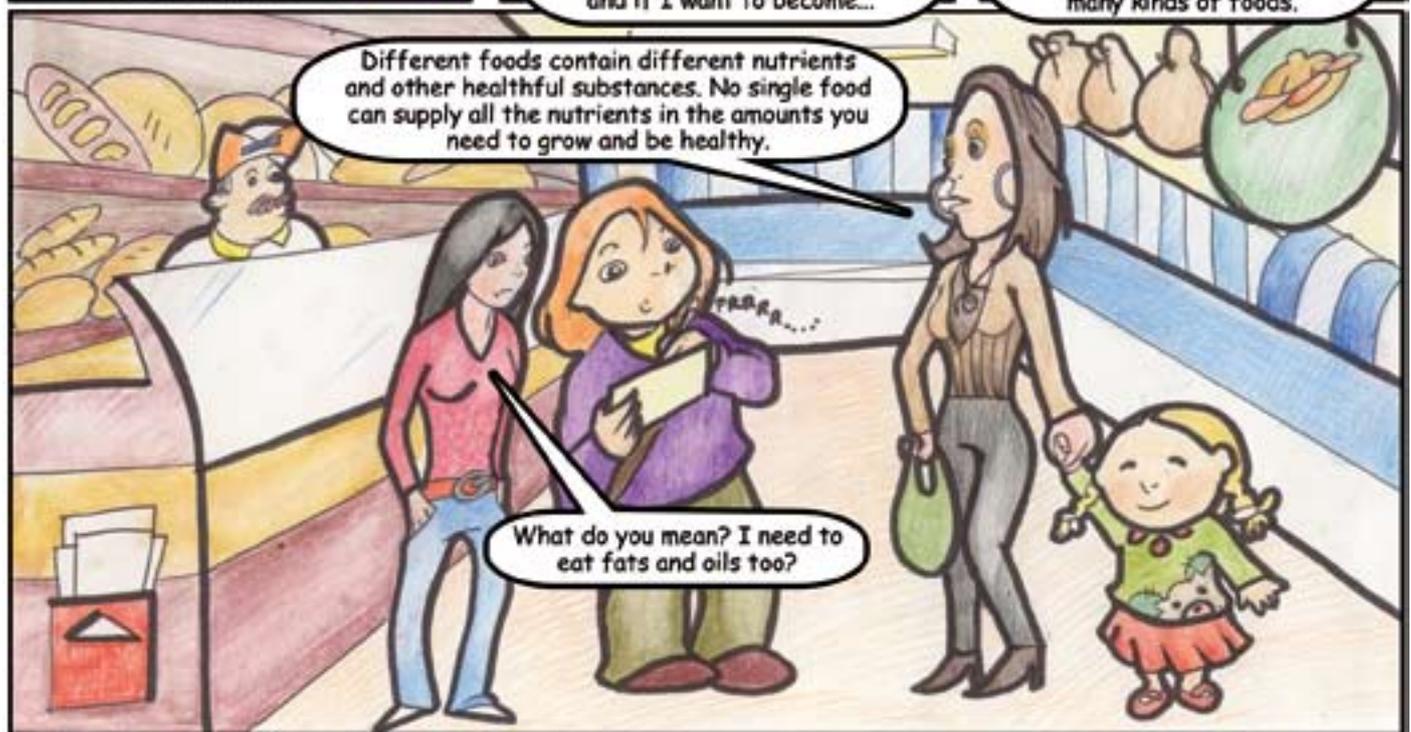
**malnourished:** people who are unhealthy as the result of eating too little, too much or not having the right variety of food

**allergic:** an unpleasant reaction a person's body has to certain things, including food

**food label:** information about the food written on its package



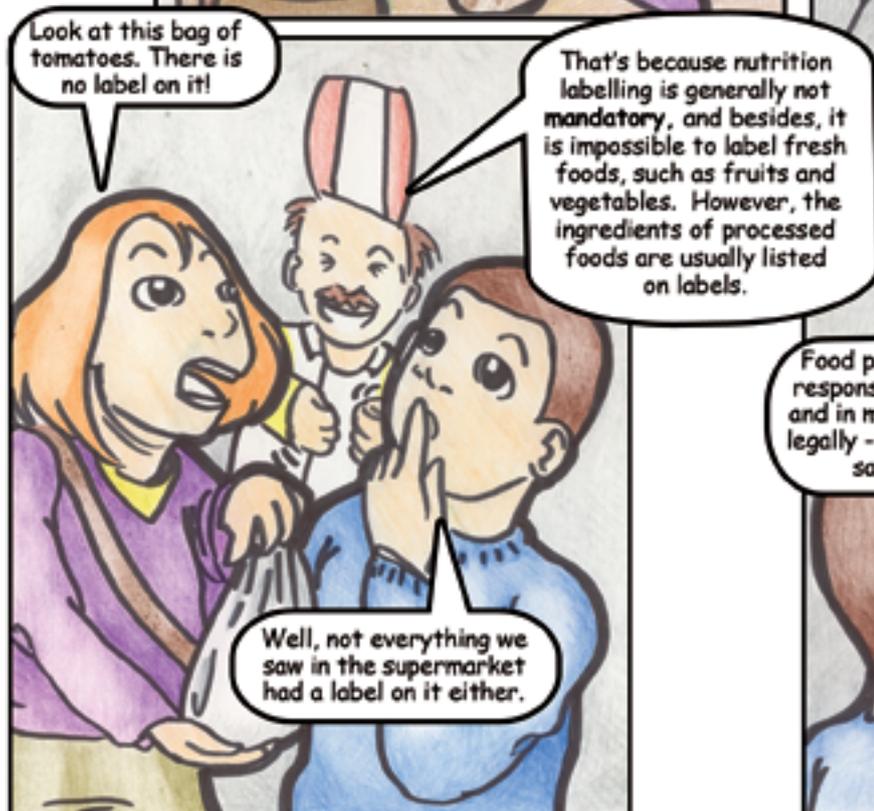
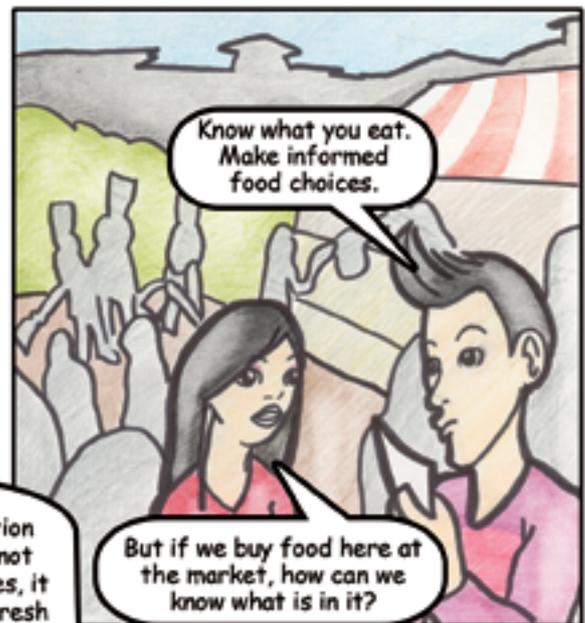
IN THE MEANTIME, ANNA AND LISA ARE IN THE GROCERY STORE.





**vitamin:** substance found in small quantities in food and essential for the health and normal working of the body

# Just the Right Mix



**mandatory:** something which must be done by law

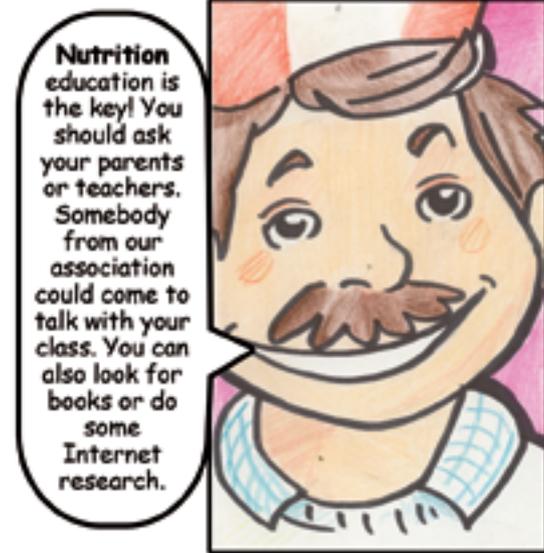


A food is safe when it does not cause harm to the person eating it. Producers and sellers of food must take care to limit any harmful substances in foods and prevent food-borne diseases. And the government has to put in place laws and policies to ensure that food producers meet their responsibility.



It is our right to have access to safe, good-quality foods. Then, to make healthy eating choices, we should know more about the nutrients different foods provide us and how our bodies use different foods in different ways.

How can we know what food gives us, Signor Mario?



**Nutrition** education is the key! You should ask your parents or teachers. Somebody from our association could come to talk with your class. You can also look for books or do some Internet research.



I say enough for today. We can start writing the article tomorrow.

Well! That was good. What time is it?

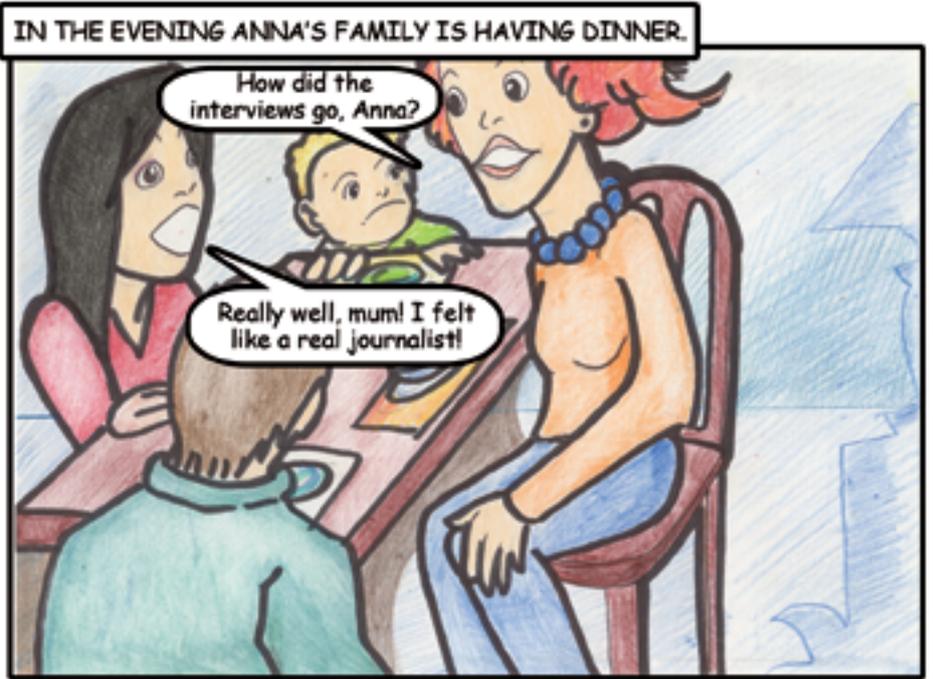
Half past four. Time to go to the swimming-pool, Luca.

All right, boss.



What about your mopeds?

It is okay. The swimming pool is not far from here, we can walk. Bye!

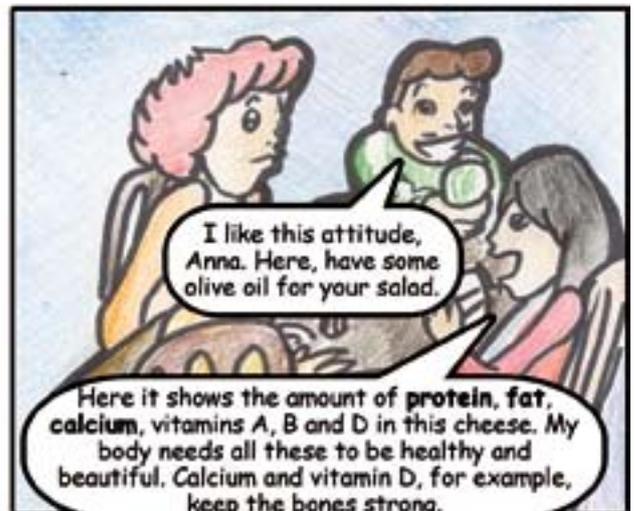


IN THE EVENING ANNA'S FAMILY IS HAVING DINNER.

How did the interviews go, Anna?

Really well, mum! I felt like a real journalist!

# Just the Right Mix



The End

**protein:** a nutrient needed to build and maintain muscle, blood, skin and bones

**fat:** component of food that gives energy to the body

**calcium:** a mineral present in some foods that makes our bones and teeth strong

So, what do YOU think?



## Have you thought about...

**why** some people have many safe good foods available to choose from, while others have little choice?

**why** Anna changed her mind about what foods she chooses to eat?

**what** a good, healthy diet is for you?

## Is it fair that...

**food producers should be responsible** for producing food that is safe for us to eat?

**the government should make sure** that we get the right information on foods and healthy diets?



## Everyone can do something

**Lisa, Anna, Marco and Luca are interviewing people** about the ways they shop for food and eat. Can you do the same?