By: Rea, Lucas, Lance



**Eating towards happiness**

Cover background graphic

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## veggieshappy people

**Lifestyle**

**People have to eat healthy and exercise daily to live a happy and long life. These two elements are keys to happiness. Eating healthy helps you grow, but once in a while you can cheat and have a treat. You’re not on a diet, but only helping yourself. A healthy lifestyle is a good thing. You don’t have to eat healthy all the time, but eating the right foods combat against depression and promotes happiness, and health.**  **Research shows that teens who eat healthy are than teens who eat junk food. (“Teen Health Linked to Teen Happiness”) For example, teens who don’t take care of themselves at an early age the start making bad decisions when they are older. Experts say that “unhealthy behaviors such as smoking, drinking alcohol and a lack of exercise are closely linked to substantially lower happiness scores among teenagers.” (Teen Health Linked to Teen Happiness) The more you eat healthy and exercise the more happy you will get.**

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| Recipe For cinnamon Oatmeal | | |
| **Ingredients** |  | |
|  | apples.PNG | |
| * 4 cups water |
| * ½ cup apple juice |
| * 1 cup oats |
| * 1 teaspoon cinnamon * ½ cup brown sugar * 2 apples (cut) * Honey(optional) |
| veggies   * Boil water |
| * Mix oats, cinnamon, apples and honey(optional) together |
| * Pour boiling water and apple juice (as much as you see fits) |
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*About the food*

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| Directions |

## oatmeal-1

**Lifestyle Recipes**

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| Recipe for Chicken avocado sandwich | |
| Ingredients |
| * 1 Grilled Chicken Breast |
| * 4 Strips of Avocado |
| * 2 pieces of 100% whole wheat bread |
| * 2 pinches of pepper |
| * ½ tablespoon of lemon juice |

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| Directions |

**Flow recipes**

*About the food*

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| Recipe 1 | |
| Ingredients | Directions |
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| Recipe 2 | |
| Ingredients | Directions |
|  | Salad graphic |
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Flow recipes

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| **Depression and sadness are emotional feelings that causes you to feel upset. Researchers show that “*Depression, also known as major depression, clinical depression or major depressive disorder is a medical illness that causes a constant feeling of sadness and lack of interest. Depression affects how a person feels, behaves and thinks*” (“What is Depression”). Depression is something that can be treated with medication such as “mirtazapine, nefazodone, and nortriptyline” (“Popular Depression Medications”).** |

sadness and depression

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| Additional Chapter Graphics |
| You can add these graphics in the chapters that you create. Copy them and paste them on the page in the new chapters. See the sample chapters for suggested placement of the graphics. |

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| veggies   * Boil water |  | |
| * Mix oats, cinnamon, apples and honey(optional) together |
| * Pour boiling water and apple juice (as much as you see fits) |
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*About the food*

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| Directions |

Eggs graphic

Poultry graphic

Lettuce graphic

Bread graphic

Soup graphic