



ACTIVE AND RESPONSIBLE CITIZENS

Environment protection


LEARN 4 LIFE: ACTIVE AND RESPONSIBLE CITIZENSHIP
PALATUL COPIILOR CRAIOVA



Co-funded by the
Erasmus+ Programme
of the European Union

Being a responsible citizen is very important when it comes to improving the society we live in. As young people, we also have to be active if we want to build a safe future for our generation.

Within this context, a crucial social aspect is related to the environment protection. Thus, the main aim of the present project is to emphasize some ecological rules that must be applied with respect to:

- 1) *PROTECTED AREAS*, established as such by official regulations AND
 - 2) *HEALTHY FOOD*, obtained without chemical substances
- 

GENERAL FACTS

Danube Delta *Romania*



The Danube Delta is one of the most beautiful protected areas from Romania. It is the second largest river delta in Europe, after the Volga Delta, and is the best preserved on the continent. The greater part of the Danube Delta lies in Romania (Tulcea County). Its approximate total surface area is 4,000 km², of which 3,400 km² is in Romania. With the lagoons of Razim-Sinoe, located south of the main delta, the total area of the Danube Delta is 5,165 km².

- ▶ The Razim-Sinoe lagoon complex is geologically and ecologically related to the delta .
- ▶ The combined territory is listed as a World Heritage Site.
- ▶ The Danube Delta hosts over 300 species of birds, as well as 45 freshwater fish species in its numerous lakes and marshes.



There are three river arms in the delta: Chilia(northern arm), Sulina(middle arm) and St. George(southern arm). They all flow into the Black Sea.

Large-scale works begun within the three arms during the second half of the 19th century were meant to increase them in order to become suitable for large-vessel navigation.

Unfortunately, these corrections, as well as the digging of various secondary channels throughout the body of the delta, have had a serious impact on the ecosystem. Natural environments have been altered, the breeding pattern of fish has been disrupted, and the flows in the main arms have increased, with serious consequences regarding the discharge of alluvia and the erosion of banks.



Chilia arm remains the most unspoiled one of the main three.

- ▶ Nowadays, the Danube Delta is protected by law and there are a lot of regulations regarding the influence of human activities.
- ▶ Fortunately, we have understood that the ecological diversity it offers is far more important than the economic benefits obtained from aggressive tourism, navigation or fishing.
- ▶ Tourists can visit this unique place, as long as they protect and do not spoil its natural beauties, such as: white and yellow water lilies, birds, fish, the famous wild horses from Letea Woods (the roots of the trees are fixed in sand dunes) or the unspoiled beaches of the Black Sea

If we protect the environment, we do it not only for us, but also for the next generations.

Let's talk about some “eco-rules”!

Obtaining food without using chemical substances (fertilizers)

Nowadays, there are a lot of fertilizers that help fruits and vegetables grow faster and look better, but grown up chemically, they become unhealthy for the human body.

That is why we should be very careful (RESPONSIBLE CITIZENS) when buying fruits and vegetable at the supermarket and ask for information about them (ACTIVE CITIZENS).



Beware! One day, these substances can really hurt you!

Look also for the E-substances that are additives found in food, drinks, etc. As you can see, these can be used in chocolate, cupcakes, juice to make them look better, have a nicer taste and look consistent. Of course, some “E”-s are not harmful, but we should be informed and know which are dangerous and which are not.

***BE ACTIVE AND RESPONSIBLE!
FOR YOUR OWN SAKE!***

Food additive E-numbers		
Number range	Additive type	Examples
100 - 199	Food colours	131 - Patent Blue V 173 - Aluminium
200 - 299	Preservatives	200 - Sorbic acid 234 - Nisin
300 - 399	Antioxidants	300 - Vitamin C 315 - Erythorbic acid
400 - 499	Thickeners, emulsifiers and stabilisers	406 - Agar 460 - Cellulose
500 - 599	Acidity regulators and anti-caking agents	509 - Calcium chloride
600 - 699	Flavour enhancers	621 - MSG
700 - 999	Sweeteners, foaming agents and gases	951 - Aspartame

NB: Not all additive types fall solely into the given numeric range as many have a variety of purposes.



Brilliant Blue FCF (E133)
Citric acid (E330)
Sodium citrate (E331)
Monopotassium citrate (E332)
Sucralose (E955)



Ammonium phosphatides (E442)
Polyglycerol polyricinoleate (E476)



Calcium phosphates (E341)
Diphosphates (E450)
Sorbitol (E420)
Sodium stearyl-2-lactylate (E481)
Xanthan gum (thickener) (E415)
Orange colouring (E160b)
Monostarch phosphate (E410)

theconversation.com Source: Author & food.gov.uk

REMEMBER!

The greatest threat to our planet is the belief that someone else will save it. – Robert Swan, first man to reach the two poles

The generation that destroys the environment is not the generation that pays the price. That is the problem. –Wangari Maathai, ecologist

Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books. –John Lubbock, banker and scientist



The most patriotic thing you can do is to take care of the environment and try to live sustainably– Robert F. Kennedy, Jr.

Thank you for watching!



Together, we can make the world better!