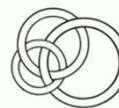


Importance of nutrition and exercise

Emmi, Helen, Marius, Sebastian and Smári



BRØNNØYSUND
VIDEREGÅENDE SKOLE



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Databases



Norway



Iceland




Finland

Norway

Nutrition in Norway

- Norway is working to improve how people eat.
- The Norkost 4 survey (2022-2023) looks at what Norwegians eat.
- The country follows the Nordic Nutrition Recommendations 2023.



Norway has also been trying to reduce salt intake. The Salt Partnership (2015-2018) found that most people get too much salt from processed foods and restaurant meals, so steps have been taken to help people eat less of it.



Exercise in Norway

- More people in Norway are living less active lives.
- Many jobs and daily activities involve sitting for long periods.
- The Norwegian Directorate of Health has created guidelines.
- Being active is important for staying healthy and preventing diseases.
- Norway aims to help people live healthier lives.



Databases



Norway



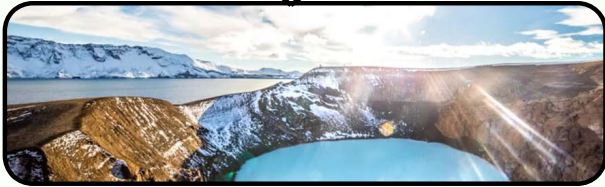
Iceland



Finland

Iceland

Some are renewable like water, water is renewable because it comes from all lakes of Iceland but like fish is limited. For example, we had to stop here in Höfn to fish for lobster because we almost finished them. Exercise tools outside is renewable because many people can use it but it can be damaged and destroyed. Its renewable if not destroyed.



The current state of nutrition and exercise in Iceland is mostly good. Most people have good health and feel good because they exercise a lot. People in Iceland are in many sports and its very known too exercise here. People eat okay, it's not bad like America or India and stuff. People do watch what they eat but very few people don't. So, the current state is good and is not going downhill or anything. The thing that is bad here in Iceland is the energy drinks, vaping, smoking and drinking. Those things are done a lot here in Iceland by many people.



These are protected by humans and recycling. We recycle to keep the water clean and food healthy. We also want to not damage any equipment that is used for exercise so there have to be rules so that doesn't happen.

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The main resources are things like fish which are mostly used. It is most known for fish and its renewable. Fish has always been popular in Iceland and well done by Icelanders. Lobster is the most popular and most fished out of sea. There are a lot of exercise machines that are outside that people use well and good. There are also bike roads like in Reykjavik and Keflavik. Water from Iceland is also very important. The water here is all from clean and healthy lakes. Iceland has one of the best waters in the world.

Databases



Norway



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Nutrition

- free meals for students in schools
- food is locally sourced, rich in nutrients and environmentally friendly
- supports local agriculture



Exercise

- mandatory physical education in school
- everyday physical activity through walking and cycling to schools
- guided exercise for different age groups in municipalities
- Liikkuva koulu which promotes activity in schools
- club activities in the middle of the school day



Liikkuva koulu

Which countries are unhealthy?

Each country is quite similar when it comes to unhealthy habits. Fatness and drugs are apparent in all of them, however some have higher statistics. We have included the UK and the US to compare.





Natural resources

Norway

Natural resources in Norway mainly consider water, oil and fish. All of these resources are responsible for our strong economy in the form of export of gas, electricity, and salmon. Our large coastline pair well with the large uneven mountains that have been carved out by ice ages. It is what allows us to build such sustainable hydro-powerplants.

Iceland

The main natural resources in Iceland are freshwater, seafood, berries and herbs, lamb and dairy products. Then there are hot springs that people use for relaxation and recovery. Glaciers and mountains contain hiking, camping, ice climbing, skiing and more. Then there are rivers and coastlines that people fish and swim and more.

Finland

Nutrition

- whole grain, dairy products, fish, berries and fruits
- clean water
- renewable resources and their sustainability depends on a responsible management

Exercise

- lakes and rivers
- forests and hiking paths made to help people move easily while also preserving the nature

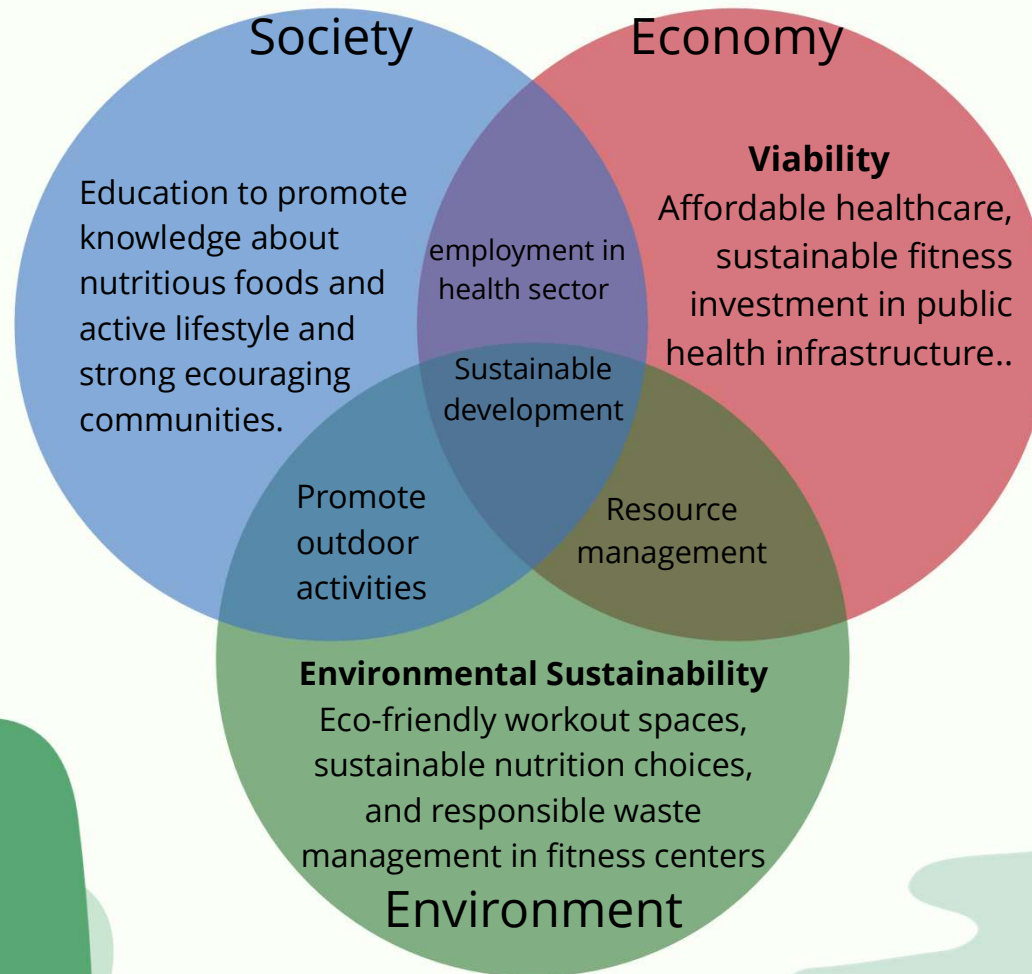
Relevant SDGs



Relevant SDGs



Sustainable development



The background is a light green gradient. In the top-left corner, there is a dark green leaf-like shape with white outlines of smaller leaves. In the top-right corner, there is a branch with several green leaves. In the bottom-left corner, there is a large, detailed green monstera leaf with a dark stem. In the bottom-right corner, there is a dark green leaf-like shape with white outlines of smaller leaves. Two sets of three horizontal wavy green lines are positioned above and below the central text.

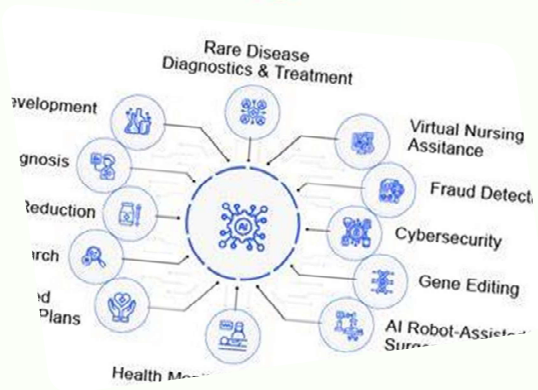
Got any questions?

The image features a light green background with various green foliage elements. In the top-left corner, there is a dark green leaf with white outlines. In the top-right corner, there is a branch with several green leaves. In the bottom-left corner, there is a large, detailed green monstera leaf. In the bottom-right corner, there is a dark green leaf with white outlines. Additionally, there are two sets of green wavy lines, one in the top-right and one in the bottom-left, resembling stylized grass or water.

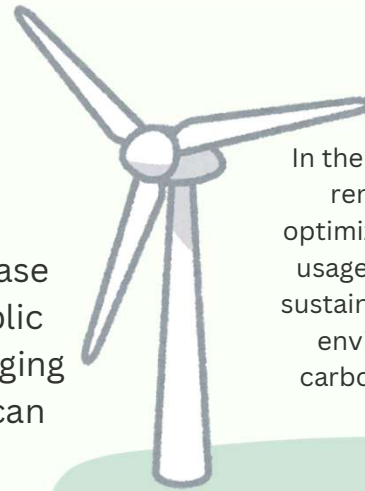
Good! Then we'll be
moving on

Using AI for Future Predictions

Artificial Intelligence (AI) is becoming an essential tool for predicting future trends in Norway, Finland, and Iceland. From climate change modeling to economic forecasting, AI helps governments and businesses make data-driven decisions.



Additionally, AI is used in healthcare to forecast disease outbreaks and improve public health strategies. By leveraging AI, these Nordic countries can enhance decision-making, improve sustainability, and drive innovation for a more resilient future.



In the energy sector, AI predicts renewable energy output, optimizing wind and hydro power usage. It also plays a key role in sustainability efforts by analyzing environmental data to track carbon footprints and develop efficient solutions.



Future scenarios



Norway



Iceland



Finland

Future scenarios



In 2045, society, the economy, and nature could be shaped by AI and human choices. In the best-case scenario, AI helps solve big problems, creating a sustainable and connected world. Cities become smarter with clean energy and less pollution. The economy grows with new jobs and better technology, improving people's lives. Nature is better protected, and climate change is managed with new solutions. However, we must make sure AI benefits everyone and does not create new problems. By thinking about both the good and the bad, we can build a better future



Icelandic food will most likely have developed in the future like traditional foods. They will be better for you and your health. DNA-based diets and AI-driven meal planning could become common, optimizing food choices based on genetics. VR, AR, and AI-driven personal training could make workouts more immersive, especially during long, dark winters.



Outdoor activities might incorporate technologies like augmented and virtual reality while renewable energy-powered gyms and community spaces could become widespread. Nutrition could focus on sustainable practices such as plant-based diets, lab-grown proteins, and climate-smart local food production. Finland's natural resources like wild berries, mushrooms, and fish may play a larger role in nutrition.



Thanks for listening

Takk fyrir að hlusta

Kiitos, että kuuntelit



Takk for deres oppmerksomhet

