

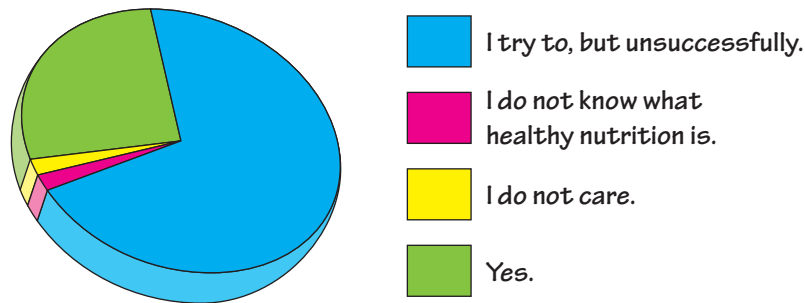
ŠBON Studentski

THE IMPORTANCE OF HEALTHY NUTRITION AMONG STUDENTS

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Do you think you eat healthy?



... have answered 171 students in the inquiry about their eating habits. For all students who try to eat healthy, for those who try to do that unsuccessfully, for those who do not know what healthy nutrition is, or for those who think to know everything on the topic and for those who do not really care about the healthy nutrition – during the youth exchange The Importance of Healthy Nutrition Among Students we collected various information and created this publication. Our special thanks to Bojan Cunk, Mojca Zajc, Davor Mišmaš, Andreja Drev and Matej Gregorčič from IVZ and to Marko Kastelic for their help, articles and the material. We hope you will find the booklet useful.

Zveza ŠKIS

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The basics of healthy nutrition

The food we eat is essential for our body and provides the only source of energy for our organism. Healthy nutrition represents the sufficient amount of all the necessary macro – (carbon hydrates, proteins and fats) and micro nutrition (vitamins, minerals) and is adjusted to the body needs of energy. The sufficient amount of liquid also belongs to healthy nutrition.

Moreover, eating plays a great psychosocial role in our lives. It is important that we enjoy in buying and preparing food and do not use it for solving emotional and other problems.

Besides, healthy nutrition is a part of healthy life style and is inseparably connected with the appropriate physical activity.

Needs of our body

- **Proteins** are the most important structural component of our body. They build enzymes, structure proteins, signal molecules, antibodies and other elements of organisms. They represent the store of energy when it comes to a lack of other sources.
- **Fats** build cell-membranes, guarantee protection to the body and internal organs and are the carriers of in lipid soluble vitamins, a source of essential fat acids and the highest store of energy in the body.
- **Carbon hydrates:** represent the major source of energy in our food. The structure carbon hydrates metabolise to simple sugars. Glucose is the most important simple sugar and is the only source of energy for brains.
- **Vitamins and minerals:** are different substances which have in common that the organism does not need great amounts of them but they are still necessary for its proper functioning. They are essential part of enzymes and are necessary for various reactions as cofactors and coenzymes; they cooperate in signal transmission, detection of light and immune response to organism. The easiest way to get the sufficient amount of vitamins and minerals is with different kinds of food.

- **Water:** our organism is built of approximately two thirds of water. It represents the environment inside the organism where all the biochemical reactions occur. Even a mild dehydration can significantly impair psychophysical abilities.

Carbon hydrates represent the major energetic part of nutrition (at least 55%), followed by proteins (10% - 15%) and fats (to 30%). But one gram of fat has twice more energy as one gram of carbon hydrates or proteins.

Therefore we should eat fewer fats than carbon hydrates - even fewer than proteins. We need to drink 2l of liquid daily for a regular body functioning and to suffice the needs for liquid. We should drink more when it is hotter and we are active. We need to drink slowly and all day long and be careful not to exaggerate with drinking in a shorter period of time - that could cause excretion of water soluble vitamins and minerals from our organism. We should rather choose unsweetened tea and water than sweet juices and flavoured water with many calories - for example sugars which we intake in greater amounts with the food throughout the day.

We need to be careful to balance the energetic value of food and energy that our body uses. Body needs of energy differ according to age, sex, height, weight, physical activity and the amount of muscle mass of every individual.

A very rough estimation for a moderately active adult man is 2500 kcal/day and 2000 kcal/day for a woman. If we intake more food than we use it, we gain weight and vice versa - if we intake less food, we lose weight. A major problem represent meals and snacks that seem innocent but can be real "energetic bombs" and can even exceed the energetic value of the main daily meal.

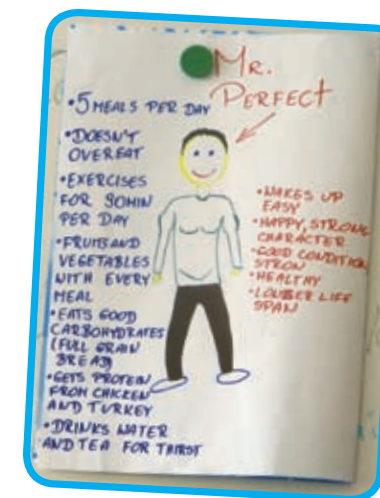
How many meals per day does our body need and how big they can be?

We need to arrange our daily meals carefully. If we eat only once a day, the body gets used to such a life style and uses daily less energy and we get tired more easily. When the body obtains the sufficient amount of the necessary energy, it stores them in form of fats. We need to intake the energy all day long, the majority in the morning and early afternoon and in the evenings we need to eat light food-food that makes us feel fed and has little calories. These are vegetable, fruits,

non-fat dairy products and meat products.

It's recommended to have 4-5 meals per day. The eaten food should be divided in individual meals.

Meals	Intake of energy in %
breakfast:	20 % - 25%
morning snack:	10 % - 15 %
lunch:	35 % - 40 %
afternoon snack and supper:	25 %



When choosing the right food, we need to consider the principles of nutrition pyramid: each meal should include fruit and vegetable which give us necessary vitamins and minerals. We need to eat as much fresh food as possible, because a great part of vitamins can get lost with the cooked food.

The first on the list should be complex carbon hydrates such as: full cereals, pap, bread, pasta and rice. We need to be aware of the fact that carbon hydrates are not all healthy - whole grain carbon hydrates (dark pasta, whole and whole grain bread, cereals such as barley or spelt) contain many fibres that do not give us

energy, so we feel fed earlier and take in far less calories. The fibres stimulate a better metabolism, affect positively our micro flora, bind toxins and dirt in our intestines and excrete them out of our body.

We need to choose quality fats (oils) and low fat milk and dairy products. We need to be attentive because all oils are not good for cooking - not refined (virgin) oils are great for salads and other toppings that are not heat-treated, while for cooking and baking we use refined oils - such as sunflower and rape-oil. We try to avoid fats from butter. Butter and coco fat have unfavourable fat acid composition and can contribute to appearance of cardiovascular diseases; butter (especially of low quality) can have many extremely dangerous trans-fat acids that are proved to be carcinogen.

We should eat a moderate amount of meat and eggs, besides it is recommended to choose lean sorts of meat which satisfy our needs for proteins (in combination with vegetable sources - pulses) We should avoid industrial meat products (i.e. salamis, paste, sausages) for they can have up to 30% added fats and many preservatives.



We should eat fish twice a week because they contain the most essential fat acids which are normally hard to get from other food.

We should avoid eating food with high level of saturated fat and sugars as well as the intake of salt and drinking sweetened beverages. We need to avoid cutting out meals - it usually happens that after a left out meal we eat more next time because the body tries to replace the lack of nutritive substances of the missed meal. That could cause distortion in body functions balancing and could impair the ability of working and even lead to various diseases.

How do we know our weight is healthy?

Various calculations exist to find out whether our body mass is healthy or not. The most accurate way to find out is through the percentage of fat in the body.

24% is a normal percentage for men and 31% for women. Calliper can best help us to measure several points of the body (chest, shoulder blade, armpit, triceps, belt, hips and thigh) and estimate the average.

For those who have not got calliper at home - the body mass index (BMI) and the relation between the waist and hips (waist-hip ratio; WHR) can be calculated with the formula:

BMI =	$\frac{\text{mass (kg)}}{\text{height (m}^2\text{)}}$
WHR=	$\frac{\text{weist (cm)}}{\text{hips (cm)}}$

If your BMI is between 19 and 24.9, you are healthy. But in this calculation, we do not consider how the muscular mass contributes to the weight; and as a result of this the body mass of athletes can sometimes show the overweight. That is why the WHR is also used. If the result is under 0,83 for men and 0,71 for women between the age of 20 and 29, their weight is healthy. With aging the limit of healthy proportion gets higher but it can not exceed 0,91 by men and 0,76 by women.

If your BMI and WHR exceed or reach their limit, you should change your eating habits and increase your physical activity until you get back to the healthy level.

+ of healthy nutrition and - of unhealthy nutrition

Unhealthy nutrition is a significant factor of health risk. It causes bad feeling, impairs the working efficiency and influences on a lower resistance of the organism. It is connected with the several non contagious chronic diseases in the later life period - such as cardiovascular diseases (high blood pressure, higher level of cholesterol in blood, or infarct and stroke), diabetes, different sorts of cancers, osteoporosis, caries and obesity). On the other hand, it is also connected to with several eating disorders, dissatisfaction, low self-esteem and depressions.

Food can mistakenly be taken as a medium of inner dissatisfaction, uncertainty and self-distrust. Healthy nutrition can assure a proper amount of energy and structural components for regular body function, it importantly reduces the risk for above mentioned diseases, it contributes to a better feeling, concentration, self-esteem and it help to regulate the body mass.



Advice for students

- We stick to the recommended number of meals. We should try to take time for 4-6 meals through the whole day (every 2-3 hours) despite stressful schedule. We should try to eat as diverse food as possible and to add fruit and/or vegetable to each meal.
- When we eat, we should sit, take time for food and eat it slowly. Never eat food in front of the television or computer, when standing or in movement.
- Do not leave breakfasts out. You need to eat complex carbon hydrates (unsweetened cereals, bread ...) in combination with proteins. Correctly composed breakfast can have positive influence on cognitive and motor abilities, leaving it out reduces the ability of solving problematic assignments.
- We should avoid fast food which is usually full of fats and/or sugars. We should also avoid adding salt, fats (various sauces, mayo) and sugar to already prepared dishes.
- Do not eat industrial snacks which are usually too salty or too sweet and contain trans-fat acids. Replace those with fruit, appropriate drinks (water, tea, milk), less fat yoghurts, nuts or with sandwiches with vegetables.
- Try to avoid juices and other sweetened beverages. Lots of sugar or some artificial sugars, which are even more dangerous for our health, are added to them. Sugars make our appetite grow and have quite the opposite result as we would wish.
- Students should choose to eat in those restaurants where the food is prepared according to the standards of healthy nutrition.
- We need to sleep from 7 to 9 hours! Due to the morning sleepiness we usually leave breakfast out, irregularly sleep causes irregularly eating habits.
- Do not forget to drink the sufficient amount of liquid. You should drink water, unsweetened tea, at least 2 l per day.

Diets

Diets from different magazines or other media which promise to lose weight quickly do not usually help. Quite opposite, they can even harm our health – wrong choice of food and regular diets can bring to the lack of some vitamins and minerals which can cause various illnesses such as anaemia, damage of elastic fibres in skin. After the diet the body mass usually comes back to the original point or sometimes even higher.

The only adequate way of losing weight is gradual and long-term change of life style which involves eating habits and increased physical activity.

What should we take into account when we buy food?

We should be aware that all food is not healthy. When we go shopping, we should pay attention to the tickets – what amount of sugar, what percentage of fat and which additives are added to the food. Besides, we should be careful not to eat too salty food. Too much salt can cause high blood pressure which represents a major burden for our health. On average, Slovenes eat twice as much salt as it is recommended. Daily need of salt is covered with the intake of bread and that is why we should be careful how much salt we get from other food.

Sugars represent another problem. Many sorts of food contain lots of sugar – we usually absorb the biggest amounts when drinking various beverages, cereals ... Even fruit yoghurts, different toppings and sauces contain sugar. It is healthier to buy unsweetened food and get the sugar with fruit (fresh or dried) which is also sweet but the sugar in it is natural and do not cause higher blood pressure with such intensity as table sugar. We should replace sweet juices and flavoured waters with unsweetened tea or water and squeeze an orange or lemon in it. Even though 100% natural juices are a healthier choice, they contain many calories which do not make us fed, so we should rather eat fruit or vegetable which make us fresh and fed at the same time.

Some artificial sugars are added to sweet low caloric food with no extra sugar. The artificial sugar came to use as a substitute of sugar for people with diabetes which are not allowed to eat sugar but can not resist it. Artificial sweeteners are extremely dangerous when eaten in major quantities. It is proven that sugars such as acesulfame K (E950), aspartame (E951), cyclamate (E952), saccharin (E954)

in major quantities cause cancers, migraines, tumours, epileptic attacks and even Alzheimer's or Parkinson's disease. That is why we should try to limit the amount of those additives. They are often present in bonbons, chewing gums, sweetened drinks and even in yoghurts and some other diet products.

Among more harmful additives are Na and K, nitrites and nitrates (E249-E252), which are added to meat as preservers, some dyes and other substances. There are more harmless than harmful additives which are often mistakenly denoted as dangerous, such as ascorbic acid (E300) which is actually vitamin C. It is practically impossible to avoid additives in today's era of food industry. We should eat them in smaller amounts, prepare the major part of food ourselves and eat fresh food. Besides in juices and different sweets, the most additives are found already prepared food, instant soups, powdered sauces ...

Athletes' nutrition

The basis of professional or non-professional athletes is healthy nutrition which is adjusted to their specific needs. A more rapid metabolism and physical activity are a consequence of intensive training what increases the need for energy and the need for some specific food (i.e. more proteins for building muscular mass). The quantity of energy that needs to be absorbed by an athlete depends on sports discipline and the level and frequency of trainings and competitions. The proportion of specific food in the nutrition gets changed when covering extra needs of energy. Carbon hydrates are supposed to represent the major part (60%-70% of all energy), fats (20%-25%) and proteins (15%-20%).

Muscles as a source of energy spend muscle glycogen during activity. Glycogen is carbon hydrate which is used for short-term store of energy in livers and muscles. It is fast and easily accessible when needs of energy are bigger. The store of energy in glycogen suffices for approximately 3 hours of medium intensive activity. That is why athletes should get the sufficient amount of carbon hydrates to constantly renew the store of glycogen. It is recommended to eat carbon hydrates at every meal, before the competition or training, after the competition or training and during the competition or training if they are longer than 60 minutes.

Important sources of energy at less intensive training or with sports like marathon are fats and fat acids. An athlete has to eat a sufficient amount of adequate qualitative fats. He or she also needs to get enough proteins but the accurate amount depends on the branch and intensity of sports, sex and age.

Lots of liquid is released by sweating (during sports activities) and that is why the lost liquid should be replaced during the training or competition. Physical abilities of muscles are reduced by minor dehydration and also the brains suffer the loss. When an athlete eat/intake for 1000 kcal of energy gained with food, he or she needs to drink 1 l of water.

Vegetarianism and veganism

People change their eating habits and try to avoid meat, meat products and in the case of vegans milk or eggs from different causes. Medical, ecological, religious, or any other, but they should be aware that such kind of a diet demands far more attention. Even though chances for vegetarians and vegans to suffer for cardiovascular diseases are slimmer, they should take care for the intake of certain vitamins and minerals which are hardly to get from vegetable food. Proteins could cause problems. It is harder to get all amino acids from vegetarian food which we need, but the vegetarians can replace them with drinking milk and eating dairy products and eggs. That is why the vegans should be even more careful which food they eat; soya and buckwheat have quite good amino acid structure other vegetarian food can be eaten in combinations which provide a better amino acid proportion (i.e. brown rice with beans, chick-pea with whole grained cereals).

We need to take care that we absorb the sufficient amount of iron in the food. A good source of iron is meat which is also better than the iron from vegetable food. That is why vegetarians and vegans need to eat iron rich food such as legumes, whole grained cereals, raisins, sun-flower seeds, Indian nuts. They should be intake in the combination with food rich with/on vitamin C. Vitamin B12 represents the major nutrition problem because it can be found in vegetarians' food and is recommended to eat as a additive. Calcium is also replaced by additives if it is not absorbed sufficiently with soya milk, nuts (three such portions per day are recommended). The combination of various vegetable oils (olive-, rape- and nut oil) should be eaten to get the sufficient essential amount of fat acids.

What are eating disorders?

Leaving meals out, replacing meals with snacks, often diets are habits which belong to eating disorder and are not called diseases yet. They become illness if the relationship to food is changed – such as emotional and psychological distress which leads to solving problems with food. Anorexia, bulimia, compulsive overeating and other diseases belong to the group of eating disorders.

For anorexia is typical to feel a strong fear for being fat which does not stop despite losing weight. Even though signs of undernourishment can be seen, the patient is still convinced that he or she is still too fat. The patient is willing to starve, vomit, use laxatives and do sports constantly. The most frequent occurrence of anorexia is between the ages of 14-18, the majority of patients are girls.

Periods of ravenous hunger (overeating) and various inadequate mechanisms of losing weight (mainly vomiting, use of laxatives, starving, and excessive activity) appear with bulimia. Patients with bulimia also find their weight and physical appearance as a burden. They try to relax their inner tensions with overeating. Because they are ashamed of their behaviour, they try to lose their weight. It occurs in late adolescence and early adulthood and is more frequent than anorexia.

The meaning and positive effects of physical activities

A sufficient physical activity and healthy nutrition are unrepeatable for a complete healthy life style. Physical activity makes muscles and joints stronger, it effects on bone health, keeps up the elasticity and correct posture, palliates the delivery of oxygen to the body (strengthens the working of cardiovascular and respiratory systems) and allows the optimal working of all organic systems and increases general resistance of organism.



Active life style protects from the majority of chronic non-contagious diseases – it effects on reduction of risk for development of cardiovascular diseases, stroke, high blood pressure, diabetes type 2, osteoporosis, large intestine cancer and breast cancer. In combination with adequate nutrition, physical activity protects from overweight and obesity.

It has also influence on physical and mental relaxation, control of stress and improvement of self-esteem, it eases the feelings of anguish, depressions, it effects on the quality of sleep, increases intellectual abilities, personal contentment, and the quality of life. Everyone needs at least 30 minutes of moderate aerobic physical activity (such as walk, jogging) to prevent the health, 5 days per week and twice a week exercises for strengthen muscles.





Healthy + relaxed = successful

Best offer for students in Dolenjske Toplice spa:

- Permanent 10% discount for entrance to the wellness centre Balnea swimming pool
- Romantic night swimming: on Fridays and Saturdays (from 8-11 p.m.)
- Opening of the summer season – Friday April 23 2010: opening of outside swimming pools

Wellness centre Balnea:

- Inside and outside spa
- Sauna, baths, massages, face and body lifting
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SPINE

Poor posture, carrying heavy loads at work or overweight could be reasons for problems or pains in the spine. Many people have problems with their spine – some feel the pain in the morning, but it gets better during the day; others feel the pain in areas such as jugular or liver part of the spine, coccyx, and pains in the back.

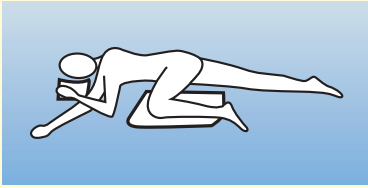
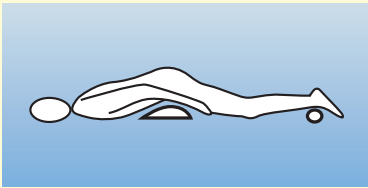
The most important for the health of our spine are exercises which strengthen and stretch muscles and maintain the flexibility of joints. Exercises that you should do on regular basis are the best what you alone can do for your spine. Try to choose various exercises which will positively affect different parts of your spine and the whole body. If you have not exercised recently, you should get an advice from your doctor first. Here are some positions and exercises to prevent you from having pains in your spine.

POSITIONS

(acute pain)

When you feel the pain in your spine, choose one of the position that soothes the pain.

KINOGRAM	DESCRIPTION OF THE POSITION
	<p>Position on the back Put something under your neck and knees.</p>
	<p>Position on the back Put your legs against the wall to get the thighbone and the shank at the right angle.</p>

KINOGRAM	DESCRIPTION OF THE POSITION
	Side position Put a pillow under the knee and hip of the leg that hurts.
	Position on the belly Put your arm beside your body and put a pillow under your belly.

EXERCISES

(to prevent the pain of the spine)


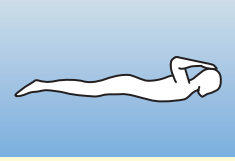

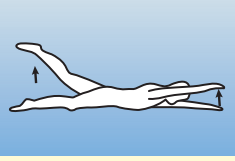
PHOTO	KINOGRAM	DESCRIPTION OF THE POSITION
		Position on the belly Put your arms under your neck and put your elbows away from the pillow. Number of repetitions: 1x12 or 2x8
		Position on the belly Lift your arm and the opposite leg. Number of repetitions: 1x12 or 2x8


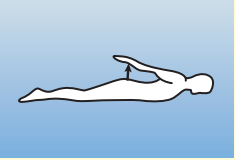

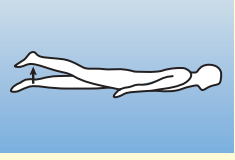

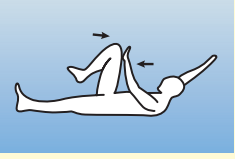



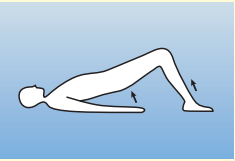












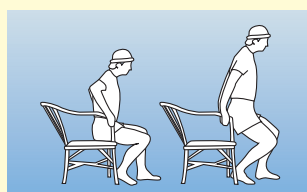
PHOTO	KINOGRAM	DESCRIPTION OF THE POSITION
		Position on the belly Raise your arms from the ground, clench your fist, stretch your arms and back muscles. Number of repetitions: 1x12 or 2x8
		Position on the belly Put your arms beside your body; lift your stretched leg in turns. Number of repetitions: 1x12 or 2x8
		Position on the back Push the bent knee with the opposite arm. Number of repetitions: 1x12 or 2x8
		Position on the back Raise one hand to the opposite leg Number of repetitions: 1x12 or 2x8
		Lega na hrbtu. Lift your pelvis and stretch your backside muscles. Number of repetitions: 1x12 or 2x8

PHOTO	KINOGRAM	DESCRIPTION OF THE POSITION
		Position on the back Raise one elbow to the opposite knee Number of repetitions: 1x12 or 2x8
		Position on the back Raise bent knee to the belly, hold it with your hand and raise your head Number of repetitions: 1x12 or 2x8
		Position on legs and hands Raise your hand and the opposite leg. Number of repetitions: 1x12 or 2x8
		Position on legs and hands Approach one elbow and the opposite knee Number of repetitions: 1x12 or 2x8

PROTECTIVE POSITIONS

(at everyday activities)

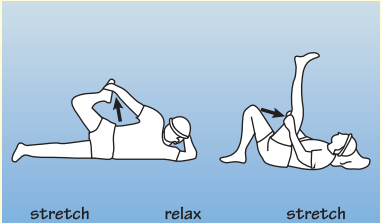
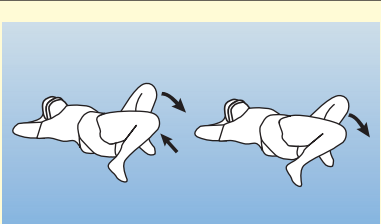
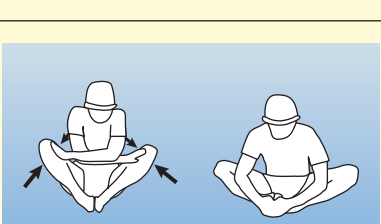
The best position of the spine is its natural position. We should try to keep that position at all daily activities.

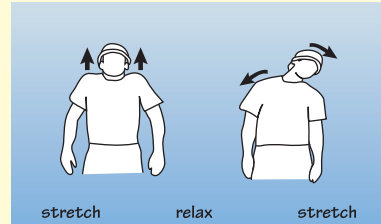
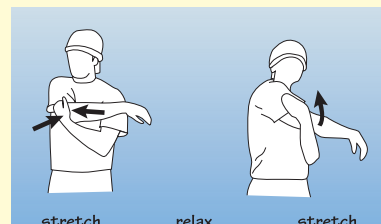
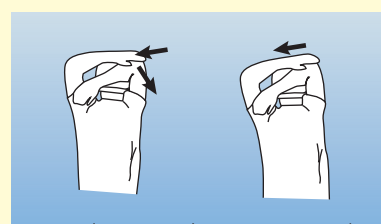
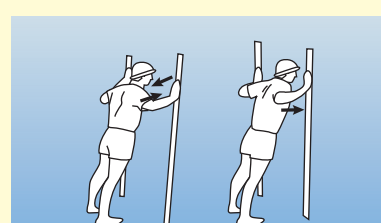
KINOGRAM	DESCRIPTION OF THE POSITION
	When sitting in the car, our posture is often poor. Other tremors make it even more harmful. That is why the correct posture is even more important.
	If you stand for a longer time, it is good to support your leg with a book or a chair.
	It is not recommended to lift with your legs strengthened. Bend your knees and let the leg muscles to do the hard work.
	The major problem for the spine represents wrong sitting. If you straighten your body, it will stay fresh and full of energy.
	Standing up from a chair could be quite dangerous. It is important that you put one leg in front of another and if it is possible, use your hands and stretched muscles.

RECOMMENDED ACTS

(when waking up)

We recommend a stretching technique called “PNF” (proprioceptive nevro-muscular facilitation). The technique **STRETCH-RELAX-STRETCH**

KINOGRAM	NOTE
	<p>Repeat each exercise several times. Stretch (contraction) the muscle for 4-5 seconds (as you would clench your fist), relax it for a moment and then gently relax for 10 to 15 seconds. When you get the aim of the exercise, you can use the technique at every stretching.</p> <p>It's proven that the “PNF” improves the flexibility.</p>
	
	

KINOGRAM	NOTE
	<p>Repeat each exercise several times. Stretch (contraction) the muscle for 4-5 seconds (as you would clench your fist), relax it for a moment and then gently relax for 10 to 15 seconds. When you get the aim of the exercise, you can use the technique at every stretching.</p> <p>It's proven that the “PNF” improves the flexibility.</p>
	
	
	

CHICKEN SOUP - CHINESE STYLE

Serves: 3 persons

Preparation time: app. 25 min

INGREDIENTS:

- 1 spoon oil
- 1 onion
- 2 cloves of garlic
- 10 dag chicken meat
- 10 dag mushrooms
- 10 dag soy bean sprouts
- 5 dag noodles
- 2 spoons lemon juice
- 1 spoon soy sauce
- Salt and pepper

PREPARATION:

1. Mince the onion and garlic and cut the mushrooms and the poultry in small pieces
2. Heat up the oil in a frying pan or in a wok
3. Roast the onion, add mushrooms and meat
4. Roast till gold brown and add garlic
5. Add app. 1l of hot water and spices
6. Wait before the soup boils and then add the noodles and soy beans
7. Let it boil for 5 min and add lemon juice and soy sauce
8. Serve



SALAD WITH FETA CHEESE

Serves: 2 persons

Preparation time app. Difficult to estimate

INGREDIENTS:

- 1 cup chickpea
- 1 large cucumber
- 3 cups smaller tomatoes
- Half cup feta cheese
- Salt, pepper, balsamic vinegar, olive oil, basil and oregano

PREPARATION:

1. Put the chickpea in the water one day before cooking and boil it in salted water next morning. You can also roast the chickpea.
2. Place the chickpea in a bowl and add little vinegar and olive oil and put it in the refrigerator
3. Cut the cucumber and tomatoes and put all in a bowl
4. Spice and add vinegar and olive oil to the salad
5. Add chickpea and crushed feta cheese
6. Serve



OAT COOKIES WITH NUTS AND DRY FRUITS

Preparation time app. 35 min

INGREDIENTS FOR 24 COOKIES:

- 11 dag butter
- ¾ cup brown sugar
- 1 egg

DRY INGREDIENTS:

- 2/3 cup flour
- ½ spoon soda
- 1 tea spoon salt
- 1 and ½ oat flakes
- 1 tea spoon vanilla essence
- 2 spoons cacao
- 1 cup mixed and cut nuts and dry fruits

PREPARATION:

1. Preheat the oven to 180 C
2. Melt the butter, add sugar and egg and stir until light and fluffy
3. Add the dry ingredients and mix
4. Form small balls with a spoon, flatten them down and place them on a baking tray
5. Bake 15 min until golden brown
6. Remove cookies from the baking tray after baking (they get hard and break very quickly)



RICE WITH TUNA AND VEGETABLES

Serves: 2 persons

Preparation time app. 25 min

INGREDIENTS:

- 1 cup brown rice
- ½ red-pepper
- ½ green pepper
- 1 or 2 cans tuna
- 3 spoons corn
- 1 dl tomato sauce or cheese
- Salt, pepper, oregano, basil

PREPARATION:

1. Boil the rice in salted water
2. Roast the peppers cut in small pieces in a cooking pan
3. Add tuna and roast it
4. Add tomato sauce, water and spices and stew for few minutes
5. Add the boiled rice to the sauce
6. Stew a little and add grated cheese
7. Serve



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