IMPORTANCE OF HEALTHY EATING TO TEENAGERS

WHY IT IS IMPORTANT?

- provides sufficient energy for their active lifestyle
- reduces the risk of chronic diseases later in life

- nutrients in fruits and vegetables regulate mood and promote healthy skin

WHAT ARE THE BENEFITS AND HOW THEY AFFECT THEIR DAILY LIFE?

- contributes to better concentration in class
- increases energy to support active participation in sport

- choose nutritious like fruits, nuts and yogurt over processed food

HOW CAN THEY MAKE HEALTHIER FOOD CHOICES?

- learn about nutrition and how to read food labels
- seek out friends and social circles that support healthy eating habits

- Friends and peers make healthy choices together and share knowledge about nutritious food

WHO PLAY ROLES TO ENCOURAGE THEM TO EAT HEALTHY?

- Parents and guardians provide healthy meal options at home
- Teachers and school staff educate about nutrition and offer healthy food choices in the school canteen

- balanced diet supports physical growth

LIVEWORKSHEETS