

The Importance of Healthy Eating to Teenagers



Maintaining a healthy diet is crucial for teenagers due to their rapid physical and mental development. Proper nutrition supports growth, enhances cognitive function, and provides the energy needed for daily activities. 1. _____ making it essential for teens during these formative years.

To make healthier food choices, teenagers should educate themselves about nutrition, plan their meals, and choose nutritious snacks. 2. _____ can help them overcome the challenges of busy schedules and social pressures.

3. _____ Parents can model healthy eating habits, schools can offer better food options, and friends can encourage each other. Together, these efforts promote healthier lifestyles and set the foundation for long-term well-being.

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A

Support from parents, teachers, and peers plays a vital role.

B

A balanced diet can improve academic performance, physical endurance, and overall mood,

C

Engaging in meal preparation and making informed decisions about food

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