

# 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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