

The Importance of HEALTHY EATING to Teenagers

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5.	6.	7.	

Maintaining a (1) health diet is crucial for teenagers due to their rapid growth and development. Proper nutrition supports physical growth, cognitive function, and (2) energetic levels. A balanced diet enhances academic performance by improving concentration and memory, while also (3) boost athletic performance and overall mood. Teenagers can make healthier food (4) choice by educating themselves about nutrition, planning meals, and opting for nutritious snacks. Support from parents, teachers, and peers (5) are essential; parents can model good eating habits, while schools can offer healthier food options. By (6) foster a supportive environment and making informed choices, teenagers can (7) enjoying better health and well-being, setting the stage for a healthier future.

LIVEWORKSHEETS