

HEALTH CLASS

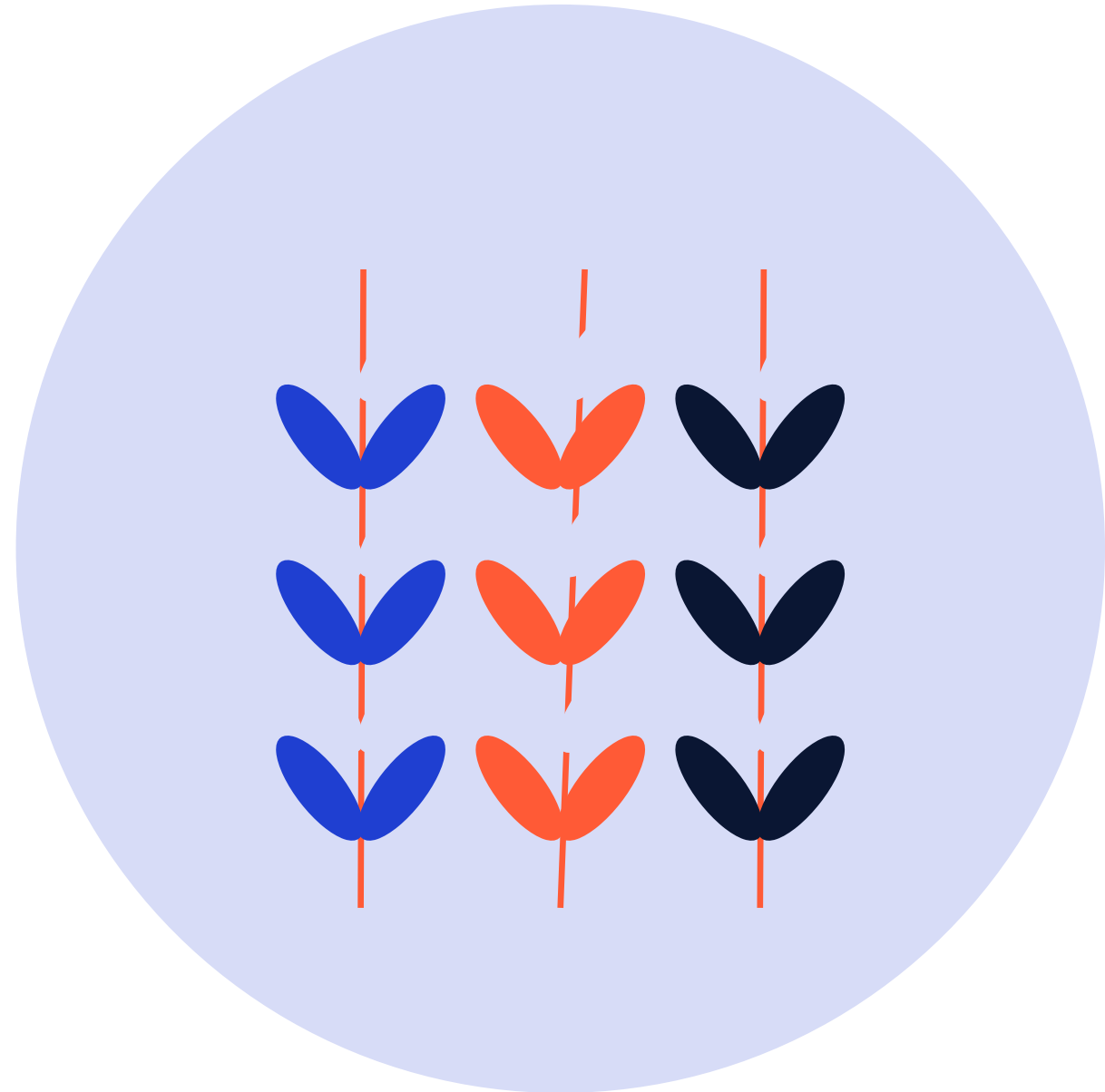
Nutrition for Teens

Eating right for energy, growth and focus

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DATE
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Agenda

01

Overview

02

Signs & causes

03

Care

04

Action

What is good nutrition?

Good nutrition means eating a balanced variety of foods that give the body the energy and nutrients it needs.

Teenage years are a time of rapid growth.
Balanced meals improve energy, concentration, immunity and mood.



Medical illustration

Why it matters

5

food groups to include daily

8

glasses of water a day

1

fruit with every meal

Illustrative figures — cite current guidelines for your audience.

Common symptoms

1

Low energy

Tired and unable to focus.

2

Frequent illness

Weak immunity.

3

Hair and skin

Dull skin, brittle hair.

Risk factors

- Skipping breakfast
- Too much junk food
- Sugary drinks
- Crash diets

TIP

**Build a colourful plate
— more colours, more
nutrients.**

Diagnosis



Track

Write what you eat for a
week



Compare

Check against the food
plate



Adjust

Swap one item at a time



Review

Notice energy and mood

When to see a doctor

Situation	Action
Sudden weight loss	Talk to a doctor
Always tired	Check iron levels
Very restrictive eating	Seek support early

General information, not medical advice.

Healthy habits

1

Plan

Pack a healthy tiffin.

2

Hydrate

Carry a water bottle.

3

Balance

Half plate vegetables.

Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team