

HEALTH AWARENESS

Nutrition for Teenagers

Eating right for growth, energy and focus

PRESENTED BY
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DATE
2026

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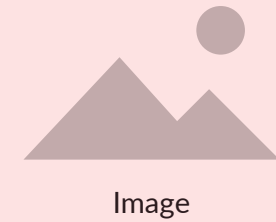
02 | Agenda

01 Overview

02 Signs & causes

03 Care

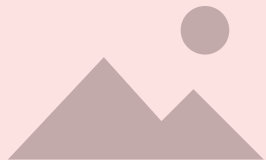
04 Action



01

OVERVIEW

04 | What is teen nutrition?



Medical illustration

Teen nutrition is about getting enough energy, protein, iron, calcium and vitamins for a fast-growing body.

The teenage years bring growth spurts, exams and sports. Balanced meals, regular breakfast and fewer junk foods support energy, focus and long-term health.

05 | Why it matters

2,200+

kcal a day for many active
teens (approx.)

1,300 mg

calcium needed daily

1 in 2

teen girls may be low in
iron (illustrative)

Illustrative figures — cite current guidelines for your audience.

02

SIGNS & CAUSES

07 | Common symptoms

01

Tiredness

Low energy and focus.

02

Pale skin

Possible low iron.

03

Frequent illness

Weak immunity.

08 | Risk factors

- Skipping breakfast
- Too much junk food
- Crash dieting
- Low fruit and vegetable intake

TIP

**Never skip
breakfast before
school.**

03

CARE

10 | Diagnosis



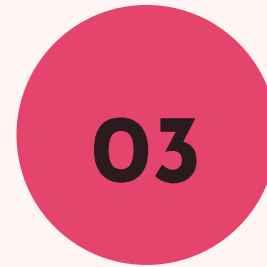
Check

Height, weight, BMI



Ask

Eating habits



Test

Haemoglobin if needed



Plan

Balanced meal plan

11 Prevention and treatment

Prevention

- ✓ Eat a rainbow of vegetables
- ✓ Include dal, eggs or paneer
- ✓ Drink milk or curd daily
- ✓ Choose water over soft drinks

Treatment

- Balanced meals
- Iron-rich foods
- Supplements if advised
- Regular activity

04

ACTION

13 | When to see a doctor

Situation	Action
Fainting or extreme tiredness	See a doctor
Rapid weight loss	Talk to parents and a doctor
Constant hunger and thirst	Get a check-up

General information, not medical advice.

14 | Healthy habits

01

Breakfast

Every single day.

02

Hydrate

Water bottle in your bag.

03

Snack smart

Fruit, nuts, chana.

Stay healthy

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

Health Education Team