



Nutrition and health of teenagers

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What would Catherine Zeta Look like if she were big??



veryfunnypics.com



manicfish.com



DANGER



FAST FOOD KILLS

Disease

Adipositas

arthrosis

anemia

atherosclerosis

bulimia

avitaminosis



diabetes

cardiovascular

anorexia

suffering from locomotion system

What does food consist

Proteins are the main building material of the body.



Mineral substances - sodium, phosphorus, iron, potassium, calcium, iodine, etc.

Fats restore the expenditure of thermal energy (heat).

Carbohydrates are used for muscle work

Vitamins are substances necessary for human life, growth and development

Products that contain iodine: SEA FISH; SEAWEED; SHRIMPS; SQUIDS; Mussels; IODIZED SALT IS THE BEST CHOICE.

The principle of rational nutrition

Food pyramid

Salt - 1 teaspoon per day

Water - at least 1.5 liters per day

Dairy products - 2-3 portions per day

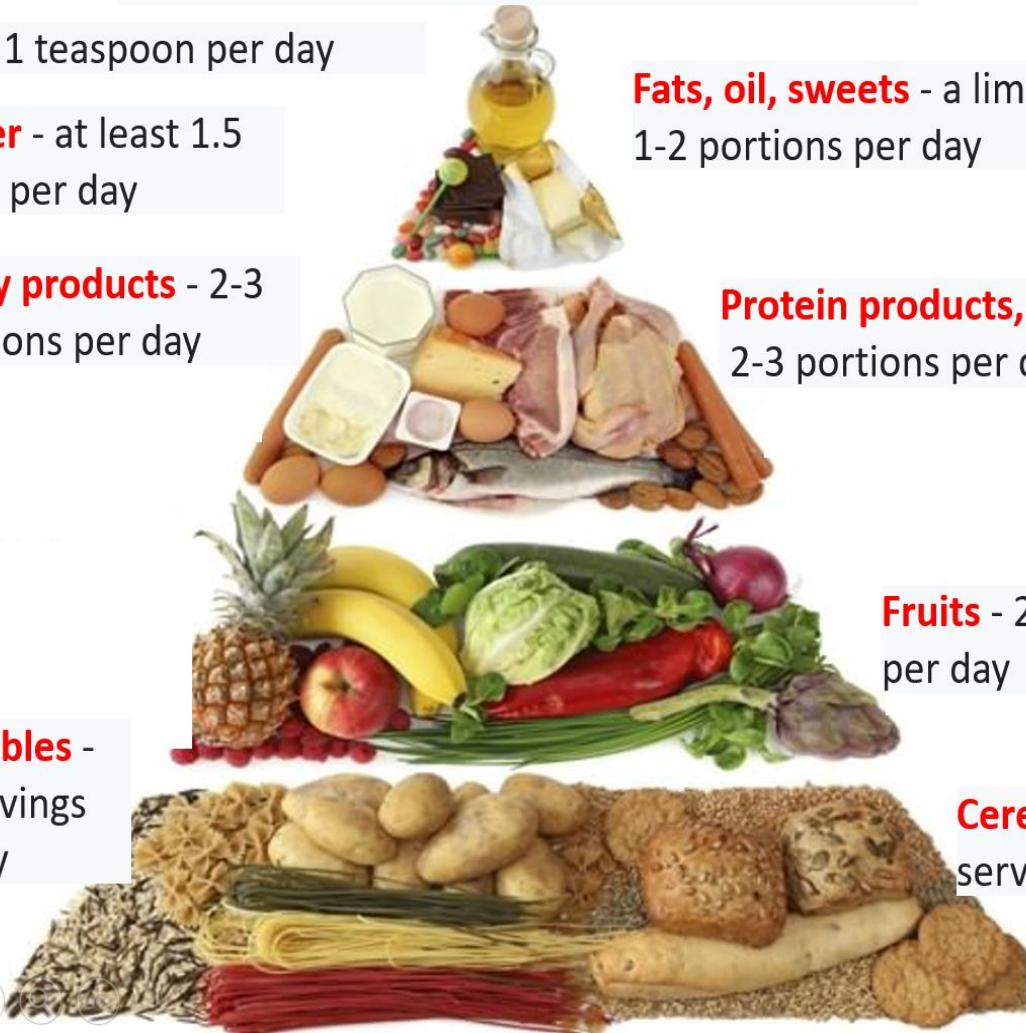
Vegetables - 4-5 servings per day

Fats, oil, sweets - a limited amount
1-2 portions per day

Protein products, legumes - 2-3 portions per day

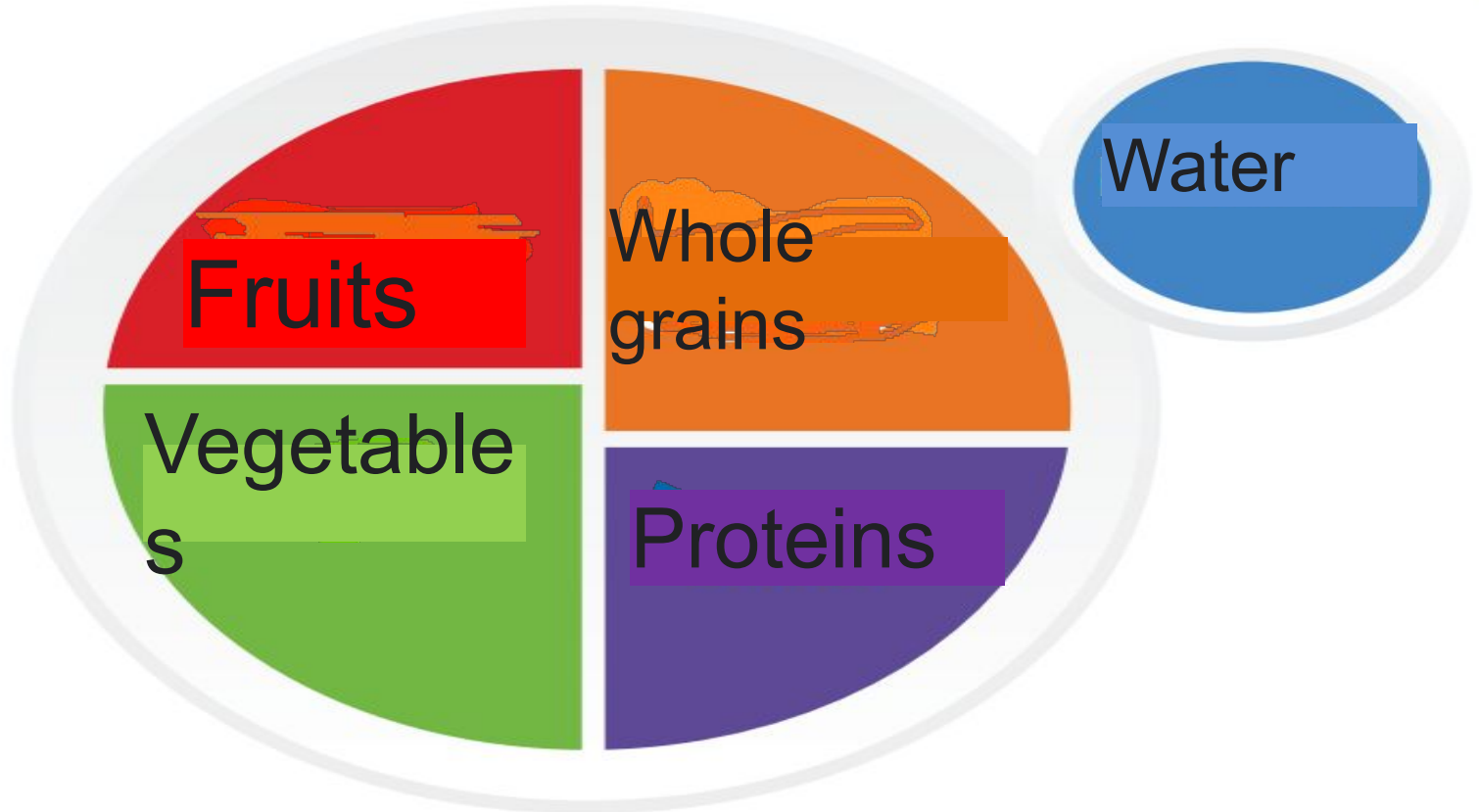
Fruits - 2-4 servings per day

Cereals - 7-8 servings



A plate of healthy food,

which has been actively implemented since 2017 by the first lady of the United States, Michelle Obama.



MyPlate.gov

Vocabulary

Rational nutrition - sufficient in quantity and complete in terms of food quality;

Diet -
regularity

Balance is the optimal ratio of food components.

DAILY DIET OF A
TEENAGER IN
RELATIONSHIPS
PROTEINS, FATS,
CARBOHYDRATES
DURING PHYSICAL
LOADS **1 : 1 : 4**



Harmful food

Food additives are substances that are added to products for technological reasons so that they do not spoil, change color and consistency. They are denoted by the letter "E".



The most harmful products

Chewing candies, lozenges, "chupa-chups"

Chips, both corn and potato

Sweet carbonated drinks

Chocolate bars

Sausages and sausages

Mayonnaise and ketchup

Various sauces and dressings Instant noodles



Motto of life:
"Before I sit down at the
table
I'll think what's better to
eat"



Thank
you
for
attention!

