



# Nutrition and health of teenagers

Oleksandr Zaitsev, 8th grade



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

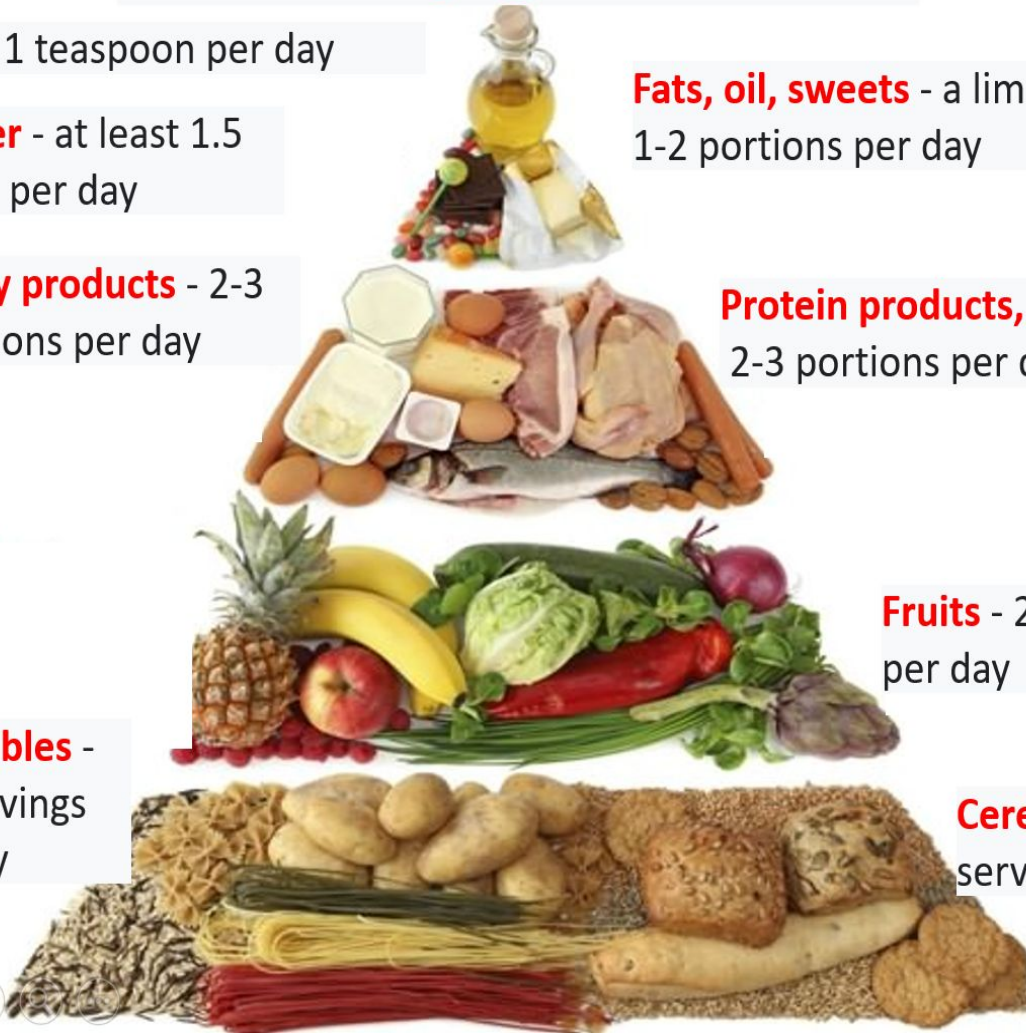
**Vegetables** - 4-5 servings per day

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

**Protein products, legumes** - 2-3 portions per day

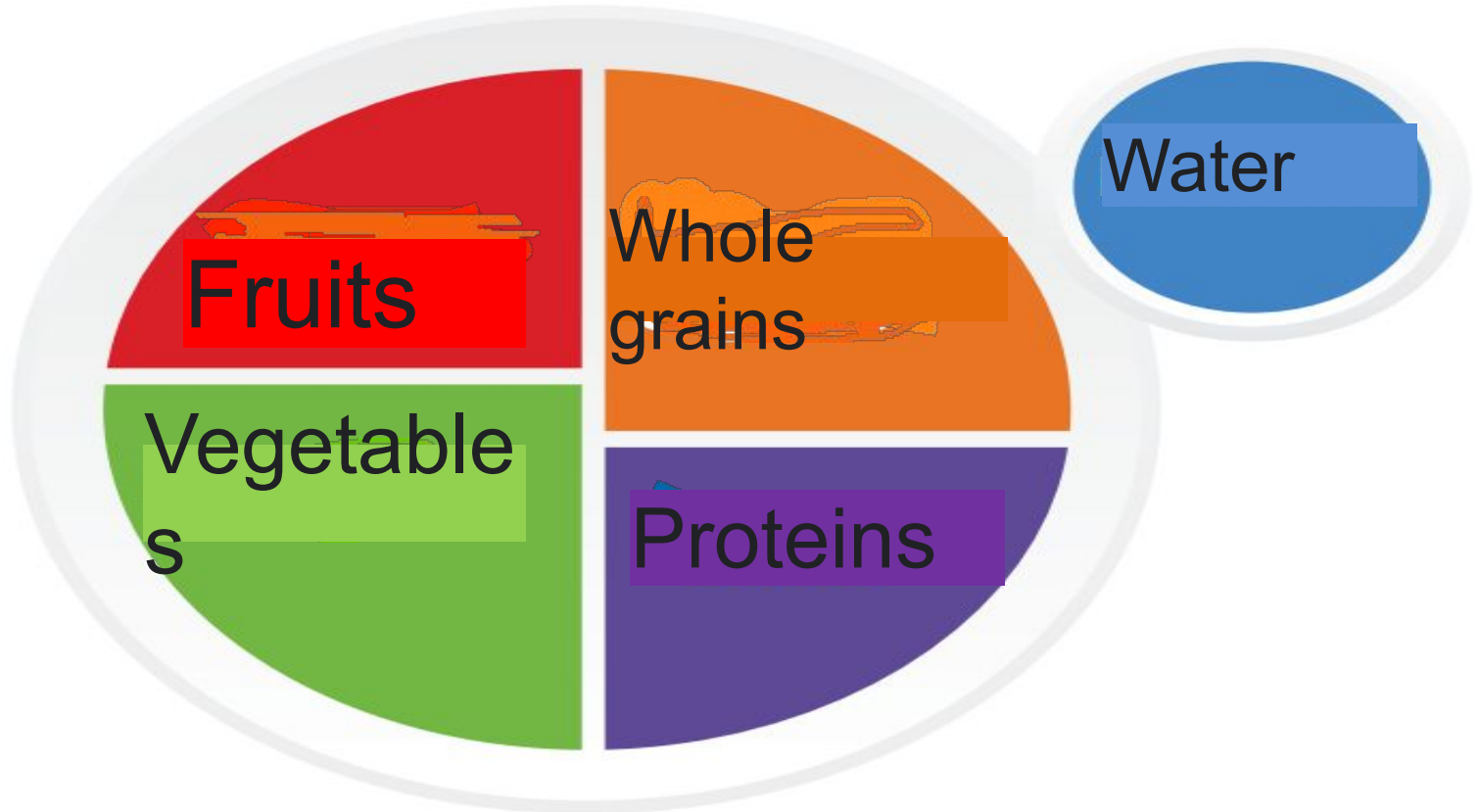
**Fruits** - 2-4 servings per day

**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!

