

Healthy diet for teenagers



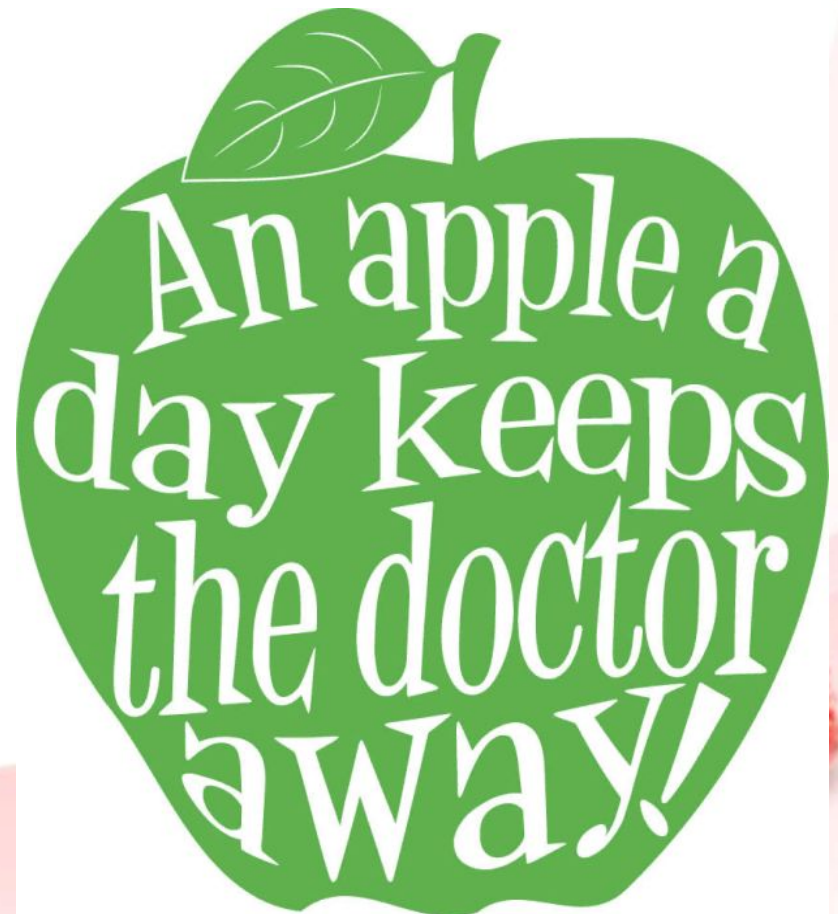
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**Живогина А.Ю.
Монино**



**The first
Wealth
is
Health**



**An apple a day keeps
the doctor away**

**Кушай яблоко на ужин
- и доктор больше вам
не нужен**



Healthy diet for teenagers

Looking for more information about healthy diet for teenagers? There's no question that today's teenagers are just about the busiest people on the planet! Most teens pay very little attention to proper nutrition and a healthy diet.



**What foods do teenagers choose first
when they have to make quick
choices?**

**Hamburgers,
French fries,
fried chicken
nuggets,
and pizza**



Vocabulary

- 1) **Nutrition**- питание, пища
- 2) **cholesterol** – холестерин
- 3) **saturated fats** ['sætʃəreɪtɪd fæt] - насыщенный жир
- 4) **carbohydrates** ['kɑ:bəʊ'haidreɪt-углеводы
- 5) **beverages**- газированные напитки
- 6) **soggy vegetables**- сырые овощи
- 7) **lean meat** – постное мясо
- 8) **heartbeat**- мгновения, сердечный ритм



What do these items consist of?



Quick snacks

All of those items are high in cholesterol, saturated fats, and carbohydrates. And to wash them down, teens reach for sugar-sweetened soft drinks or super-caffeinated beverages.



Do you skip breakfast?

One of general idea of a healthy diet for teenagers is that kids need to realize the importance of breakfast.



Vocabulary

- 1) **malnourished** - истощенный
- 2) **overweight** - избыточный вес
- 3) **underweight** - недостаточный вес



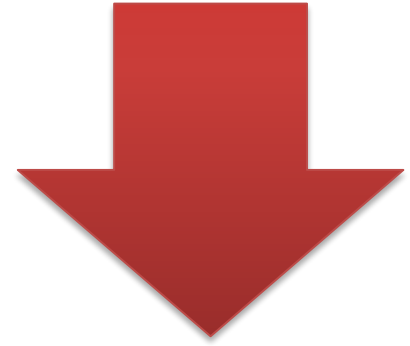
Underweight



**Eat three
well-balanced
meals @ three
or four snacks
per day**



Overweight



**Eat less @
take regular
exercise**



Lack of concentration



**Eat lots of
iron-rich
foods and
have a good
breakfast**



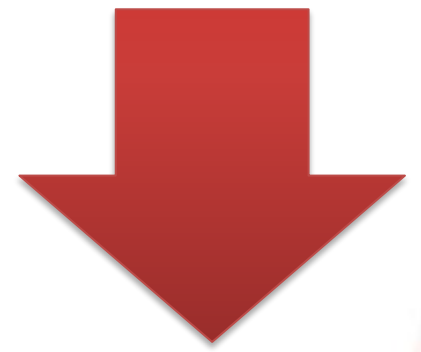
Tiredness



**Follow a
low-carbohydrate diet**



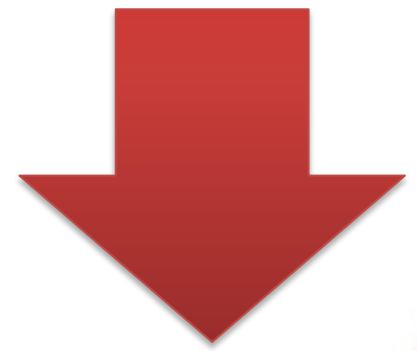
Tooth decay



**Cut out sugary
drinks @
snacks; brush
your teeth**



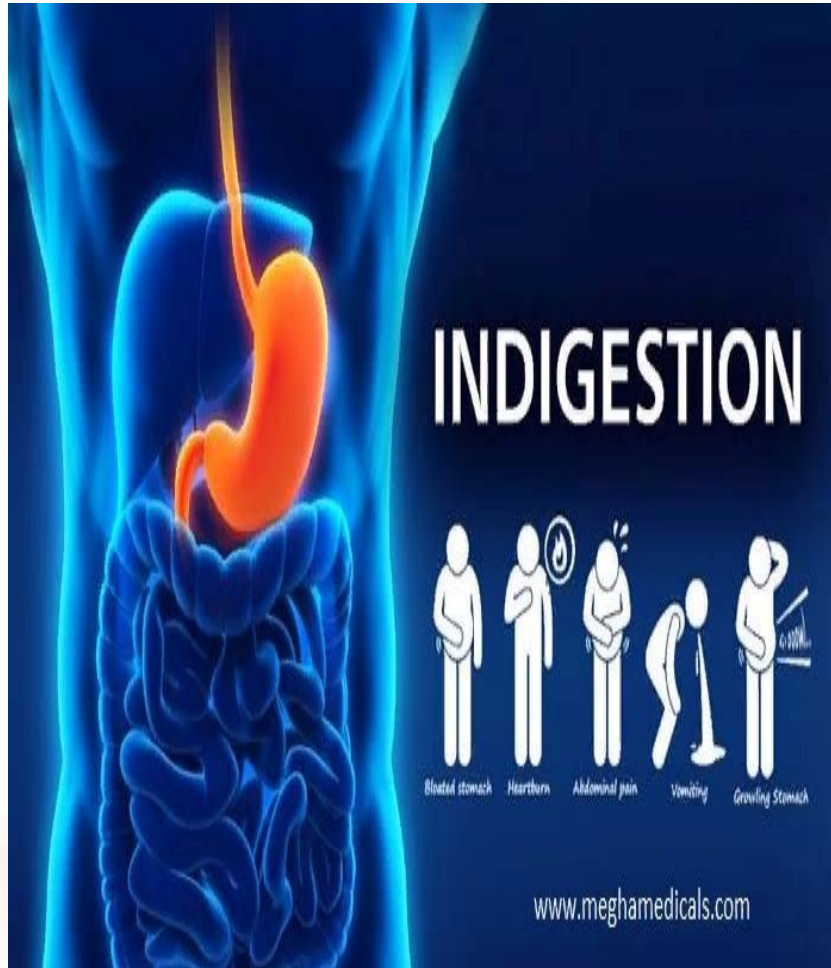
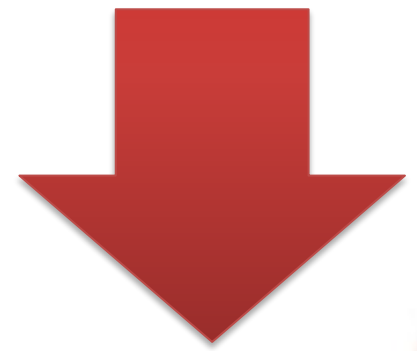
Frequent illness



**Eat foods rich
in vitamin C;
do physical
exercises**



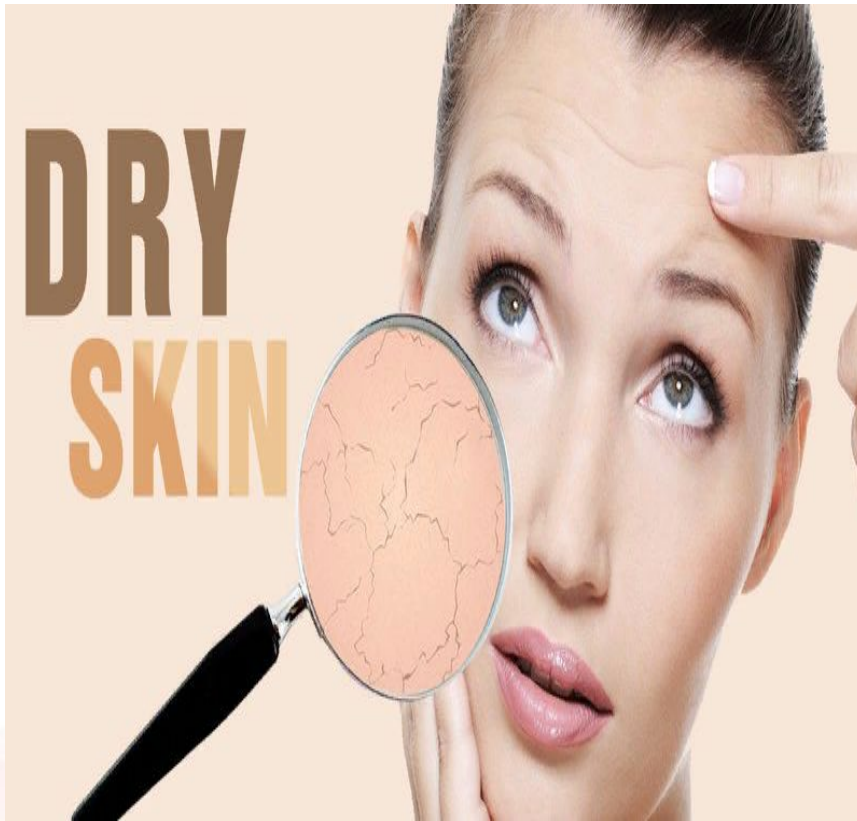
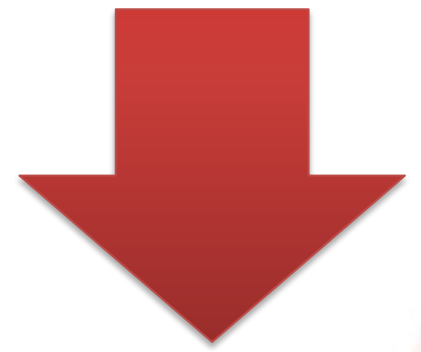
Indigestion



**Avoid spicy
foods @ eating
fast or late at
night**



Dry skin



**Drink more
water @ eat
more oily fish,
nuts @ seeds**



Rainbow of food



Rainbow of food

Extra boost

activity

Protection from
illnesses

energy



Rainbow of food



Rainbow of food

Brain food

**Lots of
vitamin C**

**Power of
concentration**

**Fight of
infections**

eyesight



Rainbow of food



Rainbow of food

**Way to stay
happy**

**Be more
optimistic**

Feel a bit better

Good mood



Rainbow of food



Rainbow of food

Way to relax

**Calm yourself
down**

**Keep your teeth
and bones**

**Keep emotions
under control**



Rainbow of food



Rainbow of food

**The best
quick snack**

Soothing food

relaxing

**Prepare you for a
good night's rest**



Rainbow of food



Rainbow of food

**The creative
food**

**Keep you
looking young**

Artistic

Imaginative



Rainbow of food

**A sound Mind
in a Sound
Body**

