

HEALTHY EATING DURING ADOLESCENCE

(PHYSICAL EDUCATION AND HEALTH 7 QUARTER 3 WEEK 1-6)

ADOLESCENCE

- Adolescence is the stage of life between childhood and adulthood, usually from ages 10–19 years.
- During this period, teenagers experience rapid physical growth, hormonal changes, and emotional development.
- Because of these changes, the body needs more nutrients to support proper growth and overall health.

HEALTH EATING

- Healthy eating means choosing and consuming a variety of nutritious foods in the right amounts to support growth, energy, and well-being.
- It involves eating foods from all food groups such as go, grow, and glow foods, while limiting junk foods high in sugar, salt, and unhealthy fats.

- Healthy eating helps prevent:
 - ✓ Underweight due to lack of food intake
 - ✓ Overweight or obesity due to excessive intake of unhealthy foods
 - ✓ Micronutrient deficiencies like iron, iodine, and vitamin A deficiency
- Balanced meals help maintain a healthy body.

REMEMBER,

adolescence is a time when the body needs more energy and nutrients than childhood because of rapid physical, mental, and emotional changes.

DIETARY NEEDS

- Dietary needs are the nutrients the body requires to grow, repair tissues, and function properly.
- During adolescence:
 - ✓ Height increases rapidly
 - ✓ Muscles become stronger
 - ✓ Bones become longer and denser
 - ✓ Brain development continues

NUTRITION

- Nutrition is the process of taking in food and using it for growth, energy, and overall health. It involves eating the right kinds of food and how the body uses nutrients to function properly. (WHO, 2020)

Balanced Diet

- A balanced diet is eating a variety of foods in the right amounts to provide all the nutrients your body needs for energy, growth, and health. It includes fruits, vegetables, whole grains, proteins, fats, and plenty of water.
(WHO, 2020)

Essential Nutrients

- Essential nutrients are nutrients the body cannot produce on its own (or not in enough amounts), so they must come from food. There are **six**:

Carbohydrates

Proteins

Fats

Vitamins

Minerals

Water



Three Basic Food Groups



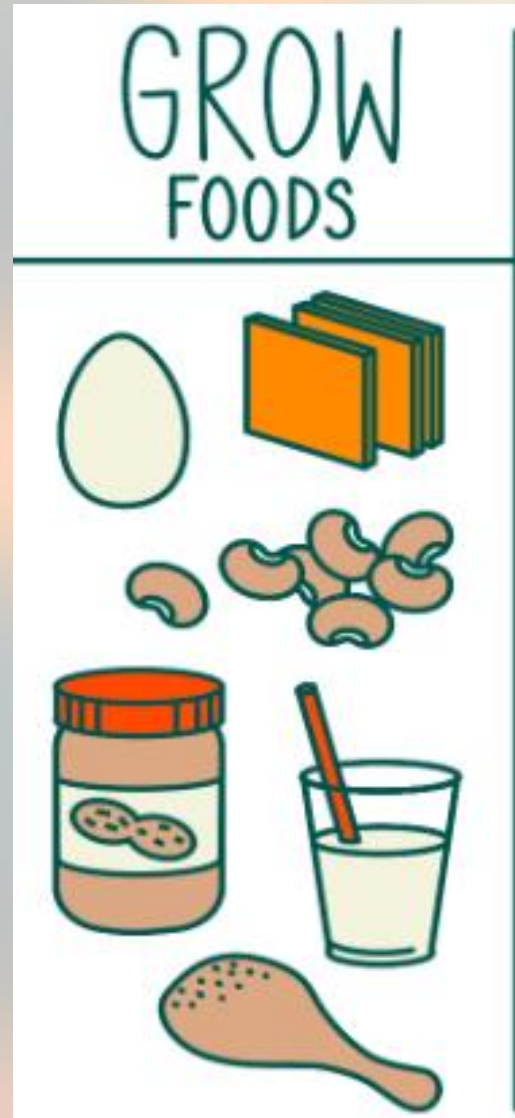
Three Basic Food Groups



Go Foods – Energy-Giving Foods

- Function: Provide energy for moving, playing, studying, and working.
- Main Nutrient: **Carbohydrates.**
- Examples: Rice, bread, pasta, corn, cereals, potatoes, sweet potatoes, sugar, cooking oil.
- Tip: Eat Go foods every day for energy, but choose healthier options like whole grains.

Three Basic Food Groups



Grow Foods – Body-Building Foods

- Function: Help build and repair muscles, bones, and tissues; important for growth.
- Main Nutrient: **Protein.**
- Examples: Meat, chicken, fish, eggs, milk, cheese, beans, tofu, nuts, yogurt.
- Tip: Essential for children, teens, and athletes to grow strong and recover from activities.

Three Basic Food Groups



Glow Foods – Body-Regulating Foods

- Function: Keep the body healthy, protect from sickness, and improve skin, hair, and eyes.
- Main Nutrients: **Vitamins and Minerals.**
- Examples: Fruits (mango, banana, papaya, oranges) and vegetables (carrots, spinach, broccoli).
- Tip: Eat a variety of colorful fruits and vegetables every day.

Pinggang Pinoy

- a food guide using a food plate model to show the recommended proportion by food groups in every meal, intended specifically for healthy Filipinos.
- promotes a physically active lifestyle and encourages Filipinos to eat less salty, fried, fatty, and sugar-rich foods to prevent chronic diseases.

PINGGANG PINOY™
Healthy food plate for Filipino adults



PINGGANG PINOY®

A food guide using a food plate model to show the recommended proportion by food group in every meal.

GO ENERGY GIVING

Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity.

Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.

GLOW BODY REGULATING

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

HEALTH TIPS:

Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.

Understand nutrition information on product labels to make smart food choices.



**STAY
PHYSICALLY
ACTIVE!**

GROW BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth, maintenance and repair of body tissues.

Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases.

Consume milk, milk products and other calcium-rich foods like oils and small shrimps for strong bones and teeth.

WATER

Drink lots of water every day for adequate hydration.

Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.



**Adults
19-59 y**

*This is intended for healthy Filipino adults, 19-59 years old. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

Filipino Food Pyramid



EXERCISE

PERSONAL & ENVIRONMENTAL HYGIENE

- Try to incorporate some form of exercise into your daily routine.
- Get enough rest during the day.
- Stop smoking and avoid alcohol during lactation.
- Avoid fear, worry and fatigue especially when nursing the baby.

EATING PLAN FOR HEALTHY LIVING

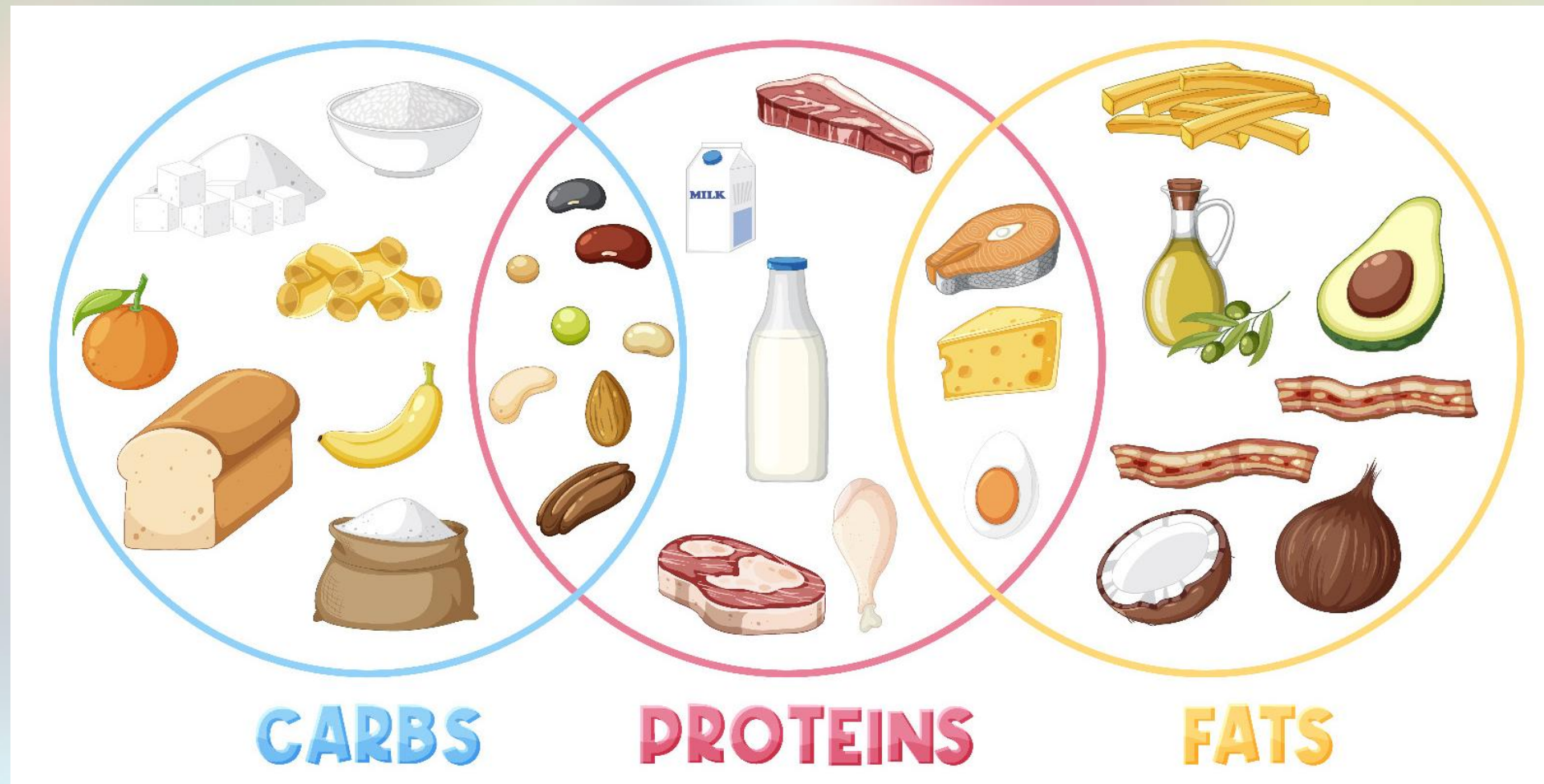
Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.
Use iodized salt and eat other fortified foods to increase the intake of micronutrients.



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MACRONUTRIENTS

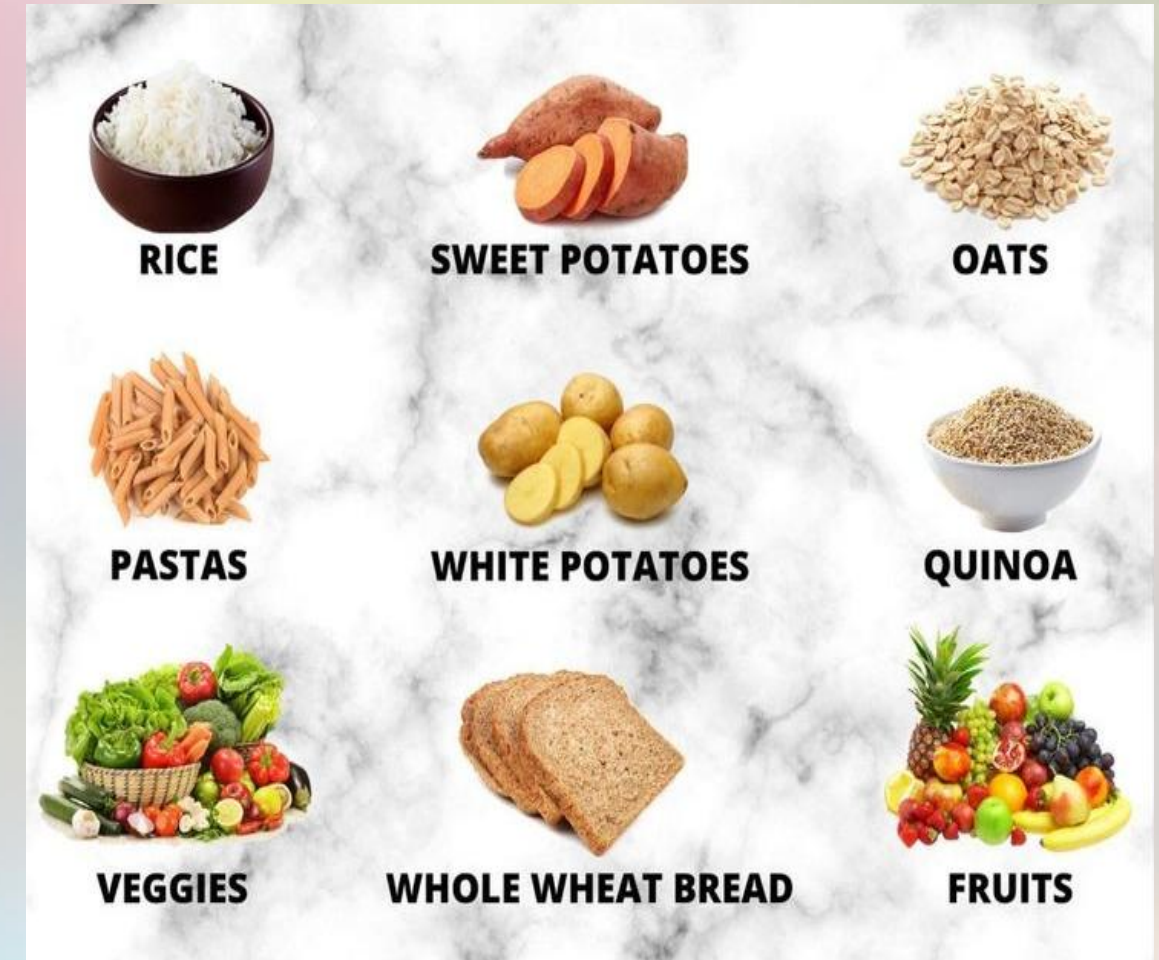
- These are nutrients the body needs in large amounts to provide energy and support growth and repair.



MACRONUTRIENTS

Carbohydrates

- Main source of energy for the body and brain.
- Stored in the muscles and liver as glycogen for physical activity.
- Sources: rice, bread, pasta, fruits, vegetables, corn, sweet potatoes.



MACRONUTRIENTS

Fats

- Provide long-lasting energy and help absorb fat-soluble vitamins (A, D, E, K).
- Healthy fats are essential for brain function and cell structure.
- Sources: avocado, nuts, seeds, olive oil, fatty fish



FAT SOLUBLE VITAMINS

A

Fat Soluble



Vision,
Reproduction,
Bone Health,
Immune System,
Skin

D

Fat Soluble



Strengthens Bones,
Calcium Absorption,
Immune System

E

Fat Soluble



Immune System,
Flushes Toxins

K

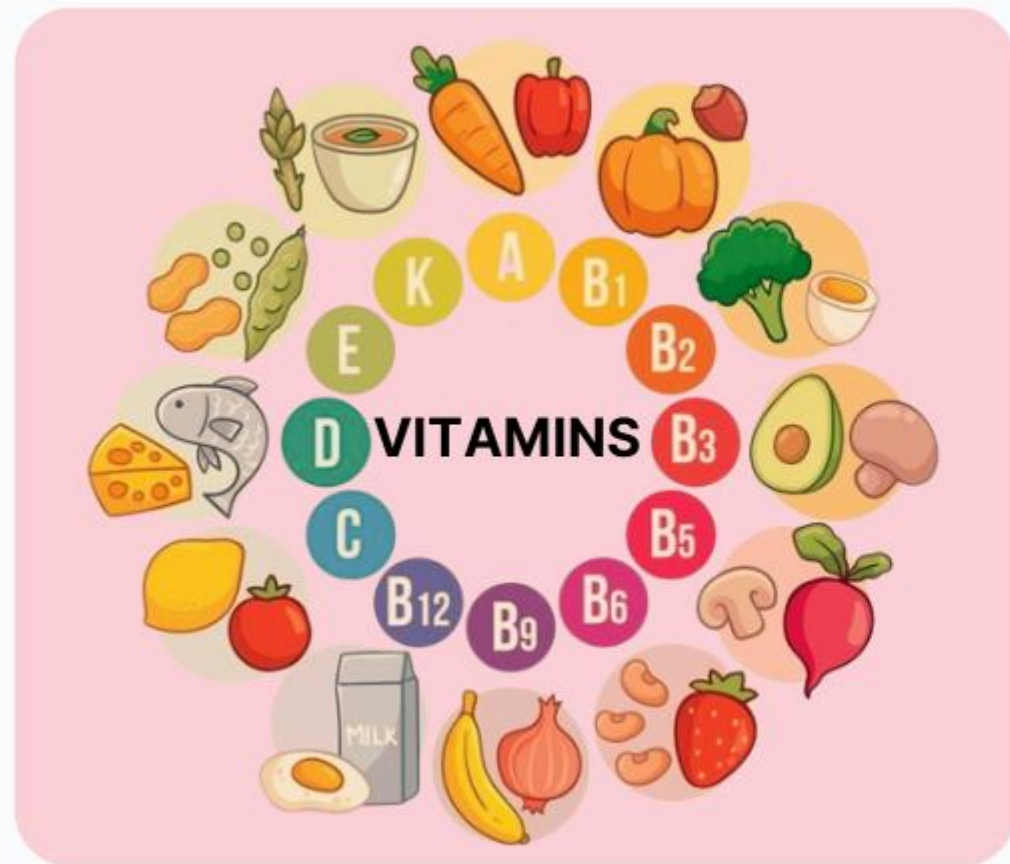
Fat Soluble



Blood Clotting,
Bone Health

MICRONUTRIENTS

- Nutrients needed in small amounts but critical for health, growth, and disease prevention.



MICRONUTRIENTS

Vitamins:

- Vitamin A → good for vision and immune system (carrots, squash, leafy greens).
- Vitamin C → boosts immunity and tissue repair (citrus fruits, guava, tomatoes).
- Vitamin D → important for bones and calcium absorption (sunlight, milk, fish).
- Vitamin B-complex → energy metabolism (whole grains, eggs, bananas).

MICRONUTRIENTS

Minerals:

- Calcium → builds strong bones and teeth (milk, cheese, malunggay).
- Iron → carries oxygen in blood, prevents anemia (red meat, spinach, beans).
- Magnesium & Potassium → muscle contraction and relaxation, fluid balance (bananas, nuts, sweet potatoes).
- Zinc → supports wound healing and immunity (seafood, pumpkin seeds).

HYDRATION

- The process of getting and keeping an adequate amount of water in the body



HYDRATION

- Water is crucial for regulating body temperature, supporting digestion, and preventing dehydration during training.

Functions:

- Regulates body temperature
- Transports nutrients and oxygen
- Removes waste products
- Lubricates joints and muscles



HYDRATION



Hydration Guidelines:

- ✓ Drink 8–10 glasses (2–3 liters) of water daily.
- ✓ Increase fluid intake during exercise, hot weather, and illness.
- ✓ Sports drinks may be useful for intense activity (replace electrolytes like sodium & potassium).

Healthy Eating Habits for Students

- ✓ Eat a balanced breakfast to start the day with energy.
- ✓ Include fruits and vegetables in every meal.
- ✓ Choose whole grains over refined grains for sustained energy.
- ✓ Avoid skipping meals, especially before physical activities.
- ✓ Limit processed foods, sugary drinks, and excessive junk food.
- ✓ Practice mindful eating—listen to your body's hunger and fullness signals.

In summary:

- Carbohydrates – main source of energy
- Proteins – build and repair muscles
- Fats – support brain and hormone function
- Vitamins and minerals – protect against diseases and support body functions
- Water – regulates body temperature and aids digestion