

name: class: date:

Nutrition



Nutrition, an essential aspect of health, revolves around the food we consume. The primary source of energy for our bodies comes from _____, which include foods like bread, rice, and pasta. Proteins, found in meat, fish, and _____, are crucial for muscle and tissue repair. Fruits and vegetables, rich in _____, minerals, and fiber, should be a significant part of our diet. _____, though often considered unhealthy, are vital in moderation, providing essential fatty acids and aiding in vitamin absorption. Water, the most critical nutrient, is necessary for almost every bodily function. Teenagers need a balanced diet to support their rapid growth and _____. Eating a variety of foods ensures we get all the nutrients our bodies require. Excessive consumption of sugar and processed _____ can lead to health issues like obesity and diabetes. Understanding food labels helps in making healthier choices. It's important to balance calorie intake with physical _____ to maintain a healthy weight. Regular meals, including _____, play a crucial role in maintaining energy levels throughout the day. A healthy diet isn't about strict limitations, but rather about feeling great, having more energy, and improving overall _____. Cooking at home allows for control over ingredients and portion sizes. Involving teenagers in meal planning and preparation can foster a lifelong interest in healthy _____. Lastly, moderation and variety are key to a nutritious and enjoyable diet.

foods

beans

development

activity

eating

carbohydrates

Fats

breakfast

vitamins

health