

Nutrition among teenagers



Introduction:

**The topic of my project is
«Nutrition among teenagers»**



Introduction:

I have chosen this theme because I want to pay attention to solving problems related with nutrition.



Relevance

- **The relevance of the study due to the importance of proper nutrition in maintaining the health of teenagers. The health of the students is the health of the future generation.**



Problems

- **Teenagers' health, first of all, is under threat. And the reason for this is modern food, which adversely affect the fragile body of a teenager. Modern food "fast food", which means that the dish is cooked for a quick meal. These foods have flooded the shelves of many stores. Every year the number of children's diseases increases. And the problem is getting sharper and sharper.**

Hypothesis

Nutrition affects human health





purposes

- **The aim of my project is the excluding junk food from the food diet of teenagers**
- **The objectives of the study are:**



- **to learn about the means of replenishing vitamins in the human body;**
- **to get acquainted with the rules of proper nutrition;**
- **to draw conclusions on the practical work of the topic.**



Research problem

- **to study scientific information and analyze data on the research topic,**
- **generalize and systematize the material,**
- **The product of our project is a booklet,**
- **suggest your solutions to the problem,**
- **develop a set of rules for proper nutrition.**

- **to form a healthy lifestyle for teenagers through proper nutrition;**
- **to find out how to eat properly;**
- **to prove the impact of nutrition on human health;**
- **to learn the effect of various food on human health;**
- **to study the literature on healthy eating;**



The theoretic step good or **bad** ?



Why do people eat fast food?



Effects on human health



The most harmful fast food products

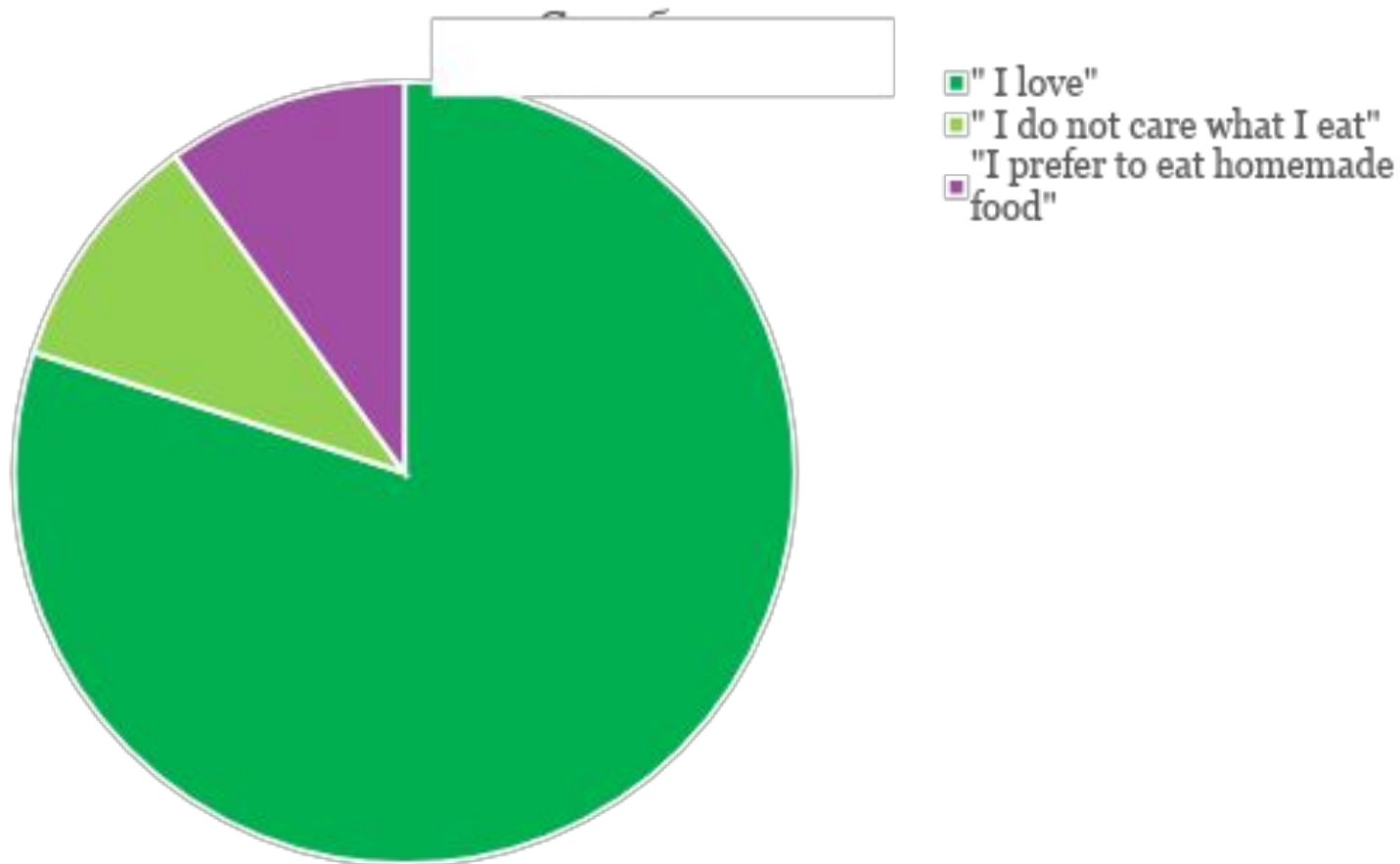


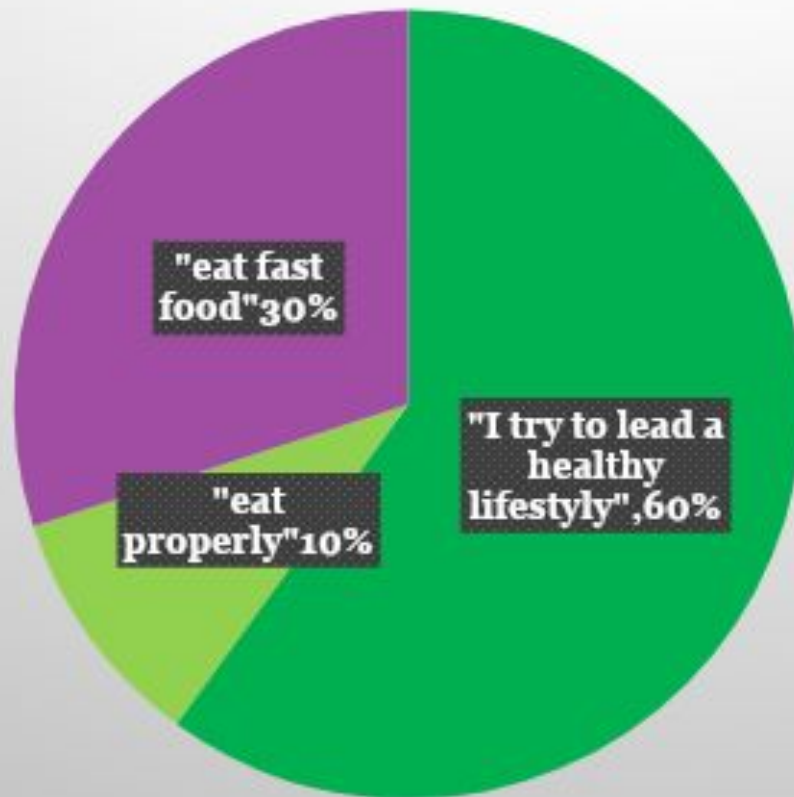
Polling

«how often do you eat junk food?»



«Your attitude to fast food?»





- "I try to lead a healthy lifestyle"
- "eat properly"
- "eat fast food"

Recommendations for children and students



Conclusion

- **Now I can say that I have achieved the goals.**
- **Also I provided the society a leaflet of healthy eating rules.**





Thank you for
attention!