**Presentation: Nutrition During the Teen Years**

**1.1 Nutrition During The Teen Years**

Notes: Welcome to the Health 9 Lesson: Nutrition During the Teen Years. Please click the next button to continue.

**1.2 Nutrition During The Teen Years**

Notes: Each and every one of us makes hundreds of choices each day. Choices about food can have a tremendous impact on our overall health.
1.3 Lesson Objectives

**Lesson Objectives**

In this lesson, you will learn to:

- Analyze the relationship between nutrition, quality of life, and disease
- Evaluate various influences on food choices
- Describe the immediate and long-term benefits of nutrition on body systems.

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Analyze the relationship between nutrition, quality of life, and disease
Evaluate various influences on food choices
Describe the immediate and long-term benefits of nutrition on body systems.

1.4 Benefits of Good Nutrition

**Benefits of Good Nutrition**

Making healthy food choices will provide your body with the nutrients it needs to help you look your best and perform at your peak.

Good nutrition:

- Enhances your quality of life.
- Helps prevent disease.
- Provides you with the calories and nutrients your body needs.

**Notes:** By making healthy food choices, our bodies get the proper nutrients and calories each day needed for energy, proper body functioning, disease prevention, and an overall good quality of life.
1.5 Hunger and Appetite

**Hunger and Appetite**

**Hunger** is the physical need for food. When you eat "just to be sociable" or in response to a familiar sensation, you are eating in response to **appetite** rather than to hunger.

**Notes:**

One factor that impacts food choices is to clearly understand the difference between hunger and appetite.

**Untitled Layer 1 (Slide Layer)**

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- **When Your Stomach is Empty**
  - Click to view
  - Its walls contract, stimulating nerve endings.
  - The nerves signal your brain that your body needs food.

- **When You Eat**
  - Click to view
1.6 Food and Emotions

Notes: "Emotional" eating can have negative consequences for our health as opposed to eating based purely on hunger. The key to avoiding "emotional" eating patterns is to recognize the emotional triggers and patterns.
1.7 Food and Your Environment

Notes: In addition, one's environment plays a role in food selection. Culture, advertising, family and friends, cost, and convenience all influence food choices.

1.8 Healthful Eating

Notes: As a teenager, proper nutrition touches many aspects of your life. Of course, it is needed to provide all essential nutrients to carry out daily living. But, proper nutrition improves alertness, prevents obesity, type 2 diabetes, and other life-threatening conditions.
Notes: To review terms for this lesson, please click on the Glossary link above.

On the next few slides, you will complete a short assessment to see how much you remember.

Good Luck!

3. Quiz

3.1 Drag and Drop

(Drag and Drop, 10 points, 1 attempt permitted)
3.2 Drag and Drop

(Drag and Drop, 10 points, 1 attempt permitted)
3.3 Drag and Drop

(Drag and Drop, 10 points, 1 attempt permitted)
3.4 Drag and Drop

(Drag and Drop, 10 points, 1 attempt permitted)

Drag and drop the correct label on the bottom of the note that best answers the question.

A number of factors other than family influence people's food choices. Which of the factors listed above affect food? (Drag and Drop, 10 points, 1 attempt permitted)

A number of factors other than family influence people's food choices. Some of these factors are friends and peers, advertising, convenience, and cost.

True or False
As long as you eat three square meals a day, what you eat now does not affect your health, either now or as you grow older.
Notes: You’ve reached the end of the Nutrition During the Teen Years.

Please close this window to continue in your class.