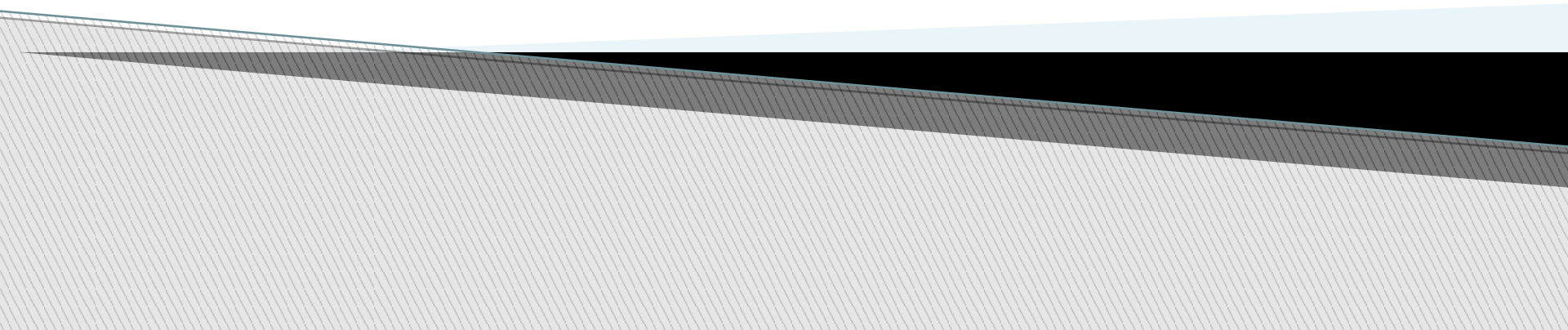


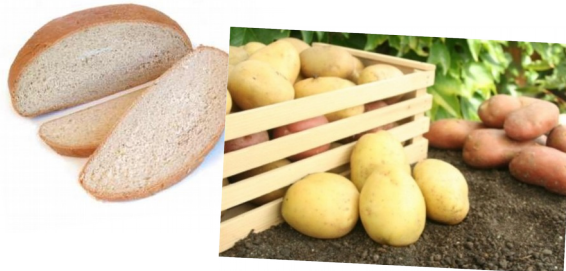
Teenage health



Food:

➤ Our body needs a lot of different kinds of food, so we must eat quality and varied food.

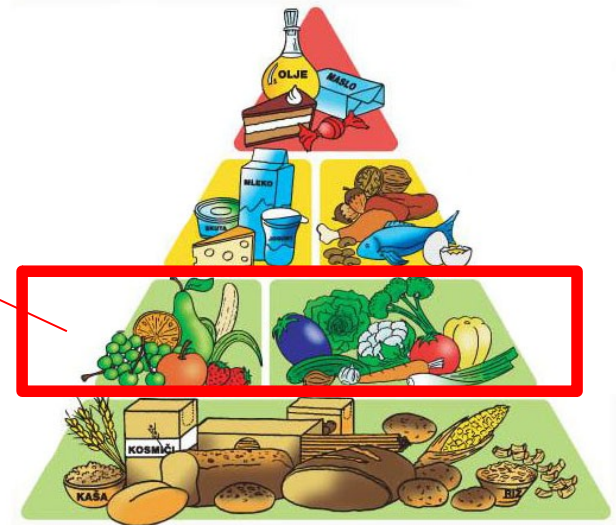
a) For healthy life are very important carbohydrates, because they give us a lot of energy. We can find carbohydrates in potatoes, rice, pasta, bread and in other things. But carbohydrates that are sweet (cakes, muffins...,) can also tired our body so we should be careful.



Food:

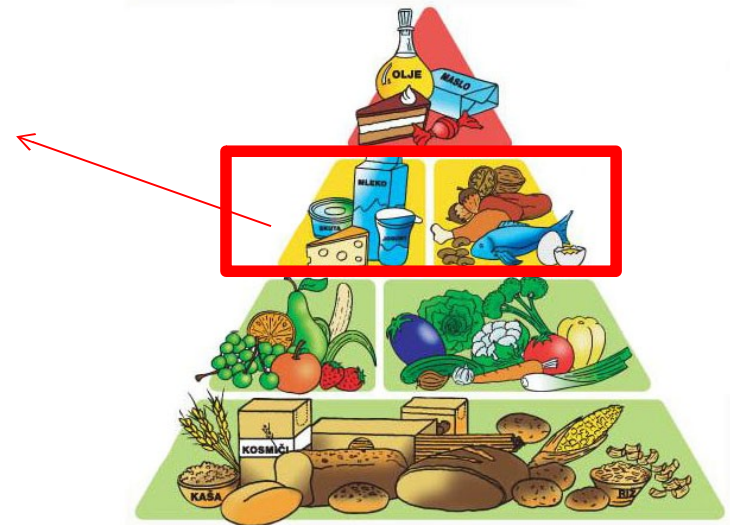
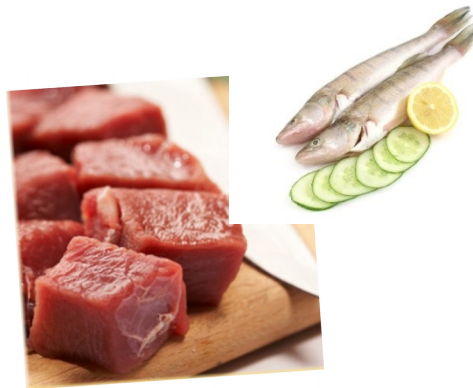
b) Specifically teenagers shouldn't eat so much junk food and sweets, but they should eat many fruit and vegetables because they are full of vitamins and minerals.

Vitamins and minerals are very important when you are a teenager because your body is growing, but in other case junk food is very bad for you because doesn't contain vitamins and minerals.



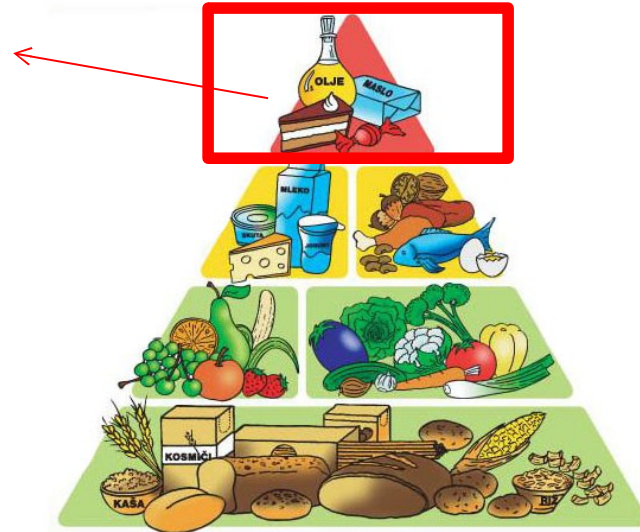
Food:

c) Teenagers should eat also red meat (for muscles), fishes, eggs and cheese. This things give us a lot of protein, but they also contain some vitamins. But we shouldn't eat too much protein because they can hurt your kidney and this can be very dangerous.



Food:

d) For healthy life we need also some fat.
Fat is very important because give us a lot of energy, also more than carbohydrates and protect our nervous.



Exercise:

- Almost all teenagers spend all their time in front of computer or TV. They should take more exercise (they should cycling in the city or they should walk to the school), because people that take exercise are fitter and don't get flu so often.



Smoking:

- Most of teenagers begin smoke at fifteen or sixteen. Smoking is very dangerous because can hurt your lungs. People who smoke in many cases get cancer on the lungs and they live about five years less that people who don't smoke. Smoking is also very dangerous for people who don't smoke because they must breathe the smoke around them.



★
Thank you for
★ **attention!**

