



HEALTHY EATING FOR TEENS

Fuel Your Body, Mind, and Energy
the Right Way

WHY FOOD MATTERS



Food Is More Than Just Hunger

Eating well fuels growth, energy, and brainpower—key for teens during growth spurts, sports, school, and mood control.

Think of Your Body Like a Phone

Junk food gives a quick energy spike that fades fast; healthy food is like a full charge, lasting all day.

What's Happening Inside?

Ages 12–14 need extra nutrients—especially calcium, iron, and protein—for developing bodies.

BUILDING A BALANCED PLATE

The 5 Main Food Groups

- Fruit & Vegetables: Fill half your plate. Rich in vitamins and fibre.
- Starchy Carbohydrates: Like whole-grain bread, rice, and potatoes. Give you lasting energy.
- Protein: Chicken, beans, eggs, and fish. Help muscles grow and repair.

Dairy & Fats

- Dairy (or alternatives): Milk, yoghurt, cheese. Great for strong bones and teeth.
- Healthy Fats: Found in olive oil, nuts, and fish. Needed in small amounts.

Too much sugar or saturated fat can harm your health over time.

GREEK MEALS: THEN AND NOW



Compare a traditional Mediterranean plate with a common modern teen meal.

SMART EATING HABITS

Eat Regular Meals

Skipping breakfast can make you tired and unfocused in class. A good start means better concentration.



Snack Wisely

Choose fruit, nuts, or yoghurt instead of crisps or sweets. These snacks keep your energy steady.



Stay Hydrated

Water is best! Avoid sugary drinks. Your brain works better when you're not thirsty.



THE MEDITERRANEAN ADVANTAGE

Greece, in the Mediterranean, is famed for its centuries-old, science-backed healthy diet.



The Mediterranean Diet is rich in plants, olive oil, fish, and whole grains. It helps prevent heart disease and keeps energy high. You don't need to eat perfectly—just make better choices most of the time.

MYTHS VS FACTS



Myth: All Fats Are Bad

False! Healthy fats like olive oil and nuts are essential. They help your brain work well.



Myth: Carbs Make You Fat

Whole grains provide energy; sugary snacks and drinks are the real issue.

DISCUSS!



My Plate, My Power

What's one healthy food you enjoy at home? What's one small change you could make to eat even better every day?

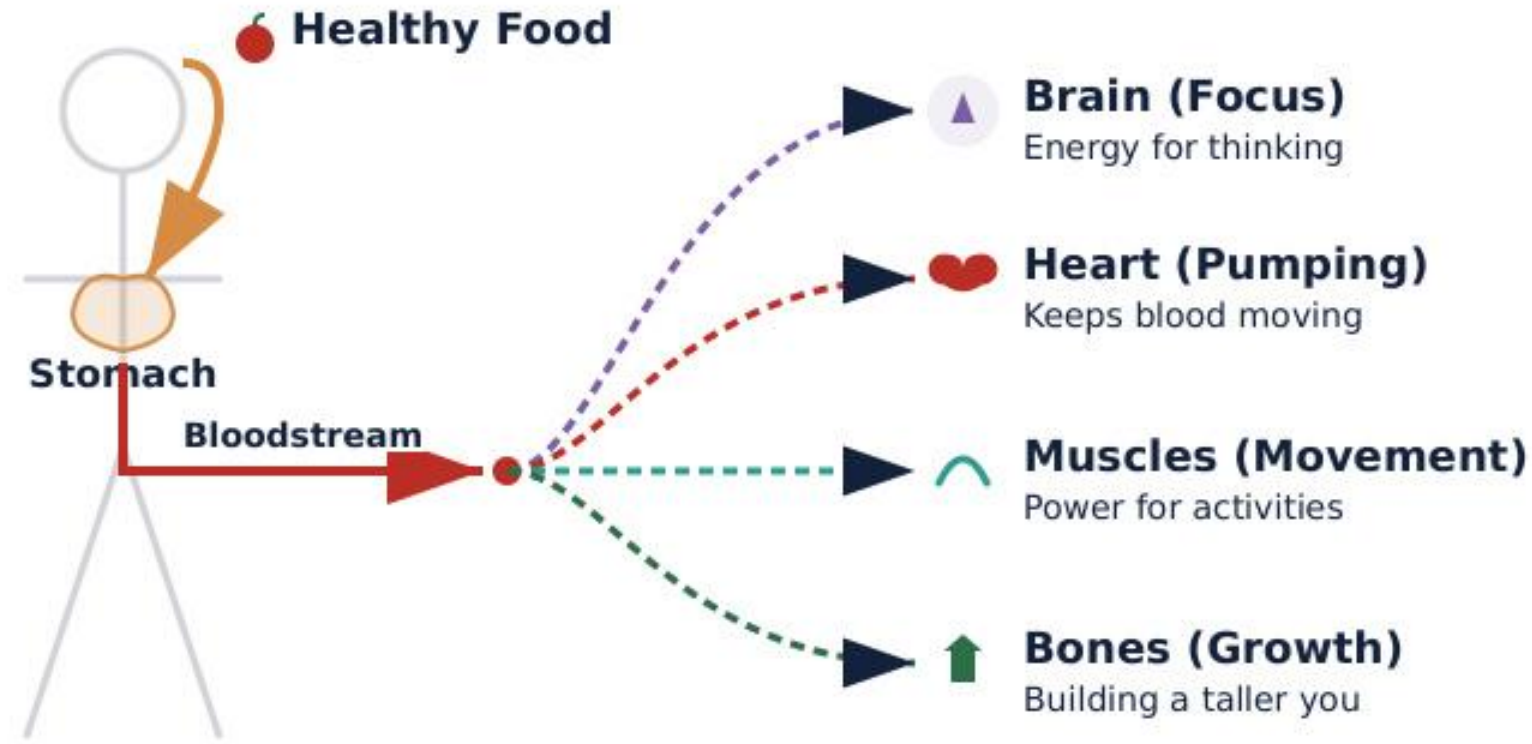
DISCUSS!



You might have said...

I enjoy homemade spanakopita with spinach, feta, and whole-wheat pastry. Tzatziki with carrots is a low-sugar, high-protein snack; I can choose fruit over biscuits. Lentil soup is filling and fibrous. I'll drink more water instead of soda and add fruit to breakfast daily.

ENERGY FLOW IN YOUR BODY





YOU ARE WHAT YOU EAT

Final Thoughts

Every bite you take is a chance to fuel your future. You don't need perfection—just progress.

Be Smart, Be Strong

Choose colourful foods, drink water, and enjoy meals with family. Small changes today lead to big rewards tomorrow.

Your Power Plate

Half fruits and veggies, a quarter grains, a quarter protein, and a splash of dairy or alternative.