

**A
healthy
life**

HEALTHY EATING

The food you like may not always be good for you. Your body needs the right kind of food in the teenage years.

Why?

-  To give you energy.
-  To make you feel well.
-  To keep your skin clear.
-  To help you grow properly.

A healthy diet

This means eating the right kind of food, such as fruit; fresh vegetables, bread and cereals; white meat and fresh fish.

If you can choose what to eat, try

-  branflakes instead of bacon
-  a banana instead of crisps
-  salad instead of sausages
-  jacket potato instead of chips

Eat an apple instead of sweets



Why we need to eat

Everyone has to eat in order to live. The purpose of food is to provide your body with some essential materials called nutrients.

Nutrients are things that do a particular job in the body. To stay healthy we need a variety of these. Here are the most important ones:

TYPE	SOME FOODS IT IS FOUND IN	WHAT IT DOES
Protein	Nuts, fish, meat, eggs, dairy products, pulses, vegetables	Builds up and repairs the body. Provides energy.
Carbohydrates	Rice, pasta, potatoes	Provides energy.
Fibre	Wholemeal bread, bananas, branflakes	Helps the body get rid of waste.
Fats	Dairy products, meat, nuts	Provides warmth and energy
Vitamins and minerals	Liver, vegetables, fruit, milk	Protects against illness. Helps body to use other nutrients

Drinks

Drinking plenty of water is good for you body. Coffee and tea contain a drug called caffeine that can give you energy for a while, then leave you feeling tired. Herbal tea or fruit juice is better for you.

Quality eating

Think about what you eat every day. Are you used to eating convenience or junk food? These are foods which are quick and easy to cook and eat but have few nutrients in them.

Are you eating a lot of chocolate, biscuits, cakes, tinned meats, packet soups, crisps and chips? These are foods that contain a lot of sugar, salt and fat, and are bad for you.



SUGAR WARNING!

- ★ Sugar rots teeth!
- ★ Sugar is very fattening!
- ★ Sugar provides energy, but no other nutrients!
- ★ Sugar can cause spots!



SALT WARNING!

- ★ Too much salt leads to high blood pressure, which can cause health problems when you are older.
- ★ It's easy to eat too much salt. Lots of snack food such as crisps are salty.
- ★ Adding extra salt to a meal can spoil the real flavour of the food.



FAT WARNING!

- ★ Fatty food contain cholesterol. This can cause heart disease.
- ★ Eating a lot of fatty foods can make you overweight.
- ★ Being overweight can cause heart disease.

Healthy eating from breakfast to bedtime

Breakfast

Don't miss this meal because you are in a rush. You will soon get hungry and start eating crisps and sweets at breaktime. Breakfast cereals are good for you and are quick and easy to eat. Many contain fibre, which helps your body to digest food.

Packed lunch

If you make a sandwich, cut down on fat. Some moist fillings, such as butter and tuna, don't need buttr added as well.

Snacks

Try fruits, nuts and raisins, or raw carrots sometimes. Break the habit of snacking on crisps, chocolate and fizzy drinks, and drink plenty of water. It's good for you as well as filling you up.

Evening meal

Try to eat at least two hours before you go to bed. Give yourself a chance to burn off some of the calories.

Calories

The energy provided by food is measured in calories. Some foods, such as cheese, potatoes and chocolate, have a lot of calories. Fruit and most vegetable have only a few calories. As a teenager, you need plenty of high-calorie food to give you energy, but make sure you get your calories from healthy foods and exercise regularly. Eating foods with a lot of calories and not exercising can cause weight problems.

Crash diets

Eating a sensible diet and taking exercise should keep your weight at the proper level for you age. Dieting is not a good idea while you are still growing. As you grow taller you will find you become slimmer naturally.

A good diet will cut down on sugar and fats. Cutting down on food altogether is a bad way to diet. If you think you are overweight for your height and build, or are worried about your weight at all, make an appointment with your doctor to talk about it.



➤ EXERCISE AND REST

Exercise is especially good in the teenage years. It develops the health of heart and lungs; strengthens bones and muscles; and tones and shapes the body.



Exercise

Whether it's a long walk or a game of football, is a great way of keeping healthy and helping your body feel good which also helps you to feel happy. If your are feeling down, doing exercise can lift your mood much better that sitting slumped in front of the TV.

Why to make an effort to keep fit and healthy?

Being healthy

It means your body is in good working order. Fitness is how much you can do with your body. Fitness training can help you to do more and make you stronger and more agile. Being fit and healthy can help to improve the way you look.



Exercise and body shape

Many teenagers would like to change their body shapes but do not like sport. But there are many different types of exercise, most of which are fun to do.

- ★ Try hill climbing
- ★ Ice-skating.
- ★ Roller-blading
- ★ Swimming with a group of friends.
- ★ Think about cycling or walking to the shops, library or a friend's house. Always ensure you take a safe route or walk with someone.
- ★ If you like to exercise alone, borrow an exercise tape or video and practise in your room.



Posture

Exercise starts with good posture. This is the way you hold yourself when you stand, sit and move. It can affect your digestion and feelings of energy and tension. Good posture can help to prevent backache. Exercise as yoga, swimming, walking and stretching all strengthen your back and improve your posture.

Regular exercise helps your body in three ways. It helps to give you stamina, strength and suppleness.

STAMINA

- ★ If you have a lot of stamina, you can exercise for a long time without getting tired out.
- ★ Aerobic activities improve stamina. These are exercises that make your heart pump and fill your lungs with plenty of air.
- ★ Exercise that helps to build up stamina: walking, jogging, skipping, swimming, cycling and aerobics.

STRENGTH

- ★ Strength is the amount of force your muscles can produce.
- ★ Without exercise, muscles become weak and flabby.
- ★ There are over 600 muscles in the body that help you to move and breathe.
- ★ To develop muscles you need to make them work hard for a short period of time by doing exercise such as: swimming, weight-lifting, gymnastics, canoeing, rowing.

SUPPLENESS

- ★ This is being able to bend and stretch easily.
- ★ Trained dancers and gymnasts are very supple.
- ★ Suppleness helps to prevent sprains and damage to your body.
- ★ Ways to become supple: gentle bending and stretching exercises, yoga, volleyball, skating, judo, tennis, all kinds of dancing and gymnastics.

Rest and sleep

Having enough rest and sleep is important to stay healthy. As a teenager, you may find you need a lot of sleep because while your body is growing, you feel tired.

Try to have seven or eight hours' sleep every night. If you have been studying late into the night, it will show the next day.

Sleep

Sleep gives your body a chance to rest. Skin can renew itself. Your heart rate slows down. Muscles relax. You breathe slower and deeper.

If you find it difficult to sleep sometimes

- 🕒 Try reading a book or magazine to calm your mind.
- 🕒 Have a warm bath to help you relax.
- 🕒 Have a hot, milky drink before going to bed.
- 🕒 Take some exercise in the evening to help muscles relax. Try yoga or relaxation exercises.
- 🕒 Avoid tea, coffee and food before bedtime.



➤ MAKING CHOICES ABOUT YOUR HEALTH

Drugs

If drugs are so bad for you, then why do so many people take them? Many people smoke cigarettes, which contain the drug nicotine, and drink alcohol. Some people take other drugs such as cannabis, Ecstasy and amphetamines, which are illegal.

These are some reasons people take drugs:

- ★ for excitement,
- ★ a good feeling,
- ★ for pleasure,
- ★ to keep calm and in control.

Risks and dangers

There are many risks and dangers involved with drugs. You need to be aware of them to help yourself and other people. Legal drugs, such as cigarettes and alcohol, may seem safe but are not. Nicotine in cigarettes can be highly addictive, and is harmful to smokers' health and those around them, causing illnesses like lung cancer. Drinking alcohol can make you feel relaxed and happy. Drinking a lot very quickly can have the opposite effect. It can make you slur your words, lose your balance, be sick or pass out. You might do and say things you normally wouldn't.

Illegal drugs

They are dangerous because you do not know what is in them or how your body will react to them. If found taking them, you could be in a lot of trouble. Even medicines from the doctor or chemist can be dangerous if you do not follow the instructions. Always seek advice when offered drugs. Never be pushed into taking them, even if all your friends all do. Remember that every time you take a drug, you take a risk.



Safe choices

Drinking alcohol, taking illegal drugs, inhaling substances and smoking are some of the things you may have thought about trying. Exploring your body and experimenting with new and different things are part of growing up, and they may seem more exciting if adults disapprove. Yet always find out the dangers first and think carefully about what you are doing.