

MODULE 1 PINGGANG PINOY



# PART 1

# Let's Review!



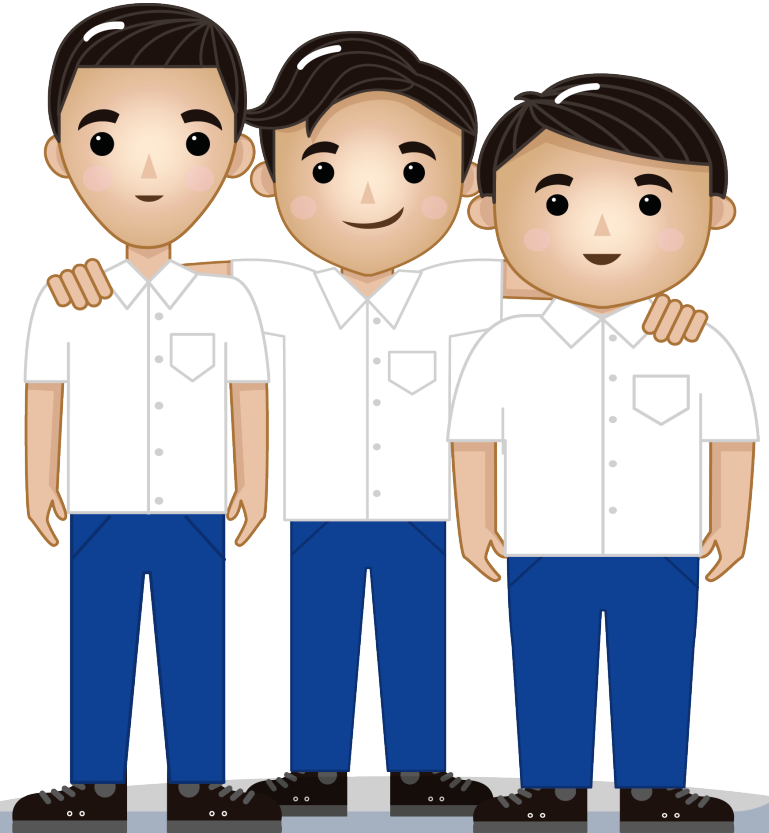
# ADOLESCENCE

Adolescence is a critical period of development, not just physically but socially and psychologically as well.



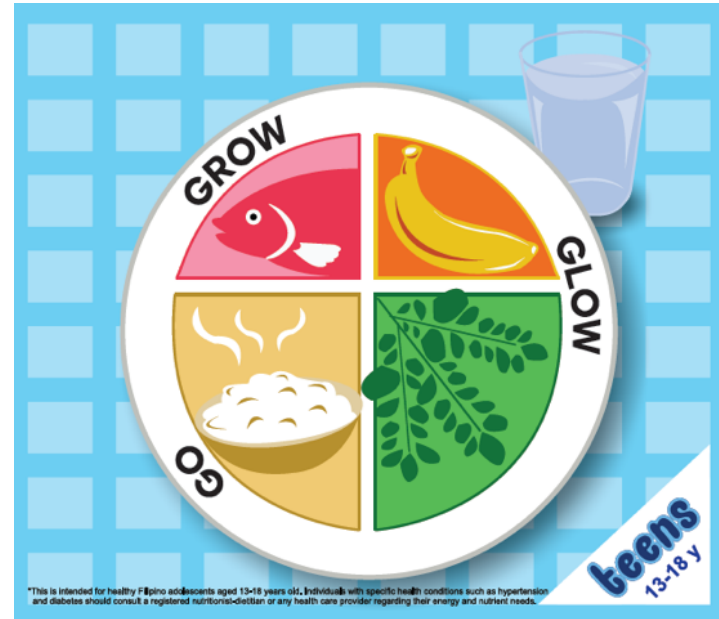
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Physically, adolescents face rapid changes in their body, some of which prepare them for reproductive functions.



# ADOLESCENCE

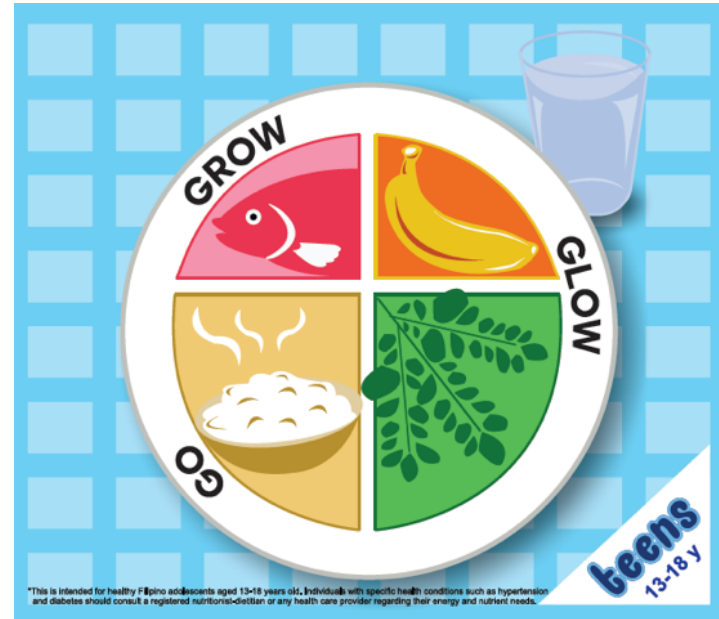
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The **Pinggang Pinoy**<sup>®</sup> guide and its recommended proportions takes into consideration the unique nutritional needs of adolescents.



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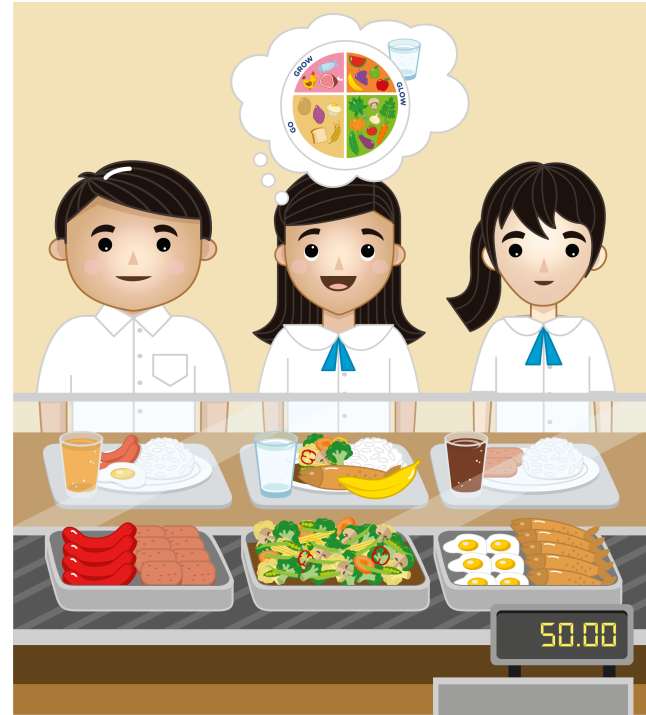
They experience more independence from parents and decision-making autonomy.





# ADOLESCENCE

Because adolescents rely less on parents and caregivers to make food choices for them, it is important that adolescents learn to make wise food choices.



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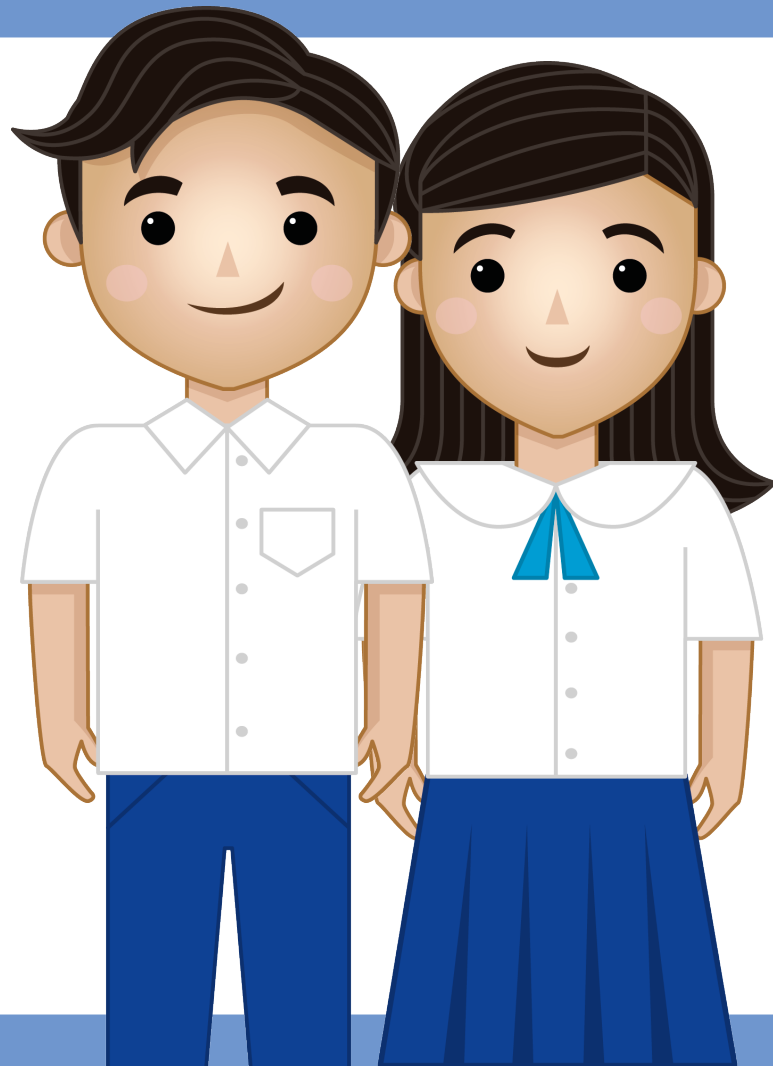
Due to their busy schedules and social life, adolescents forget to eat proper meals or often end up "eating on the run."

They tend to consume more carbonated beverages and *chichirya*.



# ADOLESCENCE

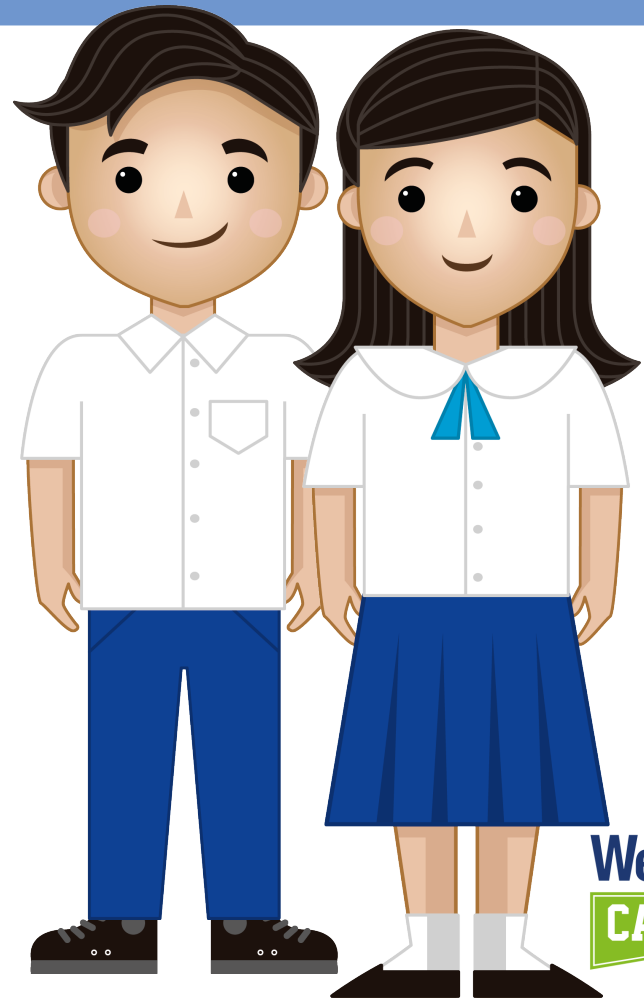
We are responsible for our own health, so we need to make good decisions about the food we eat.



# PART 2

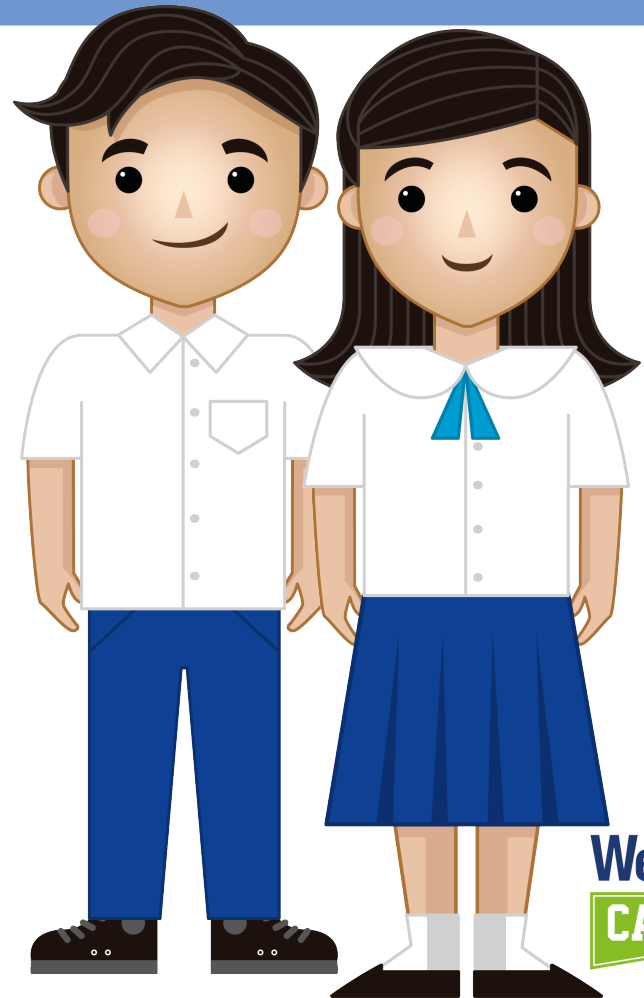
## GLOW FOODS

Glow foods contain many vitamins and minerals that support the nutritional requirements of our rapidly developing bodies and our active lifestyles.



# GLOW FOODS

The nutrients we get from Glow foods:

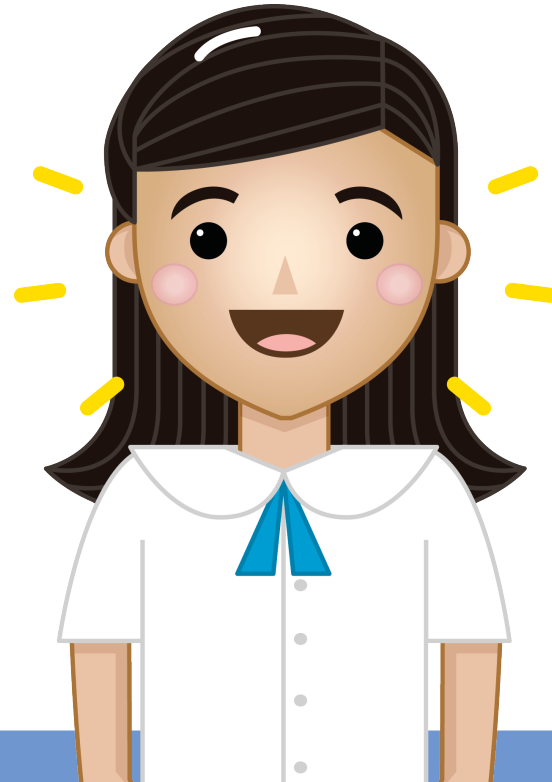




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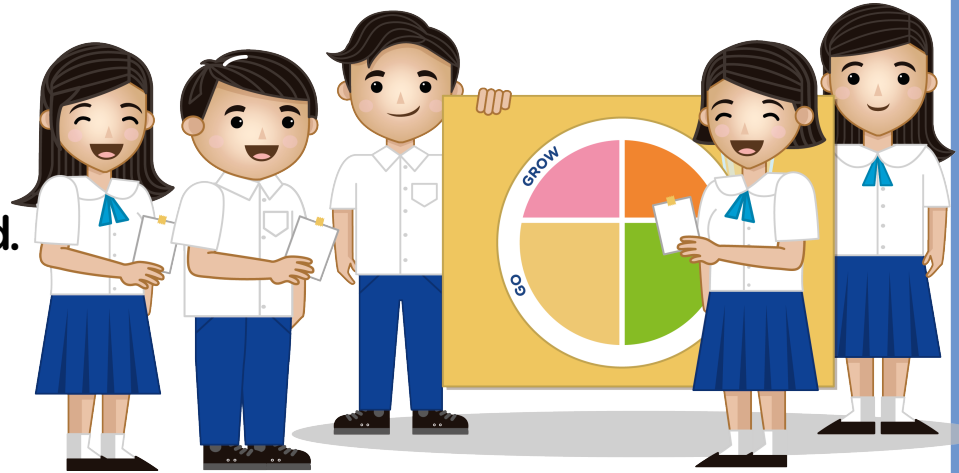
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- Helps prevent sickness, like colds and cough, so that we don't miss out on important events with family and friends.



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- Helps prevent sickness, like colds and cough, so that we don't miss out on important events with family and friends.
- Helps us stay alert and focused, so that we can perform well in school.



# GLOW FOODS

The following are some micronutrients found in Glow foods and their functions in the body.

# VITAMIN A

# FUNCTIONS OF VITAMIN A

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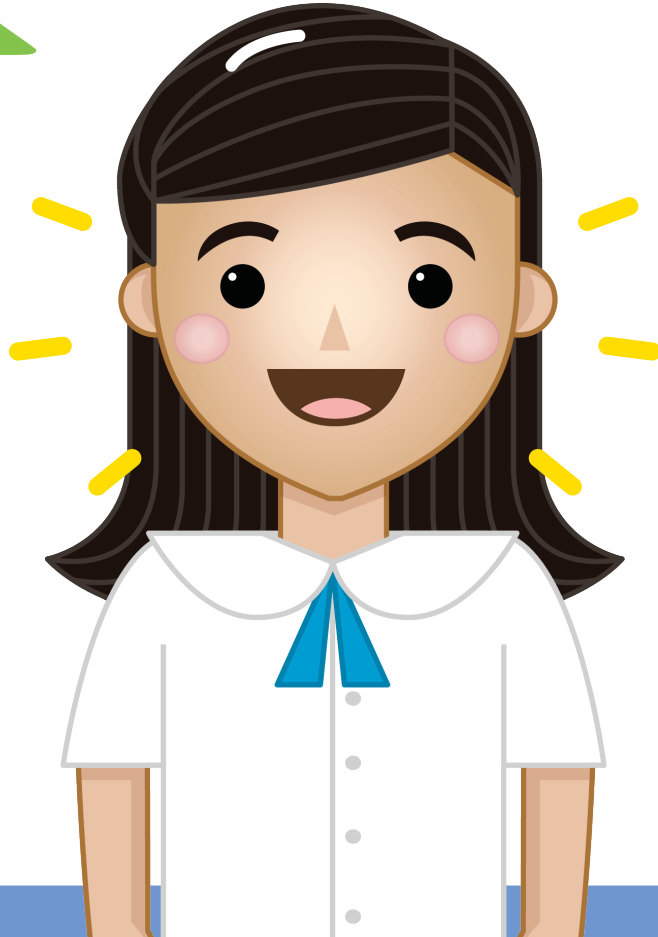
- maintains clear vision





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- helps in development of bones and teeth
- strengthens immunity



# SIGNIFICANT PLANT SOURCES OF VITAMIN A

- spinach, malunggay, pechay and other dark leafy greens
- broccoli
- yellow and deep orange fruits like papaya
- orange vegetables like squash and carrots

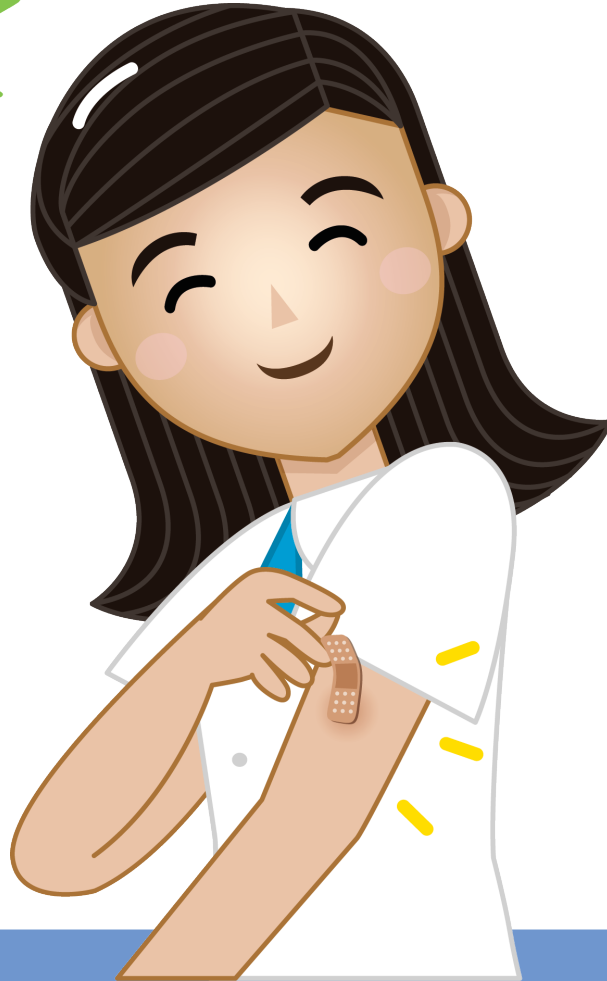


# VITAMIN C

# FUNCTIONS OF VITAMIN C

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- supports wound healing



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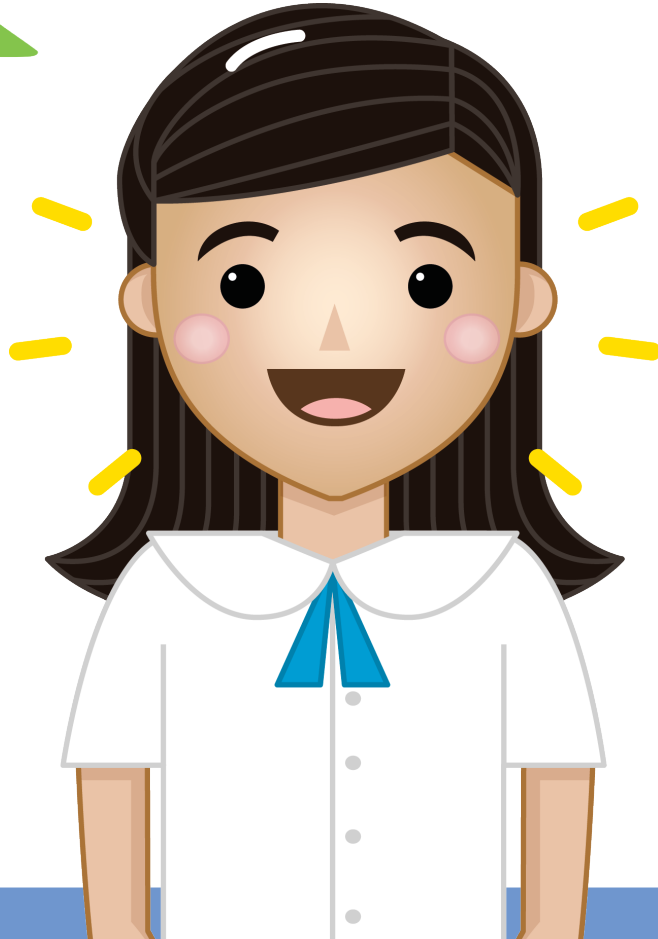
- supports wound healing
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# FUNCTIONS OF VITAMIN C

- supports wound healing
- strengthens immunity
- an antioxidant (a substance that prevents or delays some types of cell damage)



# SIGNIFICANT PLANT SOURCES OF VITAMIN C

- citrus fruits
- bell peppers
- melon
- tomatoes
- papayas
- mangoes

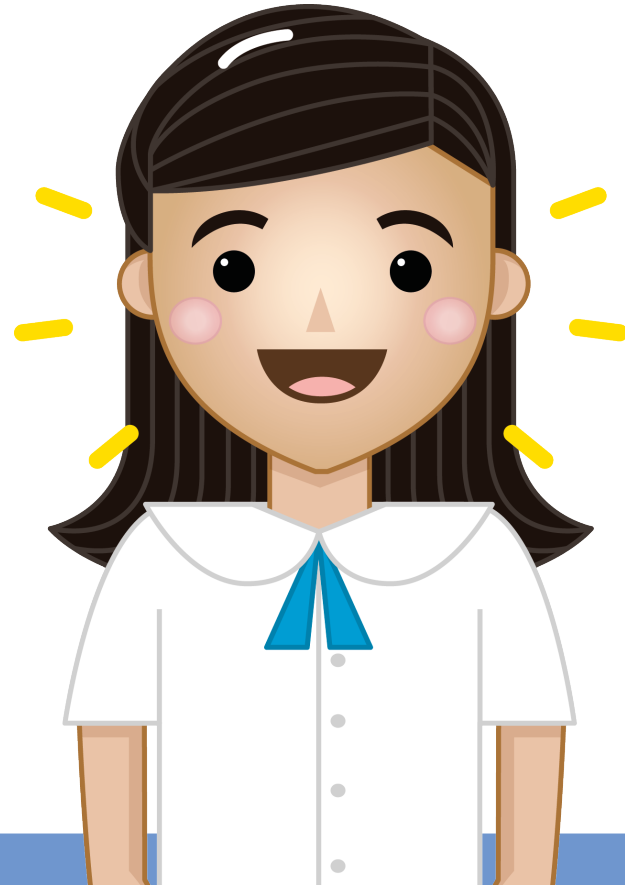


# VITAMIN E

# FUNCTIONS OF VITAMIN E

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- an antioxidant (a substance that prevents or delays some types of cell damage)



# SIGNIFICANT PLANT SOURCES OF VITAMIN E

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



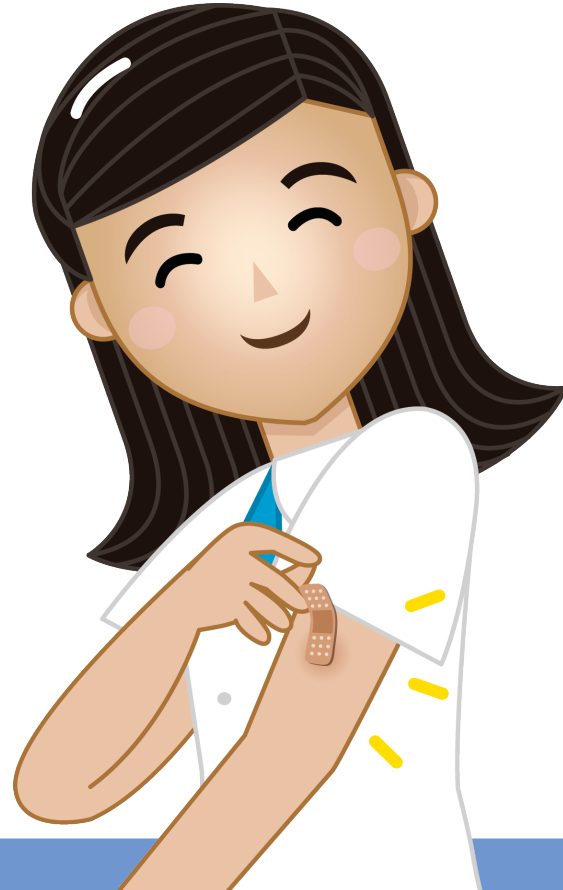
# VITAMIN K

# FUNCTION OF VITAMIN K



# FUNCTION OF VITAMIN K

- aids in blood clotting



# SIGNIFICANT PLANT SOURCES OF VITAMIN K

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



# IRON

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- Low iron results in low hemoglobin concentration in the blood.
- Hemoglobin is the component in blood that carries oxygen throughout the body for energy metabolism.

# SIGNIFICANT PLANT SOURCES OF IRON

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- leafy green vegetables such as pechay, kangkong and malunggay





## GLOW FOODS

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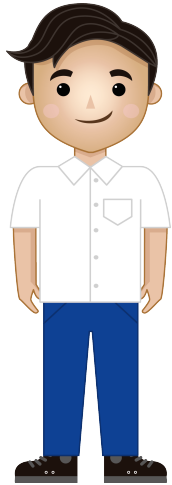
**Fiber lowers cholesterol, lowers blood sugar levels (beneficial for those who have diabetes) and regulates bowel movement.**

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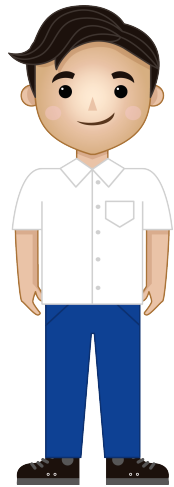


## Males

- 1-2 cups of cooked vegetables
- 1 medium sized fruit (banana, mango) or 1 slice of big fruit (papaya, pineapple, watermelon)

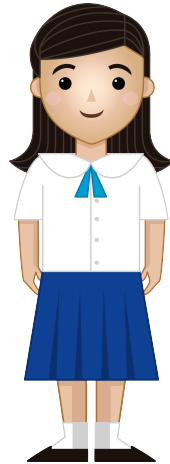
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## Females

- 1 - 1.5 cups of cooked vegetables
- 1 medium sized fruit (banana, mango) or 1 slice of big fruit (papaya, pineapple, watermelon)