

MODULE 1 PINGGANG PINOY



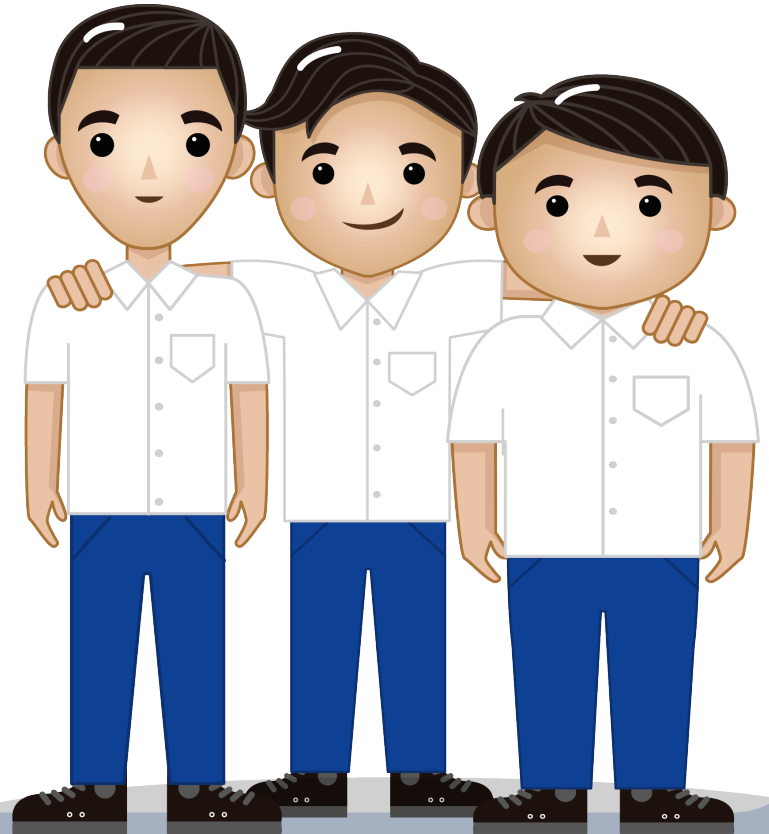
ADOLESCENCE

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



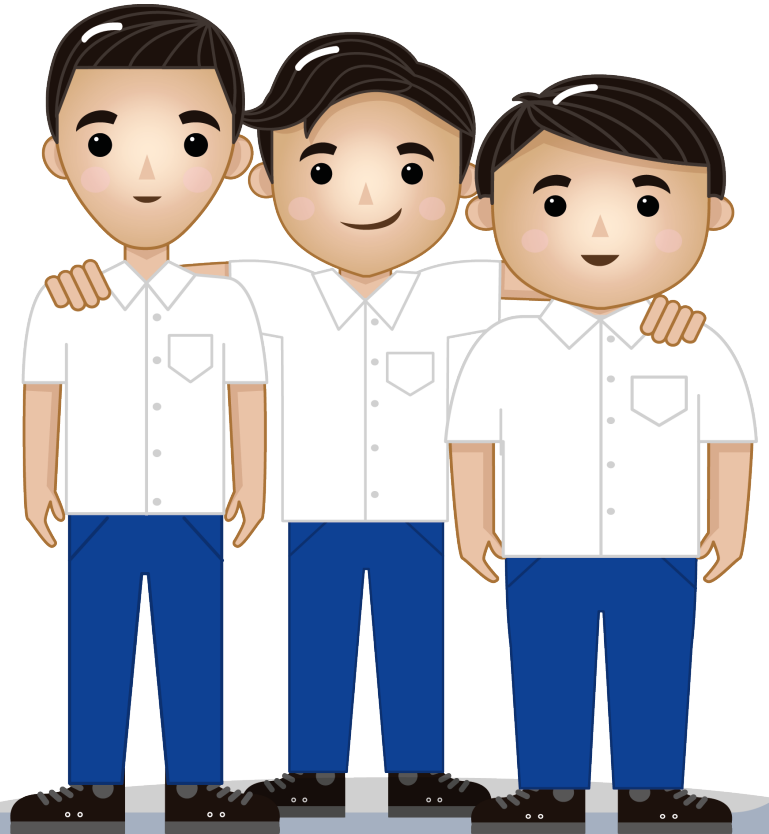
ADOLESCENCE

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



ADOLESCENCE

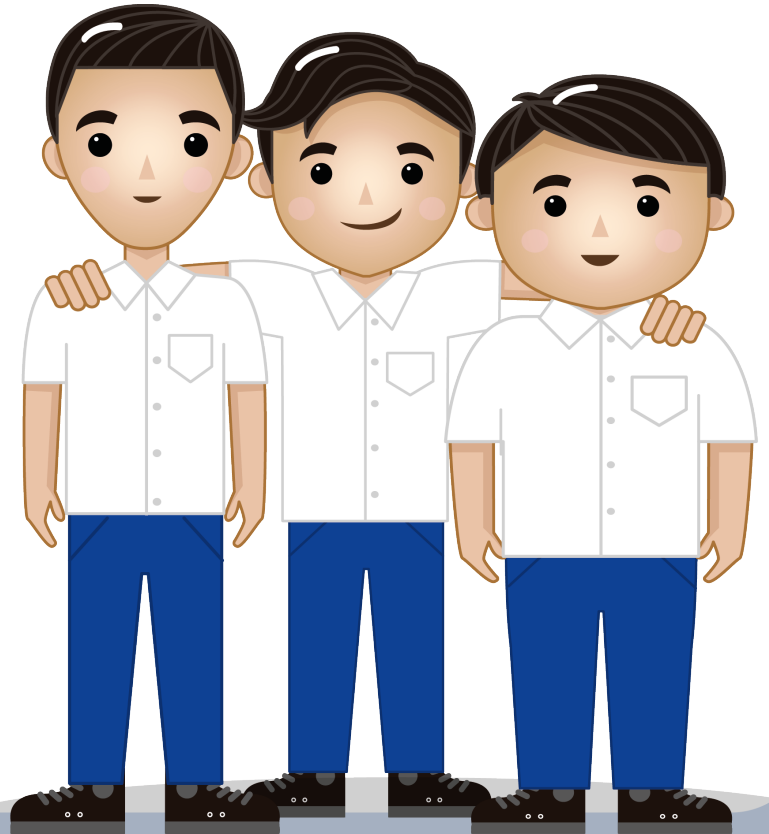
Males experience a sudden increase in height and muscle mass, while their reproductive organs develop toward sexual maturity.



ADOLESCENCE

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Deepening of voice and appearance of facial and body hair are also signals that the body is maturing.



ADOLESCENCE

Females experience development of breasts, widening of hips, and the onset of menstruation.



ADOLESCENCE

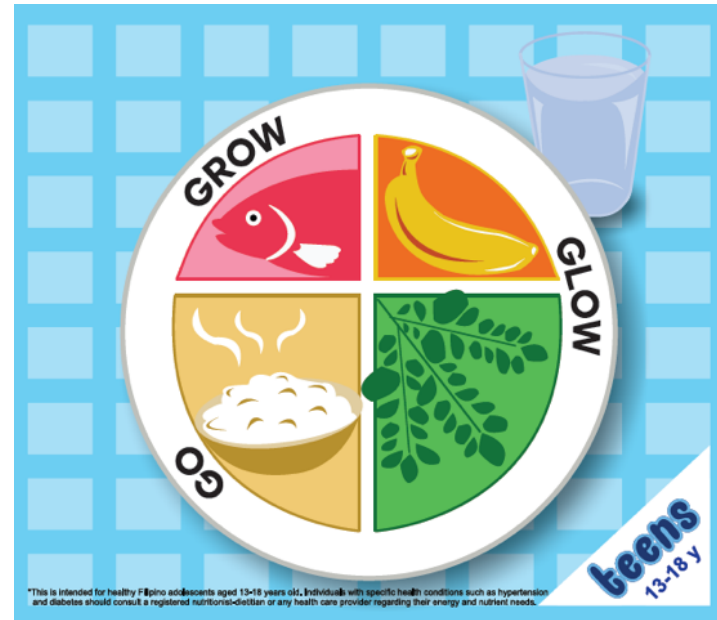
Females experience development of breasts, widening of hips, and the onset of menstruation.

They may start to notice more fat in some areas of the body, especially in the breast and hip area.



ADOLESCENCE

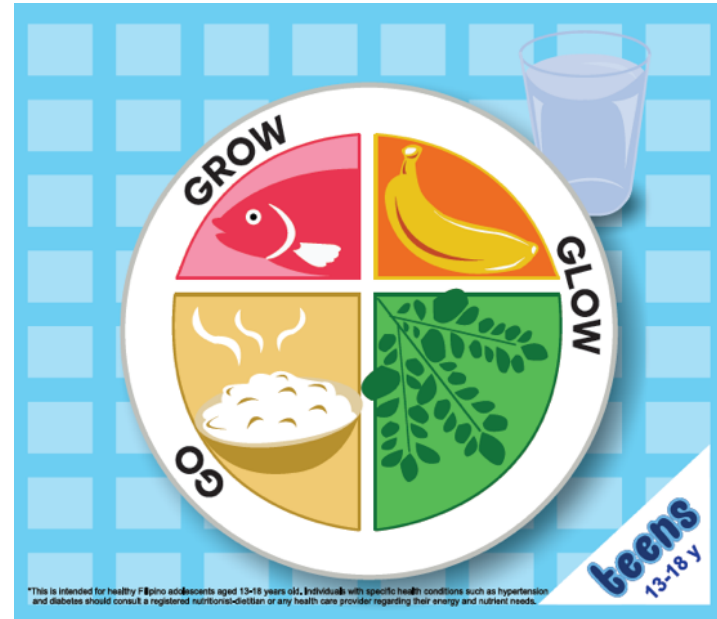
A balanced diet is all the more needed to support the rapid physical changes that adolescents experience.



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The **Pinggang Pinoy**[®] guide and its recommended proportions takes into consideration the unique nutritional needs of adolescents.



ADOLESCENCE

During this period, adolescents' social circles begin to expand and they tend to be more influenced by friends than by parents.



ADOLESCENCE

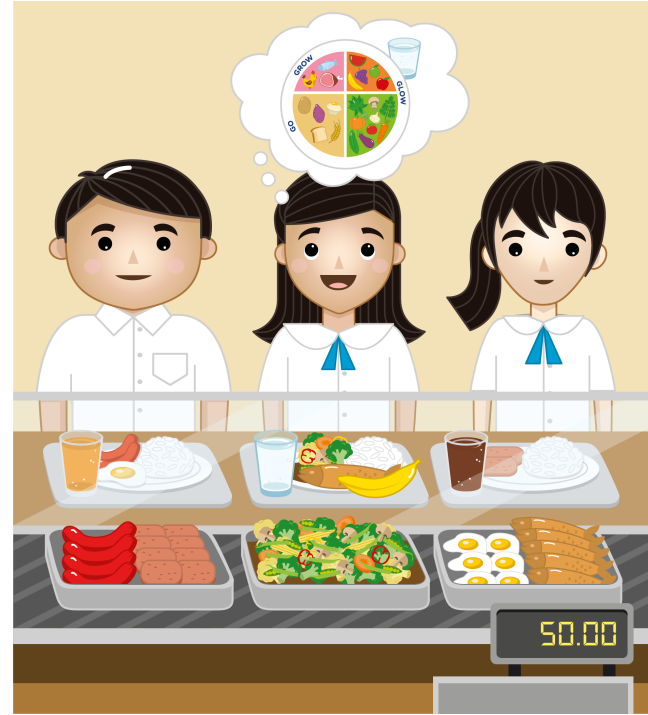
During this period, adolescents' social circles begin to expand and they tend to be more influenced by friends than by parents.

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.



ADOLESCENCE

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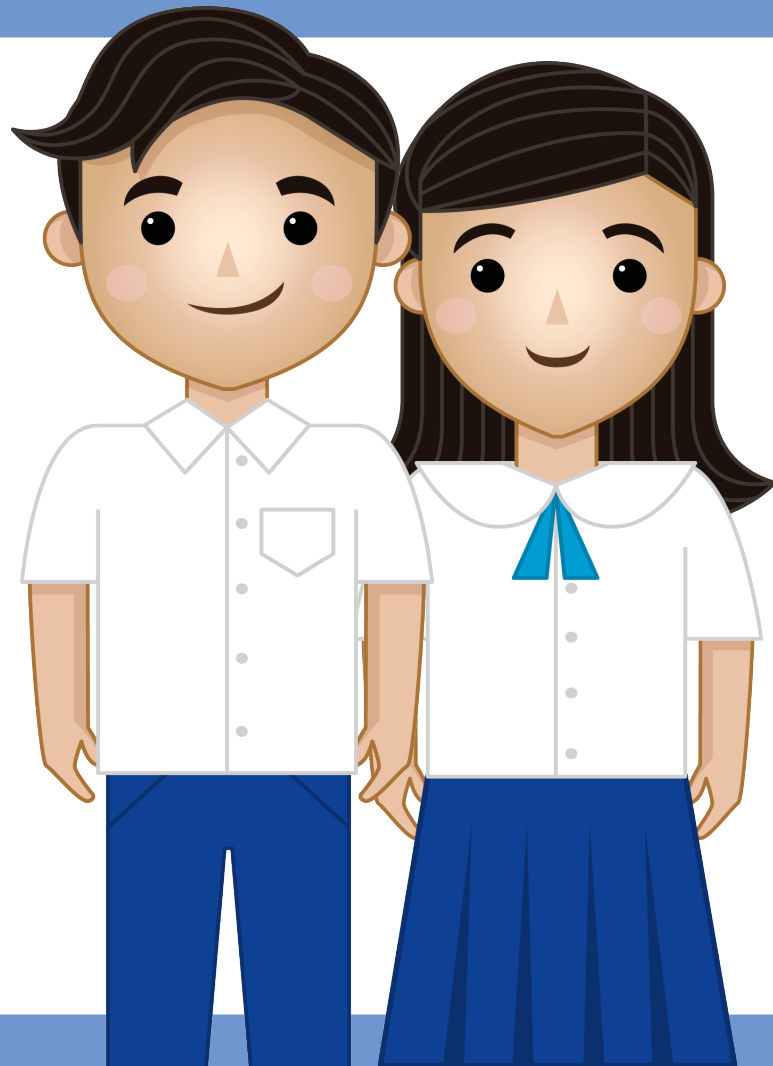
Due to their busy schedules and social life, adolescents forget to eat proper meals or often end up "eating on the run."

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.



ADOLESCENCE

Choose Glow foods that have a wide variety of color.



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Different colored fruits and vegetables contain different nutrients, so eating a wide variety of colors ensures that we are getting a wide range of nutrients.



ADOLESCENCE

Choose Grow foods from different protein sources.



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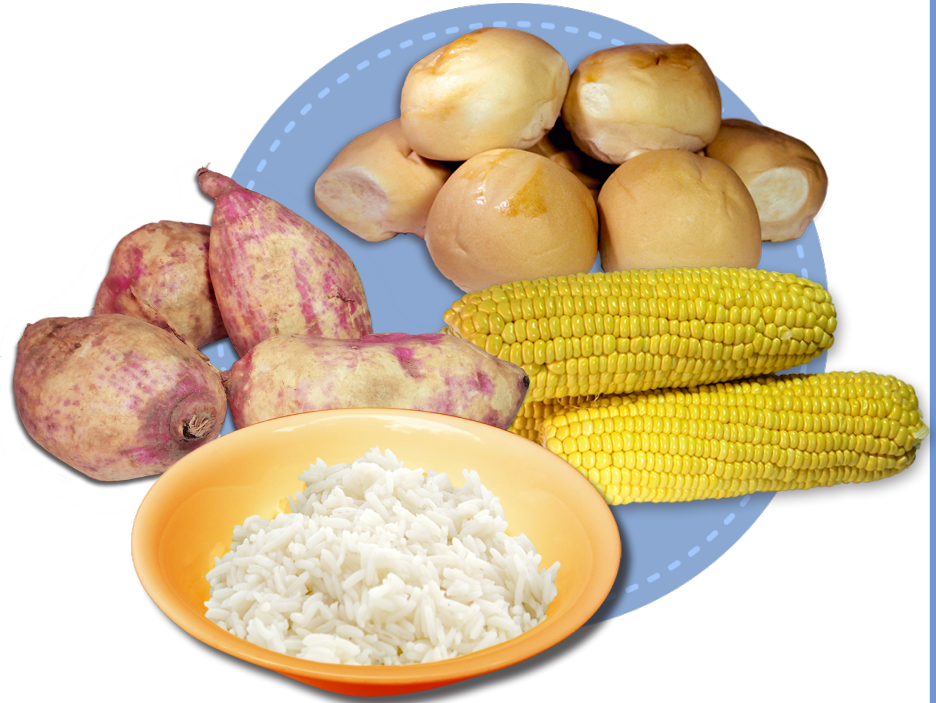
Choose Grow foods from different protein sources.

Different protein sources have different kinds of amino acids and other nutrients such as vitamins and minerals. Eating different sources of protein raises our chances of getting all the amino acids that our body needs.



ADOLESCENCE

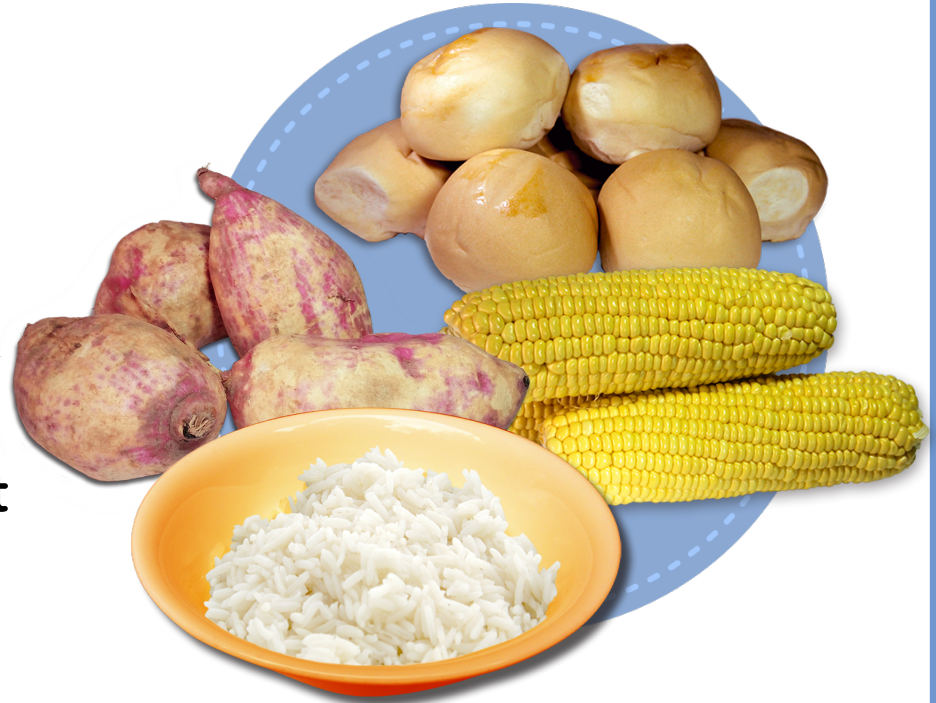
Choose Go foods that not only provide energy, but also provide other nutrients.



ADOLESCENCE

Choose Go foods that not only provide energy, but also provide other nutrients.

There are a variety of Go foods that also provide our bodies with vitamins, minerals and fiber.



ADOLESCENCE

Always include water and a nutritious beverage with each meal, and remember to drink water all throughout the day.



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Always include water and a nutritious beverage with each meal, and remember to drink water all throughout the day.

Adolescents should drink 9 to 12 glasses of water or more each day.

