

Practising Nutrition and Substance Abuse Awareness

Chapter 3: Nutrition and Substance Abuse Awareness · Topic 2

Key Concept

A balanced diet includes carbohydrates, proteins, fats, vitamins, and minerals in the right proportions, supporting growth, energy levels, and disease prevention, especially important during teenage years.

Poor nutrition, like excessive junk food or skipping meals, can lead to health problems, low energy, and difficulty concentrating in school and daily activities.

Substance abuse, including smoking, alcohol, and drug use, can seriously harm physical and mental health, and awareness helps young people make informed, healthy choices.

Peer pressure is a common reason people try harmful substances, so developing confidence to say no and seeking support from trusted adults is an important life skill.

Quick Revision Notes

- A balanced diet includes all major nutrient groups.
- Good nutrition is especially important during teenage years.
- Poor nutrition can cause low energy and poor concentration.
- Substance abuse includes smoking, alcohol and drug use.
- Substance abuse harms physical and mental health.
- Awareness helps make informed, healthy choices.
- Peer pressure is a common reason for trying substances.
- Saying no confidently and seeking support are important skills.

Practice Questions

- 1 Plan a balanced meal with all major nutrient groups.
- 2 Discuss why teenagers need good nutrition.
- 3 Discuss the risks of smoking or alcohol use.
- 4 Practice saying no to a risky situation in a role-play.
- 5 Research the effects of substance abuse on the body.
- 6 Discuss a trusted adult you could talk to if facing peer pressure.