

Nutrition and Hygiene During Adolescence

Chapter 6: Adolescence: A Stage of Growth and Change · Topic 2

Key Concept

A nutritious diet during adolescence should include a good balance of proteins (pulses, eggs, milk), calcium-rich foods (dairy, leafy greens), and iron-rich foods (spinach, jaggery) to support healthy growth. Hygiene habits like regular bathing, using deodorant, washing the face to manage oil and acne, and maintaining oral hygiene all become more important during this stage, both for physical health and for emotional confidence during a time of significant bodily change.

Quick Revision Notes

- Adolescents need extra protein, calcium, vitamin D, and iron for healthy growth.
- Iron is especially important for girls due to the onset of menstruation.
- Hormonal changes increase sweat/oil production, requiring more attention to hygiene.
- Good hygiene habits support both physical health and emotional confidence.

Practice Questions

- 1 List two hygiene habits important during adolescence.
- 2 Why do adolescent girls need extra iron in their diet?
- 3 Suggest a balanced diet plan that supports healthy growth during adolescence.