

## Reaching the Age of Adolescence

### Reproductive Health

Health is a state of complete mental, physical and social wellbeing.

#### • Nutritional Needs of the Adolescents: -

- ❖ A balanced diet means that the meals include proteins, carbohydrates, fats and vitamins in requisite proportions.
- ❖ Our Indian meal of roti/rice, dal (pulses) and vegetables is a balanced meal.
- ❖ Milk is a balanced food in itself.
- ❖ Fruits also provide nourishment.
- ❖ For infants, mother's milk provides all the nourishment that they need.
- ❖ Iron builds blood and iron-rich food such as leafy vegetables, jaggery, meat, citrus, Indian gooseberry (amla) are good for adolescents.
- ❖ Chips and packed or tinned snacks, though very tasty should never replace regular meals as they do not have adequate nutritional value.

#### • Personal Hygiene :-

Everyone should have a bath at least once everyday. It is more necessary for teenagers because the increased activity of sweat glands sometimes makes the body smelly. All parts of the body should be washed and cleaned everyday. If cleanliness is not maintained there are chances of catching bacterial infection. Girls should take special care of cleanliness during the time of menstrual cycle.

#### • Physical exercise :-

Walking and playing in fresh air keeps the body fit and healthy. All young boys and girls should take walks, exercise and play outdoor games.

#### • Say "NO" to Drugs and Alcohols :-

Adolescence is a period of much activity in the body and mind which is a normal part of growing up. So do not feel confused or insecure. If anybody suggests that you will get relief if you take some drugs, just say 'No' unless prescribed by the doctor. Drugs are addictive. If you take them once, you

feel like taking them again and again. They harm the body in the long run. They ruin health and happiness.