

# Teen Nutrition & Wellness Project

Exploring Your Health Through Data

Grades 8–9 | Physical Education & Wellness



# What You'll Do

- Track your food, activity, screen time & sleep for 3 days
- Compare your habits to Canadian teen guidelines
- Analyse how social media influences food choices
- Create a plan for realistic improvements

# Big Questions

- Are you meeting your nutritional needs?
- How do activity, screen time & sleep affect your energy?
- How much does social media influence what you eat?

# Food & Nutrition for Teens

- Follow Canada's Food Guide: vegetables, fruit, whole grains, protein
- Limit highly processed foods & sugary drinks
- Drink water as your main beverage

# Food & Nutrition for Teens

Your body needs extra calcium, vitamin D, iron & other nutrients during adolescence for:

- Bone growth & peak bone mass
- Rapid physical development

# Canada's Food Guide Overview

# Physical Activity for Teens

- At least 60 minutes per day of moderate-to-vigorous activity
- Include vigorous activities 3+ days per week
- Include muscle & bone strengthening 3+ days per week

# Screen Time & Sleep

## Screen Time

Max 2 hours per day of recreational screen time

## Sleep

Ages 12–13: 9–11 hours

Ages 14–17: 8–10 hours

# 24-Hour Movement Guidelines

# What You'll Track for 3 Days

- Food & drinks (with portions)
- Physical activity (type, intensity, minutes)
- Recreational screen time (type, minutes)
- Sleep (bedtime, wake time, total hours)

# Track Your Energy & Mood

Rate your energy and mood 3 times per day (morning, afternoon, evening)

Look for patterns: Do you feel better on days with more sleep? More activity?

# Tips for Success

- Be honest – this is for YOU, not a grade
- Track as you go (don't wait until the end of the day)
- Include snacks, drinks & "tastes" while cooking
- Use your phone's screen-time tracker to help

# Food & Nutrition for Teens

You'll explore how social media affects what you eat:

- What food content do you see most often?
- Is it backed by science or is it a fad?

# Red Flags of Food Fads

- Promises rapid weight loss or "miracle" results
- Cuts out entire food groups without medical reason
- Claims to "detox" your body
- Ignores adolescent nutritional needs

# Social Media & Risky Health Trends

# Analyse Your Data

You'll create:

- Graphs comparing your habits to guidelines
- Written reflection on your findings
- Three realistic changes you can make

# Final Product Choices

## Poster

Visual infographic with data & action plan

## Slides

3–5 slide presentation

## Video

2–3 minute narrated explanation

# Ready to Explore Your Health?

Let's start tracking!

Your handout packet has all the tracking pages you need

