



Promoting Healthy Eating Habits Among Teenagers

As part of an action research project examining the impact of food choices on teenagers' health and well-being, a series of engaging initiatives were conducted to encourage healthier eating habits and increase awareness about nutrition.

Students participated in the Food Colour Challenge, which encouraged them to consume fruits and vegetables of different colours and understand the nutritional benefits associated with a balanced diet. A Hands-Out Activity was also organized to educate students about healthy food choices and suitable alternatives to commonly consumed junk food.

To promote self-awareness, students maintained a Food Tracking Calendar where they recorded their daily meals and snacks. This activity encouraged them to reflect on their eating habits and identify areas where healthier choices could be made.

A significant contribution to the project was made by Aster Hospital, whose doctors and healthcare professionals conducted informative sessions on adolescent nutrition, healthy lifestyles, BMI awareness, and the effects of junk food consumption. Their expert guidance helped students better understand the connection between food choices, energy levels, and overall health.

Reflection formed an important part of the action research process. Through discussions, food tracking, and participation in the various activities, students became more conscious of their daily eating habits. Many demonstrated a greater understanding of the importance of balanced nutrition and showed increased willingness to make healthier food choices. The project highlighted that awareness combined with practical activities can positively influence students' attitudes towards healthy living.

Overall, the collaboration with Aster Hospital and the implementation of interactive activities created a meaningful learning experience that promoted healthier lifestyle choices among teenagers.

Pictures:



