

MODULE 1 PINGGANG PINOY



PART 1

Let's Review!



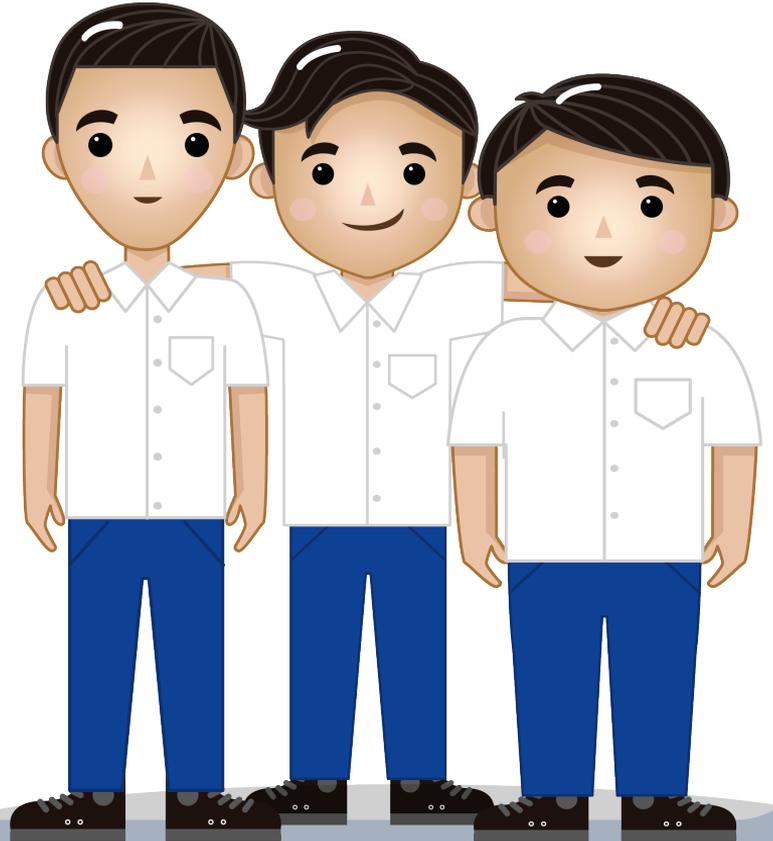
ADOLESCENCE

Adolescence is a critical period of development, not just physically but socially and psychologically as well.



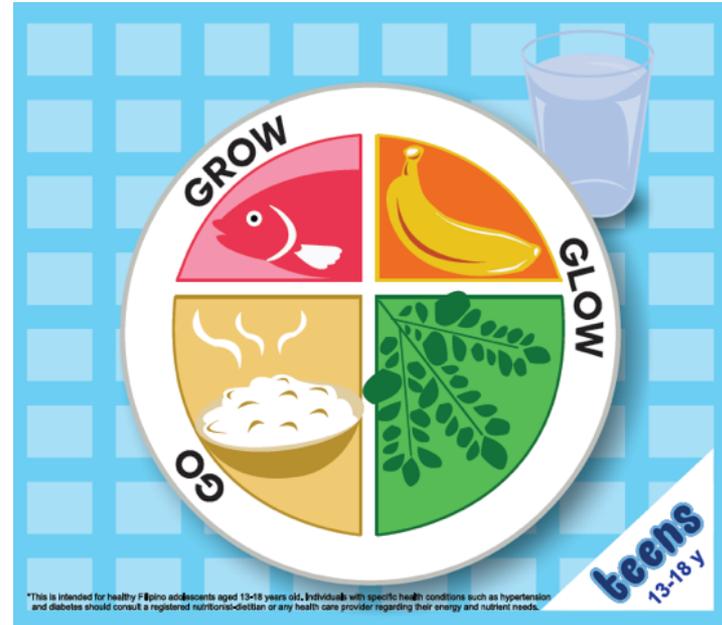
ADOLESCENCE

Physically, adolescents face rapid changes in their body, some of which prepare them for reproductive functions.



ADOLESCENCE

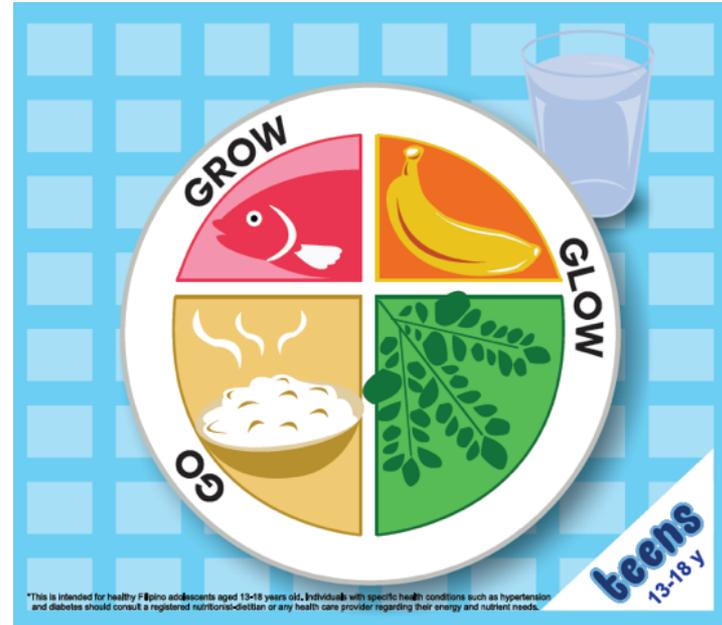
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The **Pinggang Pinoy**[®] guide and its recommended proportions takes into consideration the unique nutritional needs of adolescents.



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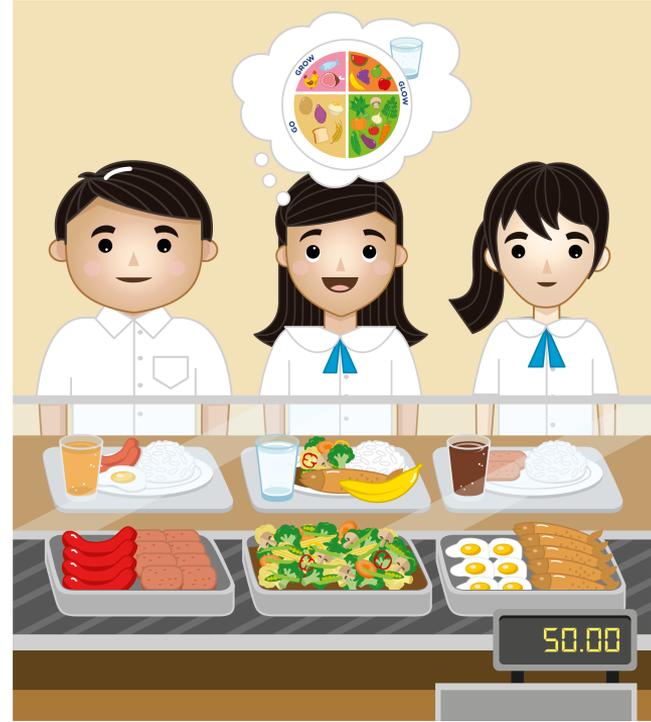
During this period, adolescents' social circles begin to expand and they tend to be more influenced by friends than by parents.

They experience more independence from parents and decision-making autonomy.



ADOLESCENCE

Because adolescents rely less on parents and caregivers to make food choices for them, it is important that adolescents learn to make wise food choices.



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Due to their busy schedules and social life, adolescents forget to eat proper meals or often end up "eating on the run."

They tend to consume more carbonated beverages and *chichirya*.



ADOLESCENCE

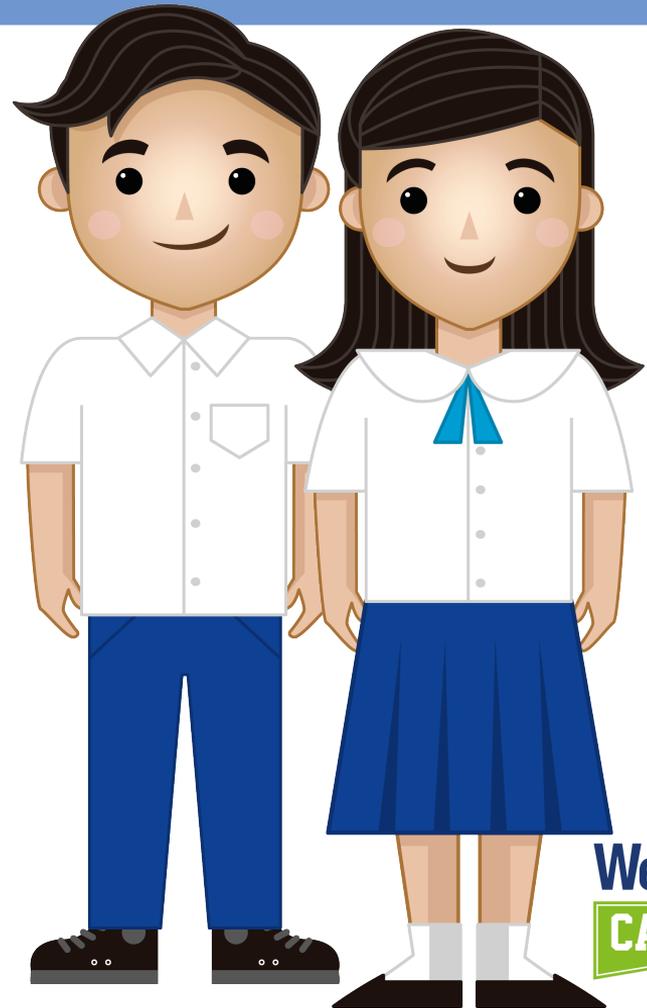
We are responsible for our own health, so we need to make good decisions about the food we eat.



PART 2

GLOW FOODS

Glow foods contain many vitamins and minerals that support the nutritional requirements of our rapidly developing bodies and our active lifestyles.



GLOW FOODS

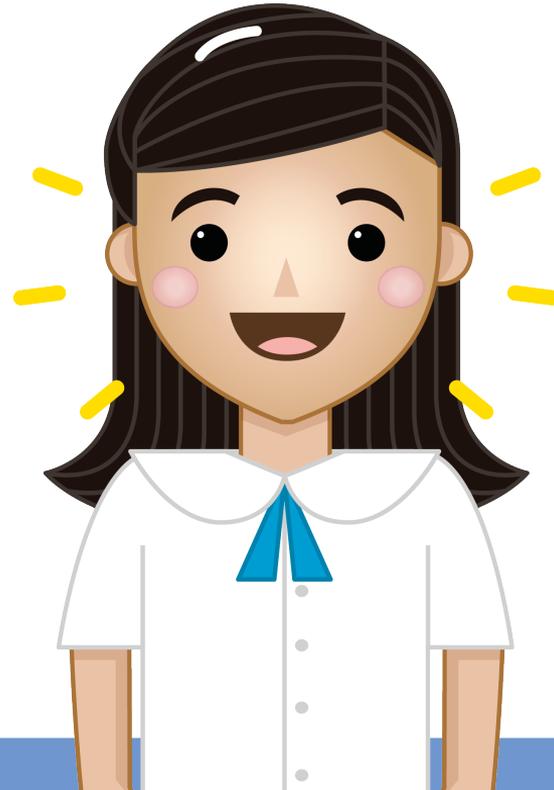
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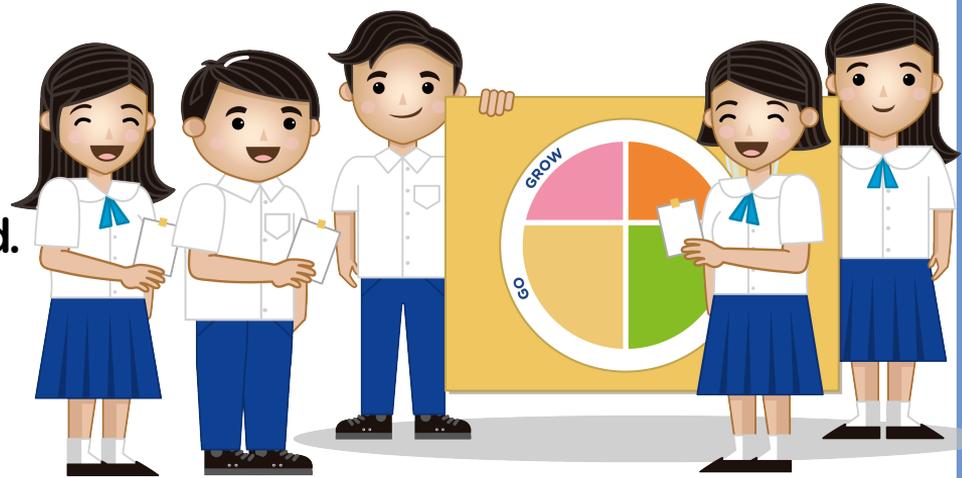
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- Helps prevent sickness, like colds and cough, so that we don't miss out on important events with family and friends.



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- Helps to keep our skin clear and hair healthy, so we can always look our best.
- Keeps our eyes healthy, to help us when we need to read and study hard.
- Helps prevent sickness, like colds and cough, so that we don't miss out on important events with family and friends.
- Helps us stay alert and focused, so that we can perform well in school.



GLOW FOODS

The following are some micronutrients found in Glow foods and their functions in the body.

VITAMIN A

FUNCTIONS OF VITAMIN A

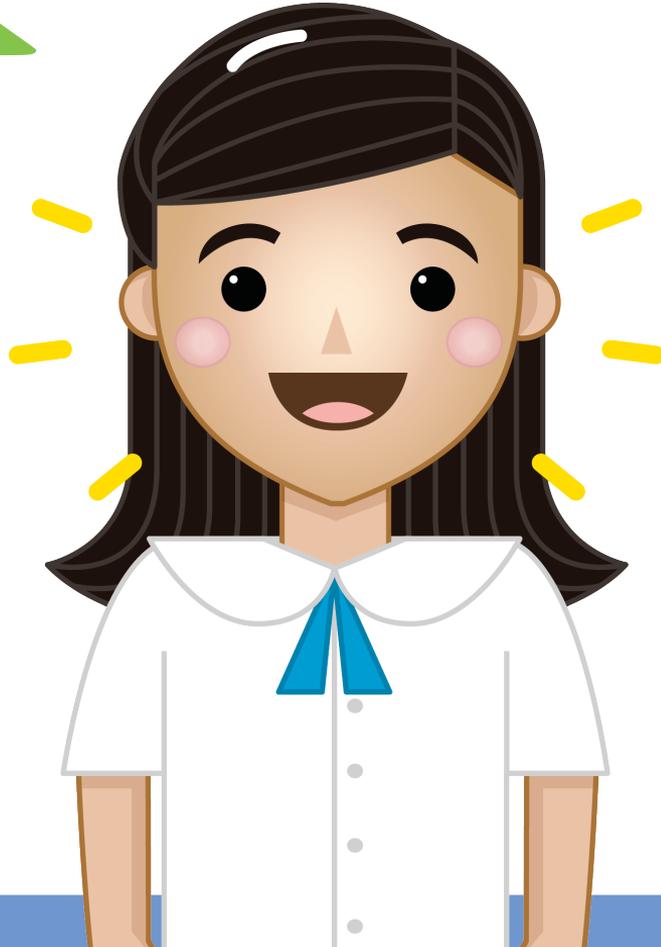
FUNCTIONS OF VITAMIN A

- maintains clear vision



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- maintains clear vision
- keeps skin smooth



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- maintains clear vision
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- helps in development of bones and teeth



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- maintains clear vision
- keeps skin smooth
- helps in development of bones and teeth
- strengthens immunity



SIGNIFICANT PLANT SOURCES OF VITAMIN A

- spinach, malunggay, pechay and other dark leafy greens
- broccoli
- yellow and deep orange fruits like papaya
- orange vegetables like squash and carrots



VITAMIN C

FUNCTIONS OF VITAMIN C

FUNCTIONS OF VITAMIN C

- supports wound healing



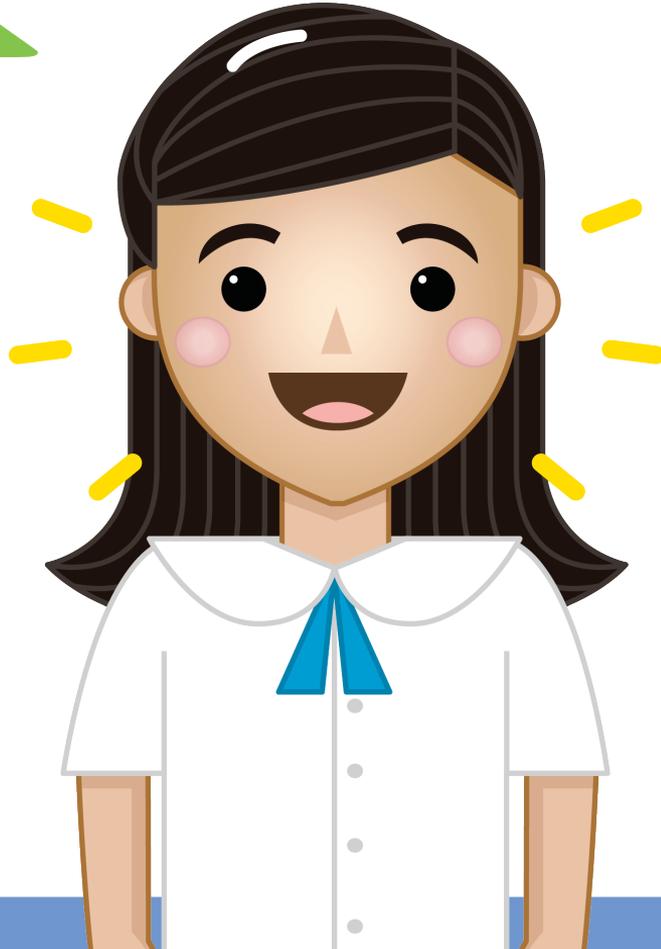
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FUNCTIONS OF VITAMIN C

- supports wound healing
- strengthens immunity
- an antioxidant (a substance that prevents or delays some types of cell damage)



SIGNIFICANT PLANT SOURCES OF VITAMIN C

- citrus fruits
- bell peppers
- melon
- tomatoes
- papayas
- mangoes

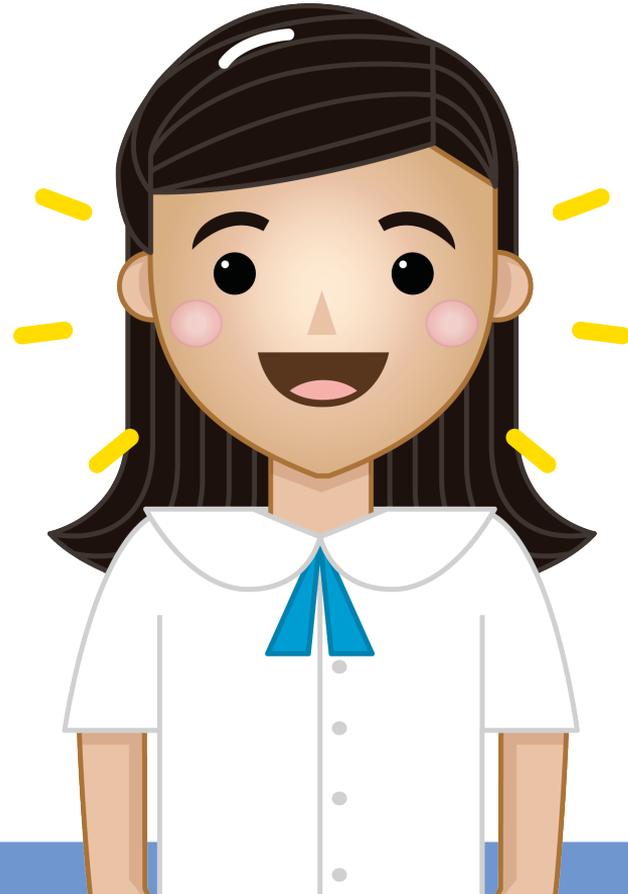


VITAMIN E

FUNCTIONS OF VITAMIN E

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- an antioxidant (a substance that prevents or delays some types of cell damage)



SIGNIFICANT PLANT SOURCES OF VITAMIN E

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay

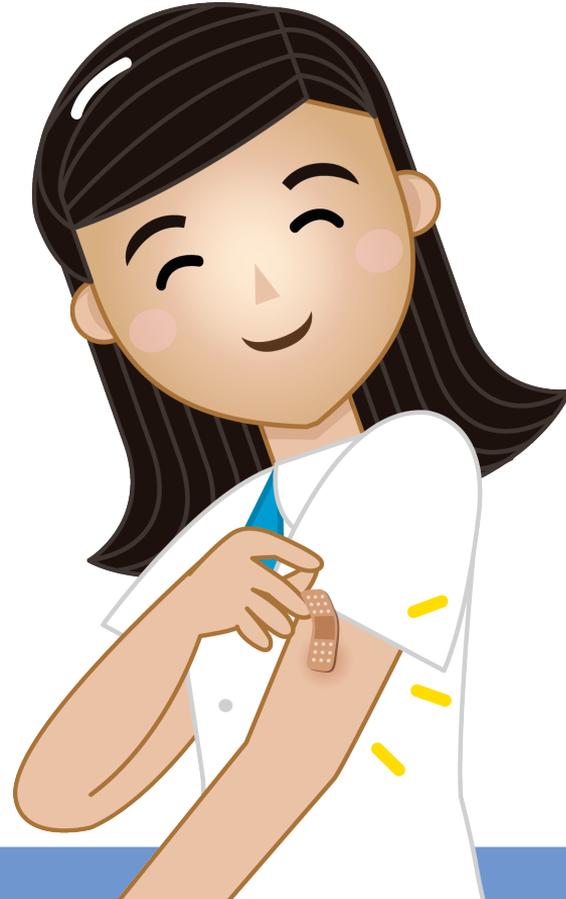


VITAMIN K

FUNCTION OF VITAMIN K

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- aids in blood clotting



SIGNIFICANT PLANT SOURCES OF VITAMIN K

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



IRON

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- Low iron results in low hemoglobin concentration in the blood.
- Hemoglobin is the component in blood that carries oxygen throughout the body for energy metabolism.

SIGNIFICANT PLANT SOURCES OF IRON

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



GLOW FOODS

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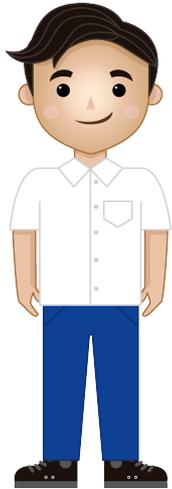
Fiber lowers cholesterol, lowers blood sugar levels (beneficial for those who have diabetes) and regulates bowel movement.

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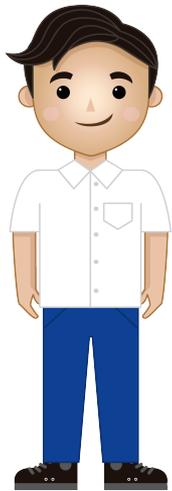


Males

- 1-2 cups of cooked vegetables
- 1 medium sized fruit (banana, mango) or 1 slice of big fruit (papaya, pineapple, watermelon)

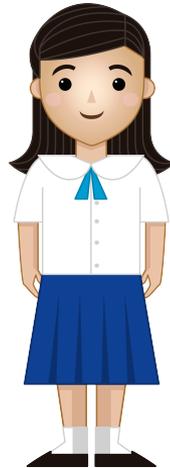
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Males

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Females

- 1 - 1.5 cups of cooked vegetables
- 1 medium sized fruit (banana, mango) or 1 slice of big fruit (papaya, pineapple, watermelon)