

How does the food you eat affect your growth and development?



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Abstract

Hungry? Should you eat an apple or potato chips? Does it really matter? It turns out that what you eat as a child and adolescent affects your growth and development. It can also affect your health as an adult! We wanted to understand the link between nutrition and adolescent growth. We did a review of different scientific studies to see what is currently known about this. We found that not eating enough food,

eating the wrong foods, and eating too much food all affect the body's systems. But the effects are different in each case. We also learned that the negative effects of poor nutrition aren't permanent if they're corrected at the right time.

Introduction

During adolescence, you go through a transformation. From around ages ten to nineteen, all the systems in your body grow and mature. That is why what you eat is so important. Getting proper **nutrition** means that you eat:

- enough food and
- the right food to meet your body's needs.

Undernutrition occurs when someone is not getting enough food. **Overnutrition** occurs when they eat too much. The body then stores this extra food as fat. That is why overnutrition can result in **obesity**. **Malnutrition** occurs when a person eats enough food, but not the right types.

To make sure adolescents are getting the right nutrients, we must first know what those are. That is why we did an extensive review of current scientific papers. We looked at studies that focused on different parts of the body, to see how nutrition affects each one.



The human body needs a variety of foods to meet all its needs for growth and development. Try to choose foods from several food groups, especially fruits, vegetables, protein, grains, and dairy.

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Adolescent Nutrition

RJ Shavelson



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