

# Health 101

## By Michele Hamilton

### Week 4

#### What Is Nutrition?

Nutrition, per the dictionary, has several meanings:

1. the act or process of nourishing or of being nourished
2. the science or study of, or a course of study in, nutrition, especially of humans
3. the process by which organisms take in and utilize food material
4. food; nutriment
5. the pursuit of this science as an occupation or profession

#### Proper Teen Nutrition

Nutrition is based on individual needs. The level of activity of a teenager will determine the amount of calories you should consume.

TeenHelp.com offers guidelines for proper nutrition, outlining the approximate needs of teen boys and girls. Please take a few minutes to [read about the nutritional needs of teenage boys and girls](#).\*

*\*Parents are encouraged to preview this page before sharing with their children or to print a copy of the page for the student to read, as this site deals with a wide range of teen health issues, not all of which may be appropriate for all ages.*

Now take a look at this "[healthy plate](#)" chart. How does what you eat on a regular basis compare? What changes could you discuss with your parents to build a healthier plate? What are some of the advantages to eating a more nutritionally-balance diet?