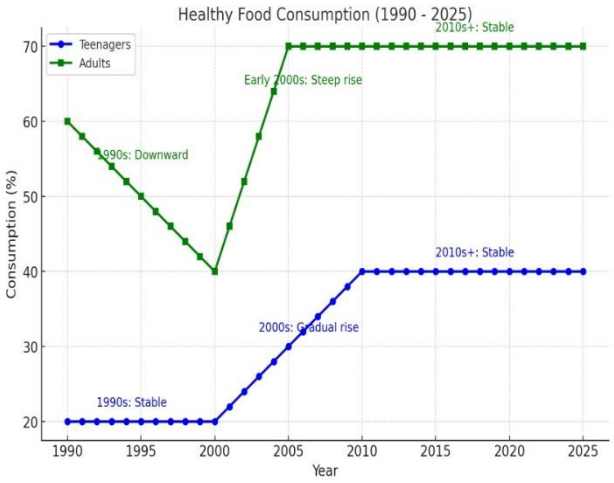
REPORT

A report on healthy food consumption among adults and teenagers.

This report:

- Analyses the findings
- Gives reasons why it is important to maintain a healthy diet
- Gives recommendations on how to convince young people to consume more healthy foods.



Report on Healthy Food Consumption Trends

The purpose of this report is to analyse the findings from the graph, explain why a healthy diet is important, and provide recommendations for encouraging young people to eat more nutritious foods.

Findings

According to the graph, teenagers consumed around **20%** healthy food during the 1990s. In the 2000s, this figure rose gradually to about **40%**, where it then remained stable. Adults, on the other hand, showed a different pattern. Their consumption dropped from about **60%** in 1990 to **40%** by the year 2000. After this decline, there was a steep rise, and by 2005 their consumption reached around **70%**, where it stayed stable afterwards. These figures demonstrate that adults reacted more quickly and changed their diet more dramatically, while teenagers improved more slowly.

Importance of a Healthy Diet

Maintaining a healthy diet is essential for both physical and mental well-being. Nutritious food reduces the risk of obesity, heart disease, and diabetes. It also supports better concentration, higher energy levels, and a stronger immune system. For teenagers in particular, who are still growing, healthy eating habits are vital for proper development.

Recommendations

To convince young people to eat more healthily, schools and families should work together. Schools can introduce attractive, balanced meals and run awareness campaigns. Social media influencers could also promote healthy recipes and snacks in an engaging way. Furthermore, making healthy food affordable and easily available would encourage teenagers to choose it more often.

Conclusion

In conclusion, the findings highlight differences between teenagers and adults in food choices. Since a healthy diet is crucial, special efforts should be made to motivate young people to consume more nutritious food.

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