

# PRESS RELEASE

## Organization of a seminar at the 1st Experimental General High School of Karditsa



At the 1st Experimental General High School of Karditsa, the **"Nutrition and Health Club "**, led by the school's teachers, Ms. Sofia Papakosta, Biologist, and Ms. Athena Charsoula, Physicist, organized a **seminar** on Tuesday, May 14, 2024, titled: **"Nutrition & Health of Adolescents."**



The invited speakers at the seminar were:

- Mr. **Panagiotis Varagiannis**, Clinical Dietitian-Nutritionist, lecturer at the Department of Food Science and Nutrition at the University of Thessaly, who gave a detailed presentation on the proper eating habits that adolescents should adopt to maintain their physical health and the risks associated with the consumption of certain foods and drinks.
- Ms. **Eleftheria Tiga**, Psychologist at the school, who discussed the psychological effects on adolescents' nutrition and the consequences, such as obesity, anorexia, bulimia, etc.



We sincerely thank the President of the Department of Food Science and Nutrition, Mr. Ioannis Giavasis, for the excellent collaboration between the Department and the school, the speakers for the valuable scientific knowledge they shared with the students, and the students of the club for their active participation in its meetings and activities.