

ACTIVITY

Teen and Adult Nutrition

Directions: Read the paragraph below. Then answer the questions that follow.

Frank’s alarm sounds 15 minutes before his school bus arrives. By the time he’s showered and tossed his books into his backpack, there’s no time for breakfast. He gets a candy bar from the vending machine before classes start. At lunchtime, he races out to a nearby fast-food restaurant where he buys both a double hamburger and deep-fried chicken nuggets, as well as a large serving of french fries and a large cola. After school he has track practice. His coach usually brings a bag of oranges or a vacuum bottle of fruit juice for the team. Then Frank heads for his job at a video store. If it’s not too busy, he runs down the street to a hot dog stand and picks up a couple of hot dogs, fries, and another cola. By the time he gets home, his family’s dinner is over. His mother often has saved something for him, but he is too hungry to wait while the food reheats. Instead, he pours out a large bowl of dry cereal and covers it with milk or makes a couple of sandwiches of cheese and salami or ham. While he does his homework, he has potato chips, corn chips, and cookies, with a big bowl of ice cream with more milk or soft drinks.

1. Name three problems with Frank’s daily food choices.

2. Suggest three changes that Frank could make to fit more healthful foods into his day.

Directions: Complete the sentences about the nutrition needs and challenges of adults by writing the missing words on the lines.

- 3. As their bodies stop growing, adults’ _____ become lower.
- 4. Less active adults should choose _____ foods.
- 5. Older people living alone may lose interest in _____.

ACTIVITY

Nutrition Needs of Mothers and Infants

Directions: In the space at the left, write the letter of the choice that BEST completes each statement.

- _____ 1. The period between conception and birth is the _?_ period.
A. fetus B. life cycle C. prenatal
- _____ 2. During pregnancy, _?_ is an especially important nutrient.
A. folate B. fat C. calories
- _____ 3. Mother’s milk has _?_ that build immunity to infection.
A. calcium B. antibodies C. servings
- _____ 4. Formula is nutritionally _?_ mother’s milk.
A. better than B. similar to C. higher in calories than
- _____ 5. Foods from the _?_ group provide protein and iron during pregnancy.
A. bread B. fruit C. meat
- _____ 6. A weight gain of about _?_ pounds is normal during pregnancy.
A. 30 B. 15 C. 5
- _____ 7. _?_ lacks nutrients and is indigestible for babies under one year.
A. Plain cow’s milk B. Breast milk C. Soy-based formula

Directions: Match each description in the left column with the correct term from the right column. Write the letter of the correct term in the space provided. Do not use any term more than once.

Descriptions	Terms
_____ 8. Increases risk of learning difficulties	A. calcium
_____ 9. Introduced at age four to six months	B. fetus
_____ 10. Unborn baby	C. infant cereal
_____ 11. Birth through adulthood	D. infant formula
_____ 12. A risk for babies when mothers are lacking in folate	E. life cycle
_____ 13. Important for baby’s teeth and bones	F. low birth weight
_____ 14. Modified low-fat cow’s milk	G. spinal defects

Continued

Nutrition Needs of Mothers and Infants *continued*

Directions: Write answers to the following questions on the lines provided.

15. What is the recommended age for introducing strained meats to babies?

16. Why should new foods be introduced to infants one at a time?

17. What else do babies need while eating besides calm surroundings, food that's not too hot, and enough time to chew and swallow?

18. Why do young children need snacks?

19. What are six foods that might cause choking in young children?

20. What is meant when it is said that children have gone on a food jag?

21. List three ways you can teach children to enjoy meals and eat a variety of foods.
