Nutrition Through the Life Cycle

STUDENT WORKSHEET

Directions:
Fill in the blank.

1. During infancy, children's bodies change and develop at an _____ rate.

2. Nutrition and feeding is crucial during the first year of life as it influences both _____ and _____ growth.

3. Fats and lipids supply between ____and ___ percent of the energy consumed in infants six to 12 months.

4. Infants require protein for synthesis, growth of new body tissues and for the production of _____ and _____.

5. One of the important vitamins that babies need is _____.

6. Zinc is a mineral infant's must receive from a _____ _____, because unlike other vitamins and minerals infants are not born with zinc reserves.

7. Even before infants start teething it is important for them to receive adequate amounts of _____.

8. Vitamin A is important in the body as it keeps eyes and skin healthy and _____ against _____.

9. Vitamin D works with other nutrients in a baby's body such as calcium, phosphorus and protein to promote _____ _____, which is the growth or development of bone.

10. _____ _____ are set by water loss, water required for growth, solutes derived form the diet in addition to the nutrients that are transported through the body.

11. During early childhood, 18 months to 3 years, and play age, 3 to 6 years a child develops, physically, _____, _____ and emotionally.

12. One of the important minerals children should receive is _____.

Nutrition Through the Life Cycle

13. Iron deficiency anemia causes _____ _____ and physical development and decreased resistance to infection.

14. Both milk and _____ provide _____ which assist in children's growth and development.

15. During adolescents, typical eating habits are affected by the teenagers _____ and _____.

16. For females, their caloric intake begins to increase at the age of twelve, with a peak intake averaging _____calories per day.

17. Males tend to increase their caloric intake steadily to approximately _____ calories per day at the age of sixteen.

18. Most adolescents get enough _____ through the result of eating too many unhealthy foods.

19. Adolescents are at the peak of their growth period and need large quantities of _____.

20. During the teenage years the _____, _____ and _____ systems are developing.

21. Adolescents should consume more _____, green vegetables, iron, fortified cereals, fish and poultry and _____ and _____.

22. _____is another important mineral which is needed during adolescents. It is essential for growth and sexual development

23. Fiber aids in _____ and _____ of foods and it is found mainly in carbohydrates.

24. Most adolescents are _____ in vitamins, A, B6, C, D, E and Folic Acid.

25. Diets which are high in animal fat or saturated fats and cholesterol are associated with _____ _____.

26. A decreased amount of energy has become a trend among adults. The believed reason behind this is _____ physical activity and _____ body fat or body mass index (BMI).

Nutrition Through the Life Cycle

27. The leading causes of death among older adults in the United States is heart disease, _____, cerebrovascular disease, pneumonia, _____, diabetes and _____.

28. In addition to the physical conditions, noted earlier, elderly nutrition can be affected by _____ and _____ factors.

29. The four nutrients the age group of “old age”, needs increased levels of, are _____, vitamin _____, calcium and vitamin _____.

30. _____ decreases with age this is based on changes in the resting energy expenditure and the physical activity.

31. Some factors influencing the loss of _____ are low-grade infections such infection of the urinary tract and inflammation caused by osteoarthritis, which results in a loss of body _____.

32. As you grow older _____ _____ requirements and the absorption rate does not change. In fact, older persons might absorb _____ more efficiently than younger individuals.

33. Vitamin D levels tend to be lower in the winter, as the amount of _____ _____an older person receives is lower than what it would be in the summer.

34. _____ _____ is a problem for many older people. Intakes are below recommended levels and in addition many commonly prescribed drugs interfere with its absorption.

35. In each state of our life from infancy to old age we must consume foods that will fuel our bodies which will allow us to live a _____ and _____ life.

STUDENT WORKSHEET

Nutrition Through the Life Cycle

STUDENT WORKSHEET ANSWER KEY

Directions:
Fill in the blank.

1. During infancy, children's bodies change and develop at an **accelerated** rate.

2. Nutrition and feeding is crucial during the first year of life as it influences both **psychosocial** and **physical** growth.

3. Fats and lipids supply between **40** and **50** percent of the energy consumed in infants six to 12 months.

4. Infants require protein for synthesis, growth of new body tissues and for the production of **enzymes** and **hormones**.

5. One of the important vitamins that babies need is **iron**.

6. Zinc is a mineral infant's must receive from a **dietary source**, because unlike other vitamins and minerals infants are not born with zinc reserves.

7. Even before infants start teething it is important for them to receive adequate amounts of **fluoride**.

8. Vitamin A is important in the body as it keeps eyes and skin healthy and **protects** against **infection**.

9. Vitamin D works with other nutrients in a baby's body such as calcium, phosphorus and protein to promote **bone mineralization**, which is the growth or development of bone.

10. **Water requirements** are set by water loss, water required for growth, solutes derived form the diet in addition to the nutrients that are transported through the body.

11. During early childhood, 18 months to three years, and play age, three to six years a child develops physically, **mentally**, **socially** and **emotionally**.

12. One of the important minerals children should receive is **zinc**.

13. Iron deficiency anemia causes **delayed mental** and physical development and decreased resistance to infection.

Nutrition Through the Life Cycle

14. Both milk and **vegetables** provide **nutrients** which assist in children's growth and development.

15. During adolescents, typical eating habits are affected by the teenagers **environment** and **lifestyles**.

16. For females, their caloric intake begins to increase at the age of twelve, with a peak intake averaging **2,200** calories per day.

17. Males tend to increase their caloric intake steadily to approximately **3,470** calories per day at the age of sixteen.

18. Most adolescents get enough **fats** through the result of eating too many unhealthy foods.

19. Adolescents are at the peak of their growth period and need large quantities of **minerals**.

20. During the teenage years the **skeletal, endocrine** and **muscular** systems are developing.

21. Adolescents should consume more **meats,** green vegetables, iron fortified cereals, fish and poultry and **eggs** and **nuts**.

22. **Zinc** is another important mineral which is needed during adolescents. It is essential for growth and sexual development

23. Fiber aids in **digestion** and **elimination** of foods and it is found mainly in carbohydrates.

24. Most adolescents are **deficient** in vitamins A, B6, C, D, E and Folic Acid.

25. Diets which are high in animal fat or saturated fats and cholesterol are associated with **heart disease**.

26. A decreased amount of energy has become a trend among adults. The believed reason behind this is **decreased** physical activity and **increased** body fat or body mass index (BMI).

STUDENT WORKSHEET ANSWER KEY

Nutrition Through the Life Cycle

27. The leading causes of death among older adults in the United States is heart disease, **cancer**, cerebrovascular disease, pneumonia, **influenza**, diabetes and **accidents or falls**.

28. In addition to the physical conditions, noted earlier, elderly nutrition can be affected by **social** and **environmental** factors.

29. The four nutrients the age group of "old age", needs increased levels of, are **iron**, vitamin **B6**, calcium and vitamin **D.**

30. **Energy** decreases with age this is based on changes in the resting energy expenditure and the physical activity.

31. Some factors influencing the loss of **protein** are low-grade infections such infection of the urinary tract and inflammation caused by osteoarthritis, which results in a loss of body **protein**.

32. As you grow older **vitamin A** requirements and the absorption rate does not change. In fact, older persons might absorb **vitamin A** more efficiently than younger individuals.

33. Vitamin D levels tend to be lower in the winter, as the amount of **sun light** an older person receives is lower than what it would be in the summer.

34. **Vitamin B6** is a problem for many older people. Intakes are below recommended levels and in addition many commonly prescribed drugs interfere with its absorption.

35. In each state of our life from infancy to old age we must consume foods that will fuel our bodies which will allow us to live a **healthy** and **full** life.

STUDENT WORKSHEET ANSWER KEY

Nutrition Through the Life Cycle

STUDENT QUIZ

Directions:
Select the correct answer.

___ 1. During infancy, children's bodies change and develop at what rate?
   a. slow
   b. accelerated
   c. medium
   d. none of the above

___ 2. Nutrition and feeding is crucial during the first year of life as it influences both psychosocial and physical growth.
   a. true
   b. false

___ 3. Infants require protein for synthesis for growth of new body tissues, what are proteins also needed for?
   a. chemicals and vitamins
   b. hormones and minerals
   c. hormones and enzymes
   d. chemicals and enzymes

___ 4. What is one of the important vitamins babies need?
   a. vitamin B
   b. vitamin C
   c. vitamin D
   d. iron

___ 5. Even before infants start teething it is important for them to receive adequate amounts of _____.
   a. iron
   b. zinc
   c. florid
   d. phosphorus

___ 6. Iron deficiency anemia caused rapid mental and physical development and an increased resistance to infection.
   a. true
   b. false

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STUDENT QUIZ

___ 7. Both milk and vegetables provide nutrients which assist in children's _____ and _____.
   a. growth and development
   b. movement and development
   c. growth and teething
   d. all of the above

___ 8. During adolescence typical eating habits are affected by the teenagers' environment and lifestyles.
   a. true
   b. false

___ 9. For adolescent females what is the peak intake averaging number for calories per day?
   a. 5,400
   b. 500
   c. 1,500
   d. 2,200

___ 10. Adolescents are at the peak of their growth period and need large quantities of _____.
   a. vitamins
   b. minerals
   c. calories
   d. proteins

___ 11. During the teenage years what systems are developing?
   a. skeletal
   b. endocrine
   c. muscular
   d. all of the above

___ 12. Diets high in animal fat or saturated fats are associated with _____.
   a. cancer
   b. heart disease
   c. lung disease
   d. intestinal disease

Nutrition Through the Life Cycle

___ 13. What are physical conditions in that can affect elderly nutrition?
- a. environmental and physical
- b. social and physical
- c. environmental and social
- d. all of the above

___ 14. What decreases with age because it is based on the changes in the resting energy expenditure and physical activity?
- a. energy
- b. calories
- c. physical activity
- d. proteins

___ 15. What vitamin do older people absorb more efficiently than younger individuals?
- a. vitamin D
- b. vitamin C
- c. vitamin A
- d. vitamin E

Nutrition Through the Life Cycle

STUDENT QUIZ ANSWER KEY

Directions:
Select the correct answer.

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Nutrition Through the Life Cycle

STUDENT QUIZ ANSWER KEY

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Nutrition Through the Life Cycle

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- c. physical activity
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- a. vitamin D
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- c. vitamin A
- d. vitamin E

STUDENT QUIZ ANSWER KEY