

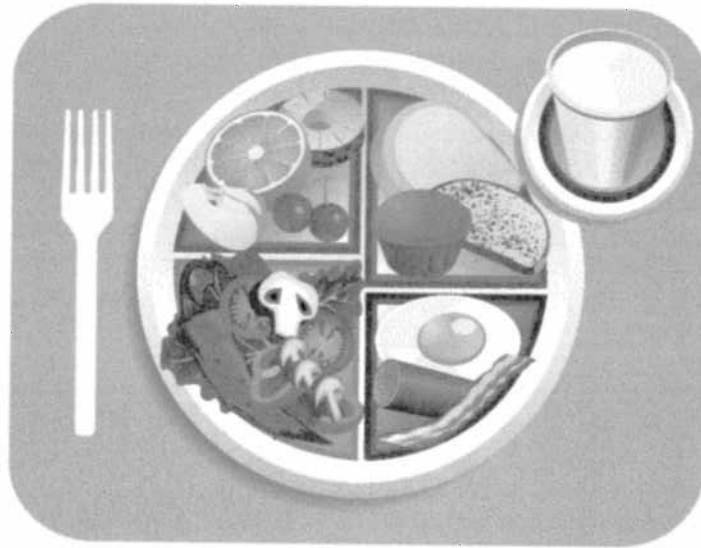
Serving Up Teen Nutrition

Activity E

Chapter 11

Name _____

Date _____ Period _____



Fill in the blanks to complete these statements about teen nutrition.

1. _____ is the period of life between childhood and adulthood.
2. _____ is the time during which a person reaches sexual maturity.
3. Most adolescents experience a period of rapid physical growth that is known as a _____.
4. Body _____ changes during adolescence as females develop a layer of fatty tissue and males develop more lean body mass.
5. A teen's daily calorie needs are _____ than they were in late childhood.
6. The average teen female needs _____ calories per day.
7. Teen males need more calories than teen females because they have more _____.
8. An 18-year-old male needs _____ more calories per day than a female of the same age.
9. Teens need to replenish supplies of energy and nutrients at _____ intervals throughout the day.
10. _____ eating patterns can cause teens to be tired, irritable, drowsy, and distracted.
11. Breakfast should provide _____ of a teen's daily nutrient needs.
12. Teens should choose fast foods in _____ because they are high in sugar, fat, and sodium.
13. Some teens who do not consume enough iron may develop _____.
14. Females need more iron than males due to _____.
15. Weight problems of teens include overweight, underweight, and eating _____.
16. Inadequate calcium intake during the teen years can affect bone _____.
17. Too much sugar during the teen years can cause dental _____.
18. A high-fat diet during the teen years can increase the risk of _____ disease in later life.

Feeding an Infant

Activity C

Name _____

Chapter 11

Date _____ Period _____

Complete the following activities related to infant feeding.



Complete the following statements about feeding schedules for infants.

1. During the first few weeks, babies need to be fed every _____ to _____ hours.
2. After the first few weeks, caregivers can space feedings for babies at _____ hour intervals.
3. At _____ months, feedings can decrease to five a day.
4. At _____ months, feedings can decrease to four a day.
5. During the first few months following birth, _____ changes to meet the changing needs of the infant.

Rank each of the following foods in the order it is most likely to be introduced in an infant's diet. Start with 1 for the first food.

- | | | | |
|-------|--|-------|-------------------------|
| _____ | 6. cereals | _____ | 9. meats |
| _____ | 7. strained fruits | _____ | 10. strained vegetables |
| _____ | 8. breast milk or iron-fortified formula | | |

Complete the following sentences about tips for feeding infants.

11. Introducing one food at a time helps caregivers identify _____.
12. Caregivers should avoid overfeeding infants to prevent _____.
13. Holding foods with their hands helps prepare infants to _____.
14. Infants need frequent feedings because _____.
15. When a baby rejects a food, he or she is showing _____.
16. When a caregiver acts negatively toward a food, a child may learn to _____.

