

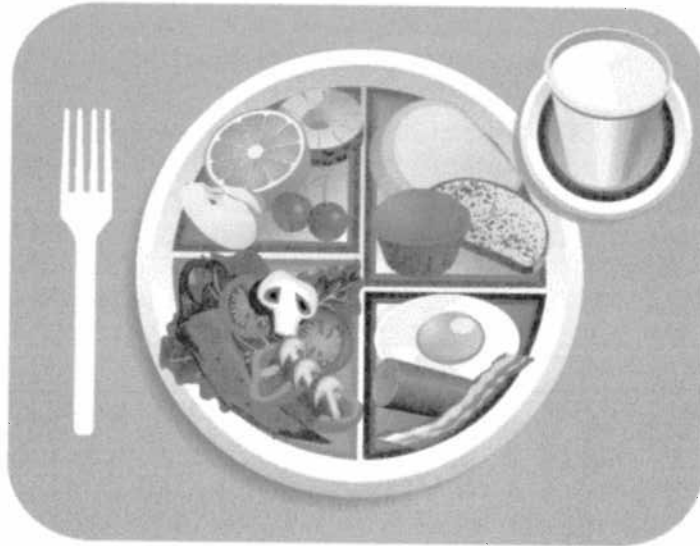
Serving Up Teen Nutrition

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.