

# Backtrack

## Through Chapter 11

Activity G

Chapter 11

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

Provide complete answers to the following questions and statements about nutrition throughout the life cycle.

### Recall the Facts

1. Which stages of the life cycle have you already completed? \_\_\_\_\_  
\_\_\_\_\_
2. How does gender determine the amounts of nutrients a person needs? \_\_\_\_\_  
\_\_\_\_\_
3. Why do a woman's nutritional needs change during pregnancy? \_\_\_\_\_  
\_\_\_\_\_
4. When a mother chooses to breast-feed, what nutrients does she need in even greater amounts than when she was pregnant? \_\_\_\_\_  
\_\_\_\_\_
5. What harmful effects can FAS have on a baby? \_\_\_\_\_  
\_\_\_\_\_
6. During what stage is growth more rapid than at any other stage? \_\_\_\_\_
7. What is generally considered to be the ideal food for infants and why? \_\_\_\_\_  
\_\_\_\_\_
8. What amount of food from the grains group is suitable for a two-year-old toddler? \_\_\_\_\_  
\_\_\_\_\_
9. The childhood stage of the life cycle includes which ages? \_\_\_\_\_
10. List four healthful snacks parents can provide for children. \_\_\_\_\_
11. What are two major causes of childhood weight problems? \_\_\_\_\_  
\_\_\_\_\_
12. How does a growth spurt affect nutritional needs? \_\_\_\_\_  
\_\_\_\_\_
13. List the names and age ranges of the four stages into which nutrition experts divide adulthood.  
\_\_\_\_\_

(Continued)

## Interpret Implications

14. How can drugs used by a mother harm her baby during pregnancy and lactation? \_\_\_\_\_  
 \_\_\_\_\_
15. Describe how teen pregnancy causes special problems not seen in the pregnancies of adult women. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
16. How can healthful eating increase a person's ability to perform well in school or on the job?  
 \_\_\_\_\_
17. Briefly describe three ways nutritional needs change after age 50. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Apply & Practice

18. Plan a day's menus for a teen using the nutritional information from the chapter.

Breakfast	Lunch	Snack	Dinner

19. List two tips to consider when planning meals for someone in each of the following stages of the life cycle.
- A. pregnancy and lactation \_\_\_\_\_  
 \_\_\_\_\_
- B. infancy \_\_\_\_\_  
 \_\_\_\_\_
- C. toddlerhood \_\_\_\_\_  
 \_\_\_\_\_
- D. childhood \_\_\_\_\_  
 \_\_\_\_\_
- E. adolescence \_\_\_\_\_  
 \_\_\_\_\_
- F. adulthood \_\_\_\_\_  
 \_\_\_\_\_