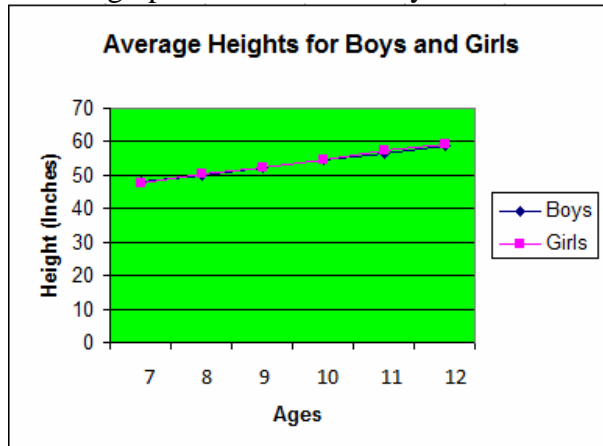


Chapter 16 The Child from Seven to Twelve

Section 16.1 Growth and Development from Seven to Twelve

1. A growth spurt means that certain parts of the body grow rapidly in a short period of time. Children may feel awkward because one part of the body has grown faster than other parts.
2. Participating in sports helps children develop muscles, motor skills, and hand-eye coordination. It also helps them learn to be part of a team.
3. You should write an encouraging letter explaining that eleven-year-olds vary greatly in height mainly because they enter puberty at different ages. Many children experience growth spurts during which they quickly catch up.
4. Line graphs should accurately reflect the data found in Figure 16.1. Sample graph:



Section 16.2 Caring for Children from Seven to Twelve

1. Anorexia nervosa is an intense fear of weight gain characterized by starvation techniques and severe weight loss. Bulimia involves periods of out-of-control eating followed by purging the body of food. Binge eating means periods of highly excessive eating, followed by weight gain.
2. Children need physical activity to stay healthy, and need to be taught to continue exercising when they are older to avoid health problems. At least one hour of physical activity daily is recommended.
3. You should write a paragraph summarizing what you learn from five adults about the physical activities they engaged in from ages seven to twelve. In your paragraph, also list those activities that are still popular and explain why you think these activities have remained popular.
4. Reports will vary, but should explain at least three common treatments, along with each one's success rate.