

# Study Guide

## Life-Span Nutrition

**Directions:** Read chapter 13, and answer the following questions. Later, you can use this study guide to review.

1. What is a life span? List the five developmental stages of life.

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2. Why should concern about good nutrition begin before pregnancy?

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3. State four recommendations for the kinds and amounts of food expectant mothers should eat.

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4. Why should pregnant women avoid weight-loss diets?

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5. List the advantages for breast-feeding infants.

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6. List the first solid foods that should be given to infants.

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Chapter 13 Study Guide (continued)

7. Identify four guidelines for helping children develop healthful eating habits.

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8. Name the two nutrients that are especially important for adolescents, and explain why they are important.

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9. Name the two nutrients that are especially important for teen athletes, and explain why they are important.

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10. Identify three reasons why adults may find themselves gaining weight.

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11. Describe three of the special nutrient needs of older adults and ways these needs can be met.

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# Activity 1

## Life-Span Nutrition

### Eating Throughout the Life Span

**Directions:** Using the information from Chapter 10 of the textbook, create a healthful menu for a day, including food and beverages, for an expectant mom, a female or male student athlete, and a senior citizen living alone. Write down how many portions each person needs from every food group in the chart. Be sure to write the correct number of portions in each food group. Pay attention to portion size.

**Number of Portions for Expectant Mom**

Grains	Vegetables	Fruits	Meat & Beans	Milk	Oils

**Menu**

Breakfast: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

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Chapter 13 Activity 1 (continued)

**Number of Portions for Student Athlete (Male/Female)**

Grains	Vegetables	Fruits	Meat & Beans	Milk	Oils

**Menu**

Breakfast: \_\_\_\_\_  
 \_\_\_\_\_

Snack: \_\_\_\_\_  
 \_\_\_\_\_

Lunch: \_\_\_\_\_  
 \_\_\_\_\_

Snack: \_\_\_\_\_  
 \_\_\_\_\_

Dinner: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Number of Portions for Senior Citizen**

Grains	Vegetables	Fruits	Meat & Beans	Milk	Oils

**Menu**

Breakfast: \_\_\_\_\_  
 \_\_\_\_\_

Snack: \_\_\_\_\_  
 \_\_\_\_\_

Lunch: \_\_\_\_\_  
 \_\_\_\_\_

Snack: \_\_\_\_\_  
 \_\_\_\_\_

Dinner: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_