**FOODS AND NUTRITION II**

**FAMILY LIFE CYCLE STUDY GUIDE**

**Name:\_\_\_KEY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_**

1. What is a Family Life Cycle? What is needed throughout a Family Life Cycle?
	1. *Various stages of life*
	2. *Nutrition requirements change*
	3. *Level of activity and state of health*
	4. *Changes in your food selections*
2. Family Life Cycle Stages
	1. *Children (12 months to 11 years)*
	2. *Adolescence (12 to 21)*
	3. *Adult (22 to 60)*
	4. *Elderly (60+)*
3. Basic Nutritional Needs for Everyone
	1. *MyPyramid and the Dietary Guidelines*
	2. *Exercise*
	3. *Proper nutrition helps the body:*
		1. *Resist disease*
		2. *Recuperate*
		3. *To have energy*
	4. *Fiber*
4. Nutritional Needs for Children
	1. *Recommended servings*
	2. *Nutrient dense foods*
	3. *Variety and small amounts*
	4. *Introducing new foods*
	5. *Taste buds*
	6. *Avoid sweet foods*
	7. *Make foods interesting*
5. Nutritional Needs for Adolescents
	1. *Recommended servings*
	2. *Great activity and rapid growth*
	3. *Variety of nutritious foods*
	4. *Snack foods*
	5. *Caffeine and carbonated drinks*
6. Nutritional Needs for Teen Athletes
	1. *Energy producing nutrients*
	2. *Exercise builds muscle*
	3. *High energy output*
	4. *Meals should be eaten 3-5 hours before an athletic event.*
	5. *Water is essential*
	6. *Potassium replacement*
	7. *Need more food*
	8. *More protein?*
7. Nutritional Needs for Adults
	1. *Metabolism slows down*
	2. *Reduce food intake*
	3. *Exercise*
	4. *Sedentary lifestyle*
8. Nutritional Needs for Aging/Elderly
	1. *Nutrient dense foods*
	2. *Taste and smell*
	3. *Low sodium and low-fat diets*
	4. *Physical and mental challenges*
	5. *Malnutrition*
	6. *Eating habits and food choices*
	7. *Food assistance programs*