**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*