

FACTS TO KNOW PRE-ASSESSMENT

Name _____ Period ____ Assign #

Adolescent nutrition facts that students should recall after study of these lessons include.

1. Food is what people _____.
2. Nutrition is _____.
3. The two most important times effecting growth are and _____.
4. What age level grows at a faster rate than infancy?
5. At what time in their lives do teenagers have the ability to determine the body size they will have for life.
6. The period of growth and change for teenagers is from _____.
7. What will influence the way teenagers grow?
8. If teenagers do not eat properly now, will their bodies be able to make up for it in later years.
9. Why do teenage boys be less likely to have malnutrition than teenage girls?
10. The three major nutritional problems affecting teenagers are?
11. At what time in his life is a boy's nutritional requirements the most important?
12. Nutritional requirements for a teenage girl are exceeded by what two events in her life?
13. What a teenage girl eats will effect the kind of pregnancy she will have years later. True or False?

14. What teenage girls and boys eat will effect the health of children born to them even though reproduction occurs years later. True or False?
15. How much will a teenage boy grow in one year?
16. What does growth involve?
17. List 5 ways that malnutrition is likely to occur in teenagers.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
18. What a teenager eats will effect the skin, hair, weight, vitality and outlook on life. True or False?
19. If a teenager doesn't look or feel well what suffers?
20. Teenagers with poor eating habits tend to
21. The endocrine glands that manufacture or secrete hormones during adolescence are growing and developing as part of the growth of the entire body. True or False?
22. Good nutrition is essential for the growth hormones to develop properly. True or False?
23. The teen years are a period of physical and mental stress; good nutrition reduces
25. What influences teenage eating habits the most?
26. Teenagers have a great need for what nutrients?
27. During the growth spurt, ample supplies of _____ are needed for muscle, bones and blood