

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 eat.
2. Nutrition is how the body uses food.
3. The two most important times effecting growth are the pre-school and teen years.
4. What age level grows at a faster rate than infancy? Teenagers
5. At what time in their lives do teenagers have the ability to determine the body size they will have for life. The teen years - 12 to 17 years of age.
6. The period of growth and change for teenagers is from 12 to 17 years of age.
7. What will influence the way teenagers grow? What they eat.
8. If teenagers do not eat properly now, will their bodies be able to make up for it in later years. No.
9. Why do teenage boys be less likely to have malnutrition than teenage girls? Because, as a rule, boys eat more and diet less than girls.
10. The three major nutritional problems affecting teenagers are? Being too heavy, too thin and having a deficiency of a mineral—iron.
11. At what time in his life is a boy's nutritional requirements the most important? During the time he is becoming a man are higher than any other time in his life.
12. Nutritional requirements for a teenage girl are exceeded by what two events in her life? Only during pregnancy and the period following child birth.
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? A teenage boy will grow as much as four inches in height and gain as much as 15 pounds in one year.
16. What does growth involve? Growth involves more than increases in height and weight; body fat is lost while bones increase in density and muscles develop in size and strength.
17. List 5 ways that malnutrition is likely to occur in teenagers. Malnutrition is likely to occur in teenagers due:
1. to poor food habits
2. extreme dieting
3. lack of knowledge about nutrition
4. limited food selection
5. limited funds or lack of emphasis on good foods.
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? The quality of life will suffer.
20. Teenagers with poor eating habits tend to pay less attention to what they are doing and lose interest easily.
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 the stress level in teens.
25. What influences teenage eating habits the most? They are influenced by friends more than by parents.
26. Teenagers have a great need for what nutrients? Protein, vitamins, especially B and C, and minerals, especially iron.
27. During the growth spurt, ample supplies of all nutrients are needed for muscle, bones and blood.