

SUGGESTED FACTS TO KNOW

Name _____ Period _____ Assign

TRUE OR FALSE:

- ___ 1. Nutrition is how the body uses food.
- ___ 2. The two most important times affecting growth are infancy and from 30 to 60 years of age.
- ___ 3. The period of growth and change for teenagers is from 12 to 17 years of age.
- ___ 4. Nutritional requirements for a teen girl are exceeded only by a woman during pregnancy and the period following giving birth.
- ___ 5. A teenage boy will grow as much as 4 inches in height and gain as much as 15 pounds in one year.
- ___ 6. Teenagers have a great need for fat and sugars.
- ___ 7. During the growth spurt, ample supplies of all nutrients are needed for muscle, bones and blood.
- ___ 8. Teenage eating habits are influenced by parents more than their friends.
- ___ 9. Teenage boys are less likely to have malnutrition than teenage girls because, as a rule, boys eat more and diet less than girls.
- ___ 10. Teenagers with poor eating habits tend to pay less attention to what they are doing, and lose interest easily.