

# Family Life Cycle and Health Concerns Test

## Summary

Testing the student's knowledge on the nutritional needs of an individual as they change through the life cycle and identify foods eaten in the diet that may help prevent, control or have an impact on some of the health concerns that may affect individuals throughout their life.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 3 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Individual

## Materials

handouts:

Family Life Home Assignment

Family Life and Health Concerns Test

Additional Materials:

Red pens or red pencils for correcting

## Background for Teachers

Know the Life Cycle and how the nutritional needs recommended by the Dietary Guidelines and Food Guide Pyramid change for each individual as a child, adolescent, teen athlete, adult and aging adult. Knowing nutrition and identifying foods that may prevent, control or maintain health concerns like anemia, colon and rectal cancer, osteoporosis, diabetes and heart disease that may occur in one's life.

## Student Prior Knowledge

As an individual goes through the Life Cycle, their nutritional needs change.

Some health concerns that affect individuals can be controlled or monitored with a proper diet and knowledge of nutrition.

## Intended Learning Outcomes

The student will identify the nutritional needs for individuals as a child, adolescent, teen athlete, adult and aging adult as recommended by the Food Guide Pyramid and Dietary Guidelines.

The student will identify how a good diet with proper nutrition will help prevent or control health concerns associated with anemia, colon and rectal cancer, osteoporosis, diabetes and heart disease.

## Instructional Procedures

Collect any Family Life Home Assignments that are due.

Ask if there are any questions that the students have regarding the Life Cycle and Health Concerns.

Give the students a few minutes to review and study their notes before handing out the test.

Hand out the test. Read and explain the directions. Part A - Multiple Choice, Part B - Matching, Part C

- True or False, Part D - Fill-in-the-Blanks, Part E - Miscellaneous. The test is self explanatory for the most part. Allow the students enough time to complete the test. When completed, orally correct the test using the red pens or pencils. Have the students turn in the tests to be recorded and the red pens or pencils.

#### Authors

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