

Adolescent Nutrition Module Post Test Answers

- (2 pts) 1. a. to allow for maximum growth and development
b. to allow for maximum participation and success in school, athletics, and social events
- (1 pt) 2. False
- (1 pt) 3. True
- (1 pt) 4. False
- (1 pt) 5. False
- (1 pt) 6. Rapid expansion of iron-containing tissues (blood and muscle).
Menstrual blood loss.
- (5 pts) 7. a, e, f, g, i
- (10 pts) 8. a, b, d, f, g
- (1 pt) 9. True
- (1 pt) 10. True
- (1 pt) 11. False
- (1 pt) 12. False
- (4 pts) 13. a. hamburger
b. fried chicken
c. fish sandwich
d. cheeseburger
- (2 pts) 14. a. Take a can of juice or piece of fruit from home and eat it along with a “fast food meal.”
b. Choose fast food items that are higher in nutrients (i.e., salad bar, fish sandwich, hamburger).
c. Drink juice or milk rather than a soda.

- (2 pts) 15. a. Extremely high nutrient needs due to the growth of mother's body and the fetus.
b. Diets reportedly low in nutrients.
c. Teenage females often attempt to restrict weight.
d. Increased incidence of complications (among this age group) such as toxemia and low birth weight infants.
e. Teenager may be socially, economically, and/or emotionally unprepared for motherhood.
- (1 pt) 16. False
- (2 pts) 17. a. Little or no money to purchase adequate foods or to seek prenatal care.
b. Pregnancy may be unwanted.
c. Lack motherhood skills (and household management skills).
d. Peer ridicule.
- (1 pt) 18. True
- (1 pt) 19. False
- (1 pt) 20. True
- (3 pts) 21. a. extreme weight loss
b. alternating pattern of binge eating and crash dieting
c. self-induced vomiting
d. amenorrhea
e. hyperactivity
f. over-concern with food
- (1 pt) 22. a. Smoking may depress appetite.
- (1 pt) 23. False
- (3 pts) 24. a, c
- (1 pt) 25. True
- (4 pts) 26. b, c
- (1 pt) 27. False
- (8 pts) 28. b, f, g, h
- (34 pts) 29. See following pages.

34 points total

- a. Prenatal Weight Gain Grid 11 points possible
- b. Prenatal Nutrition Questionnaire 4 points possible
- c. 24-Hour Food Recall 13 points possible
- d. Risk Factors: 4 points possible
 - Subjective risk factors: 49 Inadequate weight gain
 - 91 Excessive intake of vitamins
 - Objective risk factors: 40 pregnant at young age (<16 years old)
 - 81 inadequate diet
- e. Education topics: 2 points possible
 - 1. Importance of adequate weight gain
 - 2. Discourage excessive vitamin intake
 - 3. Importance of dairy products (or calcium) in pregnancy and for weight gain
 - 4. Importance of bread and cereals in pregnancy