

# Adolescent Nutrition Module

## Post Test

Name \_\_\_\_\_  
Date \_\_\_\_\_

Agency \_\_\_\_\_  
Score \_\_\_\_\_

1. State two reasons why adequate nutrition during adolescence is important.
  - a.
  - b.

Questions 2-5 are True or False. Circle your answer.

2. T F Adolescence is a period of relatively slow growth.
3. T F The nutrient needs of teenagers are highly related to when and how fast they are growing.
4. T F Compared to children, teenagers are growing at a much slower rate; therefore, their need for energy and protein is lower than what is needed by children.
5. T F Most teenagers should take a protein supplement (such as high-protein powdered drinks) since their protein requirement is too great to be met by diet alone.
6. List one reason why the requirement for iron increases during adolescence.

7. What nutrients are likely to be deficient in the adolescent's diet?

- |   |  |
|---|--|
| <input type="checkbox"/> a. vitamin A               | <input type="checkbox"/> f. calcium                |
| <input type="checkbox"/> b. vitamin B <sub>12</sub> | <input type="checkbox"/> g. zinc                   |
| <input type="checkbox"/> c. vitamin D               | <input type="checkbox"/> h. boron                  |
| <input type="checkbox"/> d. calories                | <input type="checkbox"/> i. vitamin B <sub>6</sub> |
| <input type="checkbox"/> e. iron                    |  |

8. Check (✓) any of the following that correctly answer the following question:

Which motives are most likely to influence adolescent food choices?

- |   |
|---|
| <input type="checkbox"/> a. desire to be accepted by peers  |
| <input type="checkbox"/> b. food availability (what is available at home or school)                                 |
| <input type="checkbox"/> c. high concern for optimal health   |
| <input type="checkbox"/> d. desire to attain a certain body shape   |
| <input type="checkbox"/> e. desire to eat a well-balanced, nutritious diet because it will lead to long-term health |
| <input type="checkbox"/> f. taste   |
| <input type="checkbox"/> g. busy school and social schedule   |
| <input type="checkbox"/> h. desire to maintain good dental health   |

Questions 9-12 are True or False. Circle your answer.

9. TF As a group, teenagers often skip meals.
10. TF Teenagers who eat breakfast tend to have a more adequate diet than those who regularly skip breakfast.
11. TF Teenagers should be discouraged from snacking since snacks contribute nothing but “empty” calories.
12. TF An adequate intake of protein and calories appears to be a major problem for American teenagers.
13. The following items are available at most fast food restaurants.

Circle the food item in each pair that is most nutritious:

- a. 12 oz. coke or a hamburger
- b. 3 oz. piece fried chicken or french fries
- c. large order onion rings or a fish sandwich
- d. a cheeseburger or an apple turnover
14. What are two suggestions to improve nutrient intake that could be made to a teenager who eats lunch daily at the local McDonalds?
- a.
- b.
15. Name two reasons why a 14-year-old pregnant adolescent is considered to be at high nutritional risk.
- a.
- b.
16. True or False. Circle your answer.
- T F Because a pregnant adolescent usually weighs less before her pregnancy than an adult woman (age greater than 20 years), a pregnant adolescent should gain only ten pounds during her pregnancy.
17. What socio-economic (i.e., family, attitude, budget) problems may a pregnant adolescent face? (Name 2)
- a.
- b.

Questions 18-20 are True or False. Circle your answer.

18. TF Under normal circumstances, teenage athletes do not need protein supplements.

19. TF Acne is caused by eating a lot of fried foods.

20. TF Anorexia nervosa is an eating disorder that affects primarily teenage females.

21. List three signs of anorexia nervosa that may be used in early detection:

a.

b.

c.

22. List one reason why teenagers who smoke cigarettes may be at an increased risk for consuming an inadequate diet:

23. True or False. Circle your answer.

T F Teenagers are rarely concerned about their body weight.

24. Check (✓) any of the answers which accurately complete the following statement:

Factors which contribute to overweight in adolescence are:

\_\_\_a. lack of regular exercise

\_\_\_b. eating 6 servings from the grain group each day

\_\_\_c. eating more calories (energy) than are used by the body

25. True or False. Circle your answer.

T F Teenage females who are concerned about their figures often follow "fad" diets that may jeopardize their health and growth.

26. Check (✓) any of the following which accurately complete this statement:

The following are characteristics of a sound (wise) reducing diet:

\_\_\_a. results in very rapid weight loss (5-6 pounds per week)

\_\_\_b. can be followed for a long period of time

\_\_\_c. provides adequate amounts of nutrients

\_\_\_d. consists of only 3 or 4 food items

27. True or False. Circle your answer.

T F Adolescents are usually very interested in nutrition education and generally follow counseling suggestions closely.

28. Check (✓) any of the following which accurately complete this statement:

The following are helpful hints for giving nutrition counseling to teenagers:

- a. Appeal to their desire to maintain optimal health.
- b. Reassure them that differences in body shape and appearance are acceptable and that they do not need to conform to a uniform appearance.
- c. Suggest alternative food choices that are nutritious, but don't worry about whether they are good tasting.
- d. Do not give any reasons for the diet suggestions you make as this will just bore teenagers.
- e. Avoid suggesting snacks to teenagers as a means of obtaining nutrients.
- f. Suggest alternative food choices that are good tasting and apt to be liked by peers.
- g. Avoid being authoritarian (i.e., "telling them what to do").
- h. Suggest to parents that "junk" foods are not to be kept in the house.

29. Maria Rivera is a 15-year-old prenatal adolescent who comes into the clinic during her 18th week of pregnancy. Her immediate pregravid weight was 106 pounds; she is 5'1" tall. Her due date is February 1, next year; her hematocrit is 39%, and she lives at 5,280 feet. She was seen in the WIC clinic today (August 30, this year) and her weight was 112 pounds.

Her nutrition questionnaire and 24-hour recall have been filled out. Maria dislikes milk and doesn't want to gain too much weight.

Based on the information provided, complete the following:

- a. The Prenatal Weight Gain Grid.  
(Use the Chart for Estimated Body Mass Index Category and BMI on back)
- b. Circle the appropriate Nutrition Risk Factors and Counsel/Refer areas on the nutrition questionnaire.
- c. Assess Maria's diet for adequacy.  
(Use the Diet Screening Tool, page 36 of this Module)
- d. List the subjective and objective risk factors that will qualify Maria for WIC.

Subjective:

Objective:

- e. List two topics that you might provide education and counseling on.