

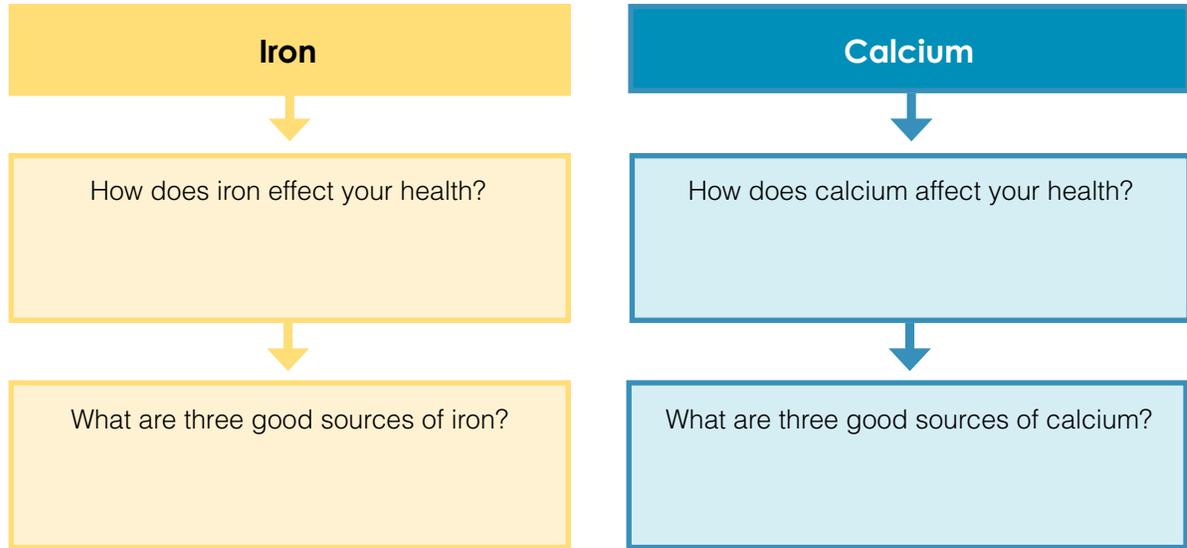
Nutrition Across the Lifespan

1. The nutrition needs we experience at different phases of life reflect the needs our body has as it grows, develops, and ages. Identify at least one nutrition need for each demographic included in the table.

Demographic	Nutrition need
Infants (birth-12 months)	
Toddlers (12-24 months)	
Young children (3-5 years)	
Childhood (6-12 years)	
Teenagers and adults (13-70 years)	
Older adults (70+)	
Pregnancy and lactation	

Minerals for Healthy Development

2. Complete the following chart by writing the effects of iron and calcium on your health and identifying three good sources of each mineral.



Communicating for Healthy Eating

3. Write one example of a strong no when trying to say no to certain foods.

Asking for Help

4. What are three examples of how you might ask for help with making nutritious decisions?

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CHAPTER 5 Managing Good Nutrition

Lesson 5.1

Steps for Negotiating Healthy Food Choices

5. List the five steps for negotiating healthy food choices.

STEP 1: _____

STEP 2: _____

STEP 3: _____

STEP 4: _____

STEP 5: _____