Student Name:

Student number: Grade:

**Nutrition through life cycle( mid 2)**

**CHS265**

**Q1:Answer the following by choosing true or false and correct the false:**

1- An infant grows moderately during the first year of life. ( F ) fast

2- A healthy infant’s birth weight doubles by 4-6months of age and triples by one year. ( T )

3-Infants basal metabolic rate is high about triple the adult, based on body weight. ( f ) twice

4- During early infancy the breast milk or the infant formula normally provides enough water to replace the losses in healthy infants . ( T )

5-infant formula is the best source of nutrients for the young infant. ( F ) Breast milk

6- Colostrum is low in protein and high in carbohydrate and fat than mature milk.( F ) the first milk which is higher in protein and lower in carbohydrate and fat than mature milk

7- Colostrum begins to change to transitional milk about 3-6 days after delivery. ( T )

8- Breast milk is HYPTONIC with maternal plasma. ( F ) ISOTONIC

9- Protein in the breast milk is an amount that is inadequate to support growth & development without contributing to an excessive renal solute load. (F ) adequate

10- The breast milk is low fat is in foremilk (end of feeding) and higher at the in hind milk . ( F )is low fat is in foremilk (beginning of feeding)

11-To prevent allergy and experts recommended introducing new foods one at a time, in small portions, and waiting 4-5 days before introducing the next new food. ( T )

12-from the Foods to omit for infants are canned vegetables because they may cause diarrhea. ( F ) they contain too much sodium

13-The baby is kept on breast milk or baby formula until 3 year old. (F) 1 year old

14-The Toddler is occurring predominantly during the ages of 2-7 years.( f) 1-3 years

15-Toddler should explore and enjoy food and the shouldn't be forced on food. (T)

16- Children appetite begins to increase around one year, consistent with the slowing growth. (F) diminish

17- Folate deficiency anemia is a major problem worldwide, as well as being most prevalent nutrient deficiency among U.S & Canadians. ( F ) Iron deficiency anemia

18-Energy & nutrient needs are greater during adolescence than any other time of life.( F ) Except pregnancy and lactation

19-The needs for iron increase during adolescence for only females as the begin to menstruate. ( F ) for both male and female

20-Most of snacks that adolescence eats are high in carbohydrate and high in Ca, iron, vitC, vitA, and folate. ( F ) high in fat and low in Ca, iron, vitC, vitA, and folate

21-Most likely, children have grown more overweight because of their lack of physical activity ( T )

**Q2:Fill in the blanks:**

1-**Two dietary practices that have the most effect on infant `s nutrition status:**

1-The milk infant receives (either breast milk or infant formula or both).

2-The solid food (at which age it is introduced).

**2- Colostrum** Is the first milk which is … Thick & often yellow fluid ………………………….. , it is produced day 1-3 after infant birth and it has high concentration of

* High concentration of immune cells that gives protection.
* Higher concentration of Na,K,Cl than mature milk.

3-The dominant CHO in breast milk is …lactose……….. which is

1-enhances Ca absorption.

2- Stimulate the growth of helpful bacteria in the gut (bifidus bacteria) and inhibit the growth of harmful bacteria (E.coli).

4- In addition to breast milk or formula ,an infant needs to begin eating solid foods between 4-6 months.

5-Two Child feeding tips:

* serve vegetables raw or slightly undercooked & crunchy.
* provide child-sized portions and utensils to make meal time fun for children.
* encourage children to help plan and prepare meals.
* Do not use food as reward for good behavior
* to prevent chocking watch children eat and enforce a “sit down rule”.
* play first ,then eat.
* provide healthful snacks.set a good example-enjoy nutritious foods

**Q3:Answer the following questions**

1- The majority of protein in the breast milk is whey protein , Why?

(Differentiate between whey and casein protein in human breast milk)?

**Whey proteins:**

-Is the major type of protein 60% of human milk.

-It is mainly lactoalbumin, which forms soft easy to digest curd.

-Several hormone, mineral or vitamin binding proteins, identified as components of whey proteins.

-Enzymes presents in whey protein aid in digestion and

protecting against bacteria.

**Casein protein:**

-Is the second major type of protein (40%)in mature milk .

-Casein is tough-hard to digest curd in infant stomach.

-Casein digestive products keeps Ca in a soluble form and facilitate its intestinal absorption

2- Why it is recommended that whole cow's milk is not introduced before 12 months of age?

Because the introduction of cow's milk especially in infants younger than 6 months of age is associated with

1-intestnal bleeding (hard ,curd difficult for infant to digest).

2-high in protein◊ burden renal solute load.

3-less fat absorbed from cow milk than from breast milk.

2-iron deficiency.

3-What are the Nutrition concerns in childhood ?

1-hunger & malnutrition

2-malnutrition –lead connection

3-Hyperactivity & hyper behavior.

4-childhood obesity.

5-meal times at home

6-nutrition at school

4- Adolescent usually drink soft drinks instead of fruit juice or milk , why is not healthy?

* Soft drinks have higher energy intake and lower Ca .
* The substitution of soft drinks for milk appears to contribute to

1-inadequate Ca intake.

2- the phosphoric acid in soft drinks works against calcification & may lead to bone resorption.

* Soft drinks may present a problem when caffeine intake become excessive ◊causes symptoms associated with anxiety-sweating ,tenseness,& inability to concentrate.

5-how the mother prepare formula?

Thank you ☺