**\* ASSIGNMENT 7 \***  Mashael Al-Otaibi   
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**1-Does chocolate cause or aggravate acne?**

**Many researches have shown that acne is not caused by any food items including chocolate. If you consume all foods in balance quantity then it will not cause any disease including acne. If we see researches then we come to know that acne is caused by hormonal imbalance, and there is no relation between any food (chocolate) and acne**.

***2- Mohammed is 15 y/o adolescent,***

**-Calculate his requirements including iron& Ca requirement.**

**Energy requirements = 2200 kcal/day**

**Protein requirements =** **44 gm/day**

**Ca requirements = 1300 mg/day**

**Iron requirement =** **11 mg/day**

**-Give him some healthy tips regarding his food habits & life style?**

1. Eat a variety of nutrient-rich foods.
2. *Enjoy plenty of whole grains, fruits and vegetables.*
3. Maintain a healthy weight*.*
4. *Eat regular meals.* Skipping meals can lead to out-of-control hunger, often resulting in overeating.
5. Reduce, don't eliminate certain foods. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat and how often you eat them.

Sources: (<http://helpguide.org/life/healthy_eating_children_teens.htm#developing>)

(http://www.worldwidehealth.com/health-article-Chocolate-does-not-Affect-Acne.html)

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