Student Name:

Student number: Grade:

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

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

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

2- A healthy infant’s birth weight doubles by 4-6 months of age and triples by one year. ( )

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

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

5- Infant formula is the best source of nutrients for the young infant. ( )

6-Colostrum is low in protein and high in carbohydrate and fat than mature milk. ( )

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

8- Breast milk is hypotonic with maternal plasma. ( )

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

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

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. ( )

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

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

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

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

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

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

18-Energy & nutrient needs are greater during adolescence than any other time of life.( )

19-The needs for iron increase during adolescence for only females as they begin to menstruate. ( )

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

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

**Q2:Fill in the blanks:**

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

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………....

2- Colostrum is the first milk which is ...………………………….. , it is produced day 1-3 after infant birth and it has high concentration of

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

3-The dominant CHO in breast milk is ………….. Which can

a………………………………………………………………………………………………………………………………………………………………………………………………………b………………………………………………………………………………………………………………………………………………………………………………………………………

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

5-Two child feeding tips :

a…………………………………………………………………………………………………

b…………………………………………………………………………………………………

**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)?

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

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3-What are the main Nutrition concerns in childhood?

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

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5-How can a mother prepare formula?

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Thank you ☺