**Chapter 15 – Life Cycle Nutrition: Pregnancy and Lactation**

1. List the ways men and women can prepare for a healthy pregnancy.

2. Explain the risk factors for the development of neural tube defects.

3. Explain how both underweight and overweight can interfere with a healthy pregnancy and how weight gain and physical activity can support maternal health and infant growth.

a. Describe the expected weight gain during pregnancy and components of the gained weight.

4. Summarize the nutrient needs of women during pregnancy.

c. Describe the lifestyle practices that can have an adverse effect on pregnancy.

5. Summarize the nutrient needs of women during lactation.

a. Describe the physiological process of lactation.

b. Discuss the importance of maternal energy and nutrient needs during lactation.

c. Discuss the habits that are incompatible with lactation.

6. Explain how drinking alcohol endangers the fetus and how women can prevent fetal alcohol syndrome.

**Chapter 16 – Life Cycle Nutrition: Infancy, Childhood, and Adolescence**

1. List some of the components of breast milk and describe the appropriate foods for infants during the first year of life.

a. Describe growth patterns of infants and demonstrate the ability to use growth charts.

b. Identify nutritional and other health benefits of breast feeding.

c. Discuss the factors used in the selection of an infant formula.

d. Discuss the appropriate age and procedure used for the introduction of cow’s milk and solids into an infant’s diet.

e. Discuss guidelines to follow at mealtimes with toddlers

2. Explain how children’s appetites and nutrient needs reflect their stage of growth and why iron deficiency and obesity are often concerns during childhood.

a. Explain the nutritional needs of young children, including energy, protein, lipids, vitamins, minerals, and water.

b. Discuss the effect of nutritional deficiency on behavior.

c. Discuss food allergies and intolerances in children and identify common allergens.

d. Describe the incidence of childhood obesity and the role of heredity and environmental factors in obesity development.

e. Discuss the nutritional programs in schools, including the school lunch program.

3. Describe some of the challenges in meeting the nutrient needs of adolescents.

4. Describe the lifestyle factors that can help prevent childhood obesity and the development of type 2 diabetes and heart disease.

**Chapter 17 – Life Cycle Nutrition: Adulthood and the Later Years**

1. Describe the role nutrition plays in longevity.

a. List the lifestyle behaviors that have an impact on health and aging.

b. Discuss the research on energy restriction and aging.

2. Summarize how nutrition interacts with the physical, psychological, economic, and social changes involved in aging.

a. Describe physiological aging and lifestyle factors which can modify the process.

3. Explain why the needs for some nutrients increase or decrease during aging.

a. Describe the energy and nutritional needs of older adults.

4. Identify how nutrition might contribute to, or prevent, the development of age-related problems associated with vision, arthritis, the brain, and alcohol use.

5. Instruct an adult on how to shop for groceries and prepare healthy meals for one person on a tight budget.

a. Identify food assistance programs available for older adults.

6. Explain why certain nutrients and medications interact.

a. Name five medications that increase excretion of, alter requirements of, or interact with nutrients and the dietary changes recommended.

**Read, print the materials and visit each website and watch the following videos:**

1. Textbook: Chapter 15, 16, 17

2. Chapter resources listed in the module

3. Videos: Watch the videos listed in the canvas module

**Class Assignments Due:**

1. Module Discussion
2. Test your Knowledge Assignments in Cengage
3. Notes Assignment: Using Chapter 15, 16, 17 of our nutrition textbook, read and work your way through each chapter and record a response to each of the questions listed above. Submit the question and answer under the Notes Assignment.
4. Supplementary Module and Media Exercises
5. Review and submit any upcoming assignments