Study Guide Questions

A. List the four diet principles for developing a General Diet for a person who requires no dietary modifications.

B. During pregnancy, special attention should be paid to intakes of what seven nutrients to ensure adequacy?

C. What are three nutritional advantages for infants who are breastfed?

D. What safety precautions should be taken when feeding a child younger than 1 year of age?

E. Describe in detail at least three diet principles to consider when developing menus for school-aged children.

F. List at least three factors that contribute to increased nutritional risk for the older adult.

G. Describe in detail at least three guidelines for implementing food plans for the older adult.

H. Using the Modified MyPyramid for Older Adults as a guide, plan an entire day’s menu for an 1800-calorie diet. Include specific foods and portion sizes to meet the minimum recommended serving for each food category.

I. Discussion question: Why is it so difficult to meet the nutrient needs of the elderly with diet alone and what can be done to promote nutrient density in foods?

Study Guide Suggested Responses can be found in Appendix 18.