

Study Guide
Nutrition / BIO 1400
C13 / Nutrition for a Lifetime

1. How many pregnancies are unplanned?
2. What is the prenatal period?
3. Why is the first trimester a critical stage? What is the “irony” of the first trimester?
4. How much growth of the fetus occurs in the third trimester?
5. Is there health risks associated with newborn that are either high-birth weight and low-birth weight babies? Explain
6. The book describes five nutrition-related signs of pregnancy. Which one is associated with physiological anemia and why?
7. Pregnant women need more energy. How much more energy does a pregnant women need during the pregnancy?
8. What two micronutrients are needed for cell division and RBC production? What is the additional amount required for these micronutrients during pregnancy?
9. If a woman is healthy with normal weight, then how much weight should she gain during her pregnancy? If she gains too much weight during her pregnancy, does she create a risk for her infant and herself?
10. What is gestational diabetes? How does this affect the fetus?
11. What are the symptoms of pregnancy-induced hypertension (PIH) and is this a serious problem?
12. What is the leading cause of death for infants between one month and one year? What can pregnant women do to reduce the risk?
13. Infancy is between birth and about 2 years old. What is the growth rate during the first year?
14. Are there benefits for breast fed babies?
15. What is the “let-down reflex”? What role does prolactin and oxytocin play in the mammary gland? How much milk is produced daily by the mammary gland?
16. Why can breast feeding be considered a weight reduction program?

17. Is breast milk a complete food for a baby during their first 6 months of life?
18. If you feed your baby with infant formula, will the baby get “hind milk”? Explain the importance of “hind milk”:
19. Why should you not feed a baby fresh cow milk?
20. When is solid food introduced to babies? Why? What prevents the introduction of solid food earlier?
21. When do the primary teeth appear?
22. What causes “baby-bottle caries”?
23. How is “childhood” segmented?
24. What are common allergies among preschool children?
25. Is being overweight a “preschooler’s problem”? Explain
26. How is the school-age child’s diet different than the pre-school child’s diet?
27. School-age children are dramatically more overweight than in recent history. This results in children with elevated blood pressure, cholesterol and glucose levels, and with all the associated health problems. Aside from making poor dietary choices, what might be a contributing factor? Site statistics:
28. What are the changes associated with the adolescence life stage?
29. When do many people establish their future eating habits?
30. When does the process of atherosclerosis start?
31. What was the life expectancy of a baby born in 1900?
32. What causes people to age?
33. In senescence, what happens to muscle tissue?
34. How do changes in the intestinal tract affect older adults?
35. How is the aging process affected by “calorie restriction” diets?