

Chapter 16: Nutrition in Infancy and Childhood:

What is the energy requirement for infants (per kilogram)

What is the expected weight gain of an infant in the first year?

What nutrients may need to be supplemented in the breast fed infant?

What advantages does breast feeding have over formula?

Know the composition of formula compared to human breast milk

Know the nutrient differences between cow's milk compared to human breast milk

At what age can you introduce whole milk to a child?

Know when can low fat milk be introduced to a child

What is "nursing bottle" tooth decay?

At what age is an infant ready to swallow solid foods?

What is the first cereal introduced to infants? Why?

How can you help avoid allergies in infants when starting solids?

Know what foods should be avoided in infants

What is the most prevalent nutrient deficiency among U.S. children?

High intakes of milk may lead to what deficiency in children?

What characteristics might you see in children who skip breakfast?

Know which foods most often cause allergies

Know the difference between food intolerance and a food allergy

Approximately what percentage of U.S. children are overweight?

What are the likely reasons for the increase in childhood obesity over the past 30 years?

How many hours per day does the AAP recommend limiting TV to?

What are the recommended behaviors to help prevent obesity? (Table 16-7, pg 552)

Know the characteristics of adolescent food habits and intakes