

Name \_\_\_\_\_  
 ID# \_\_\_\_\_



Date \_\_\_\_\_  
 Teacher \_\_\_\_\_

*Positively Aging*® CHOICES AND CHANGES  
**UNIT 8 – NUTRITION & AGING – PRE & POST TEST**

Use the chart to the right to answer the questions 1 and 2.

1. How do recommended daily allowances (RDAs) for **iron** differ for boys and girls from ages 11 to 18?

The RDAs for **iron** ...

- a. increase for boys, but not for girls.
- b. increase for girls, but not for boys.
- c. increase for both boys and girls.
- d. stay higher for girls than for boys.

2. How do recommended daily allowances (RDAs) for **protein** differ for boys and girls from ages 11 to 18?

The RDAs for **protein** ...

- a. increase for boys, but not for girls.
- b. increase for girls, but not for boys.
- c. increase for both boys and girls.
- d. stay higher for girls than for boys.

3. Joey is a sixteen-year-old boy who wants to take protein supplements while lifting weights to build muscle. Which is the **best** advice to give Joey about his use of protein supplements? Excess protein ...

- a. may cause kidney problems.
- b. gives a safe competitive advantage.
- c. is safe if extra carbohydrates are eaten.
- d. can be eliminated from the body by drinking plenty of water.

4. Which of the following would need the **least** number of calories?

- a. boy, age 9
- b. teenage male, age 18
- c. adult male, age 42
- d. elder male, age 79

RECOMMENDED DIETARY ALLOWANCES FOR ADOLESCENTS, AGES 11 TO 18				
Age and Size				
Nutrient	BOYS		GIRLS	
	11–14 Years (99 lb. 62 in.)	15–18 Years (145 lb. 69 in.)	11–14 Years (101 lb. 62 in.)	15–18 Years (120 lb. 64 in.)
Calories	2500	3000	2200	2200
Protein (gm)	45	56	46	46
Vitamin A activity (RE) <sup>b</sup>	1000	1000	800	800
Vitamin D (µg) <sup>c</sup>	10	10	10	10
Vitamin E (mg α = TE) <sup>d</sup>	10	10	8	8
Vitamin C (mg)	50	60	50	60
Thiamine (mg)	1.3	1.5	1.1	1.1
Riboflavin (mg)	1.5	1.8	1.3	1.3
Niacin (mg NE) <sup>e</sup>	17	20	15	15
Vitamin B <sub>6</sub> (mg)	1.7	2.0	1.4	1.5
Folacin (µg) <sup>f</sup>	100	150	150	180
Vitamin B <sub>12</sub> (µg)	2.0	2.0	2.0	2.0
Calcium (mg)	1200	1200	1200	1200
Phosphorus (mg)	1200	1200	1200	1200
Magnesium (mg)	270	400	280	300
Iron (mg)	12	12	15	15
Zinc (mg)	15	15	12	12
Iodide (µg)	150	150	150	150

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5. Which of the following would need the **most** calories?
  - a. female toddler, age 3
  - b. female preadolescent, age 12
  - c. pregnant female, age 27
  - d. female adult, age 39
  - e. elder female adult, age 71
  
6. How does your body maintain normal calcium levels if you **do not** take in enough calcium? The body draws needed calcium from ...
  - a. bone.
  - b. muscles.
  - c. stored fat.
  - d. dietary fiber.
  
7. Which of the following is the **best** source of dietary calcium?
  - a. green beans
  - b. broccoli
  - c. lettuce
  - d. spinach
  
8. Which of the following aid in the absorption of calcium?
  - a. high intake of dietary fiber
  - b. the presence of oxalic acid (as in spinach or cocoa)
  - c. the presence of phytic acid (as in soybeans or legumes)
  - d. the presence of Vitamin D
  
9. Which of the following are the **best** sources of complex carbohydrates?
  - a. processed candy bars and snacks.
  - b. natural sugars in fruits and vegetables.
  - c. teaspoons of refined white sugar.
  - d. sauces, catsup, mustard and other condiments.
  
10. Obesity is a risk factor for which of the following conditions?
  - a. Brain Cancer
  - b. Low Blood Pressure
  - c. Tuberculosis
  - d. Type II Diabetes

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11. Which of the following should **NOT** be considered in calculating a person’s total energy needs?

- a. basal metabolism calories
- b. food digestion calories
- c. measured energy calories
- d. physical activity calories

12. Julianna spent the weekend reading and sunning. During the week, she spent most of her spare time doing her homework. Which term correctly describes Julianna’s activity level?

- a. sedentary
- b. light activity
- c. moderate activity
- d. very active

13. Each day, Anna needs 2000 physical activity calories, 100 basal metabolism calories, and 200 food digestion calories. Anna consumes about 3000 calories daily. If Anna continues to take in these calories and continues the same energy needs, what will happen to her? Anna will

- a. lose weight.
- b. gain weight.
- c. maintain existing weight.
- d. decrease basal metabolism calories.

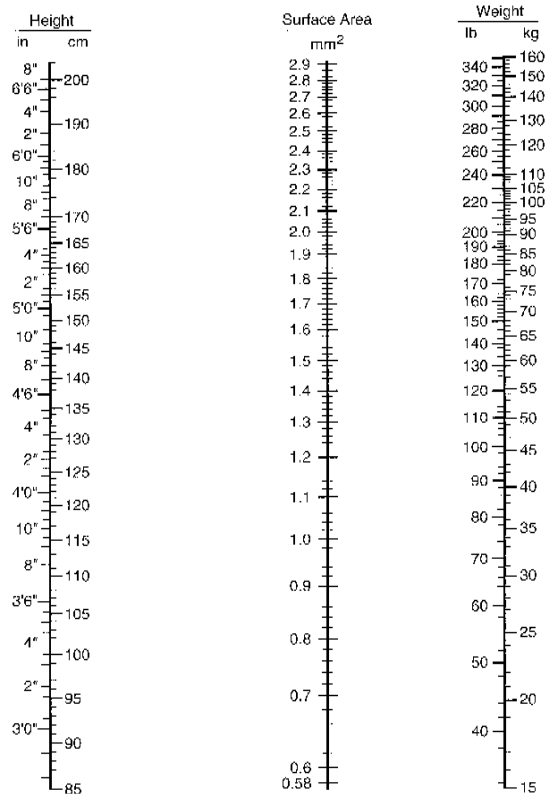
14. Which phrase does **NOT** describe the term, healthy weight?

- a. the desired weight that allows for appropriate growth and development
- b. the weight that allows for optimal function free of discomfort
- c. the perceived weight which triggers changes in dietary behaviors
- d. the weight in which death and disease rates are lowest

*Refer to the Nomogram for Surface Area with question 15.*

15. Connie’s height is 5'0". She weighs 120 pounds. What is Connie’s surface area?

- a. 0.087 mm<sup>2</sup>
- b. 1.22 mm<sup>2</sup>
- c. 1.5 mm<sup>2</sup>
- d. 2.1 mm<sup>2</sup>



## UNIT 8 – NUTRITION & AGING – PRE & POST TEST

Below is a One Day Diary for Gloria, an 84 year old woman. Use Gloria's Food Diary and the Food Pyramid for the Elderly to respond to questions 16, 17, and 18.

### GLORIA'S ONE DAY FOOD DIARY

#### Breakfast

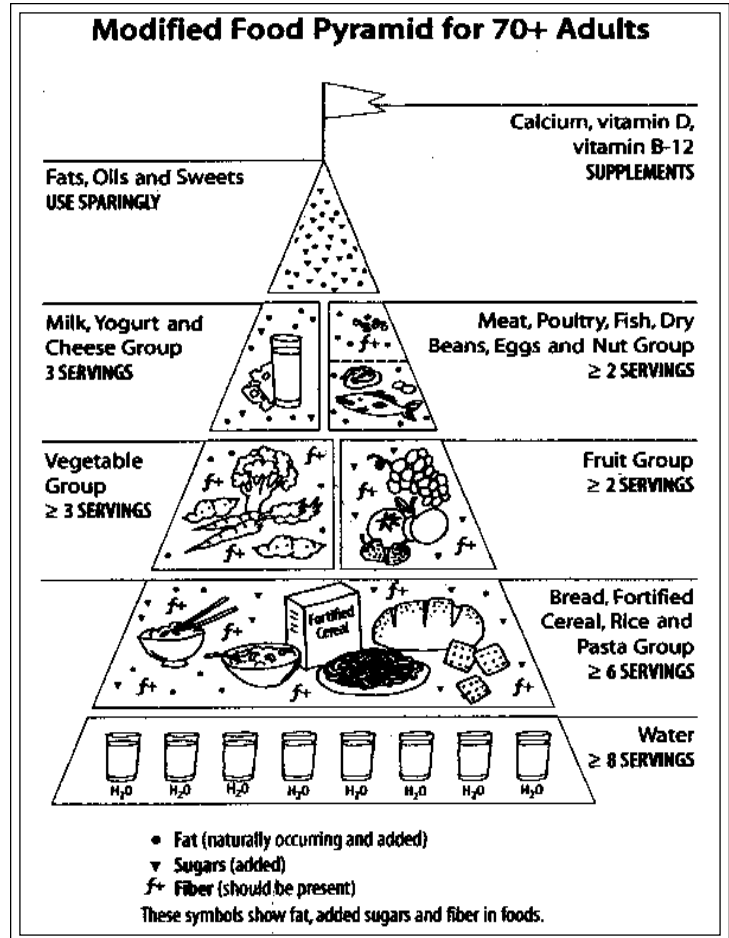
- 1 8-ounce glass Chocolate Milk
- 1 cup Instant Oatmeal
- 1 slice Toast
- 1 medium Banana

#### Lunch

- 3 ounces Hamburger Patty
- 1 cup Cooked Corn
- 2 slices Bread
- 1 cup Cooked Rice
- 1 medium Apple

#### Supper

- 1 sandwich with 2 tbsp peanut butter
- 1/2 cup carrot and celery sticks



16. How many bread-cereal servings did Gloria eat on this day?

- a. 3
- b. 5
- c. 7
- d. 9

17. What dietary recommendation would best improve Gloria's diet?

- a. decrease the number of servings from the Vegetable Group
- b. increase the number of servings from the Dairy Group
- c. decrease the number of servings from the Meat Group
- d. increase the number of servings from the Bread and Cereal Group

18. What has been added to the Food Pyramid for 70+ Adults that is different from the regular food pyramid?

- a. Fats, Oils, and Sweets used sparingly
- b. 8 or more servings of Water
- c. the Milk, Yogurt, and Cheese Group
- d. the Bread, Cereal, Rice, and Pasta Group

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A Nomogram for Body Index for Kenneth is drawn to the right. Use his Nomogram to answer questions 19, 20, 21, and 22.

19. According to Kenneth's nomogram, how tall, in inches, is Kenneth?

- a. 25
- b. 65
- c. 68
- d. 150
- e. 165

20. According to Kenneth's Nomogram, how much does Kenneth weigh in lbs.?

- a. 25
- b. 65
- c. 68
- d. 150
- e. 165

21. According to the Nomogram, what is Kenneth's health status?

- a. obese
- b. overweight
- c. acceptable
- d. underweight

22. What is Kenneth's body mass index?

- a. 25
- b. 65
- c. 68
- d. 150
- e. 165

