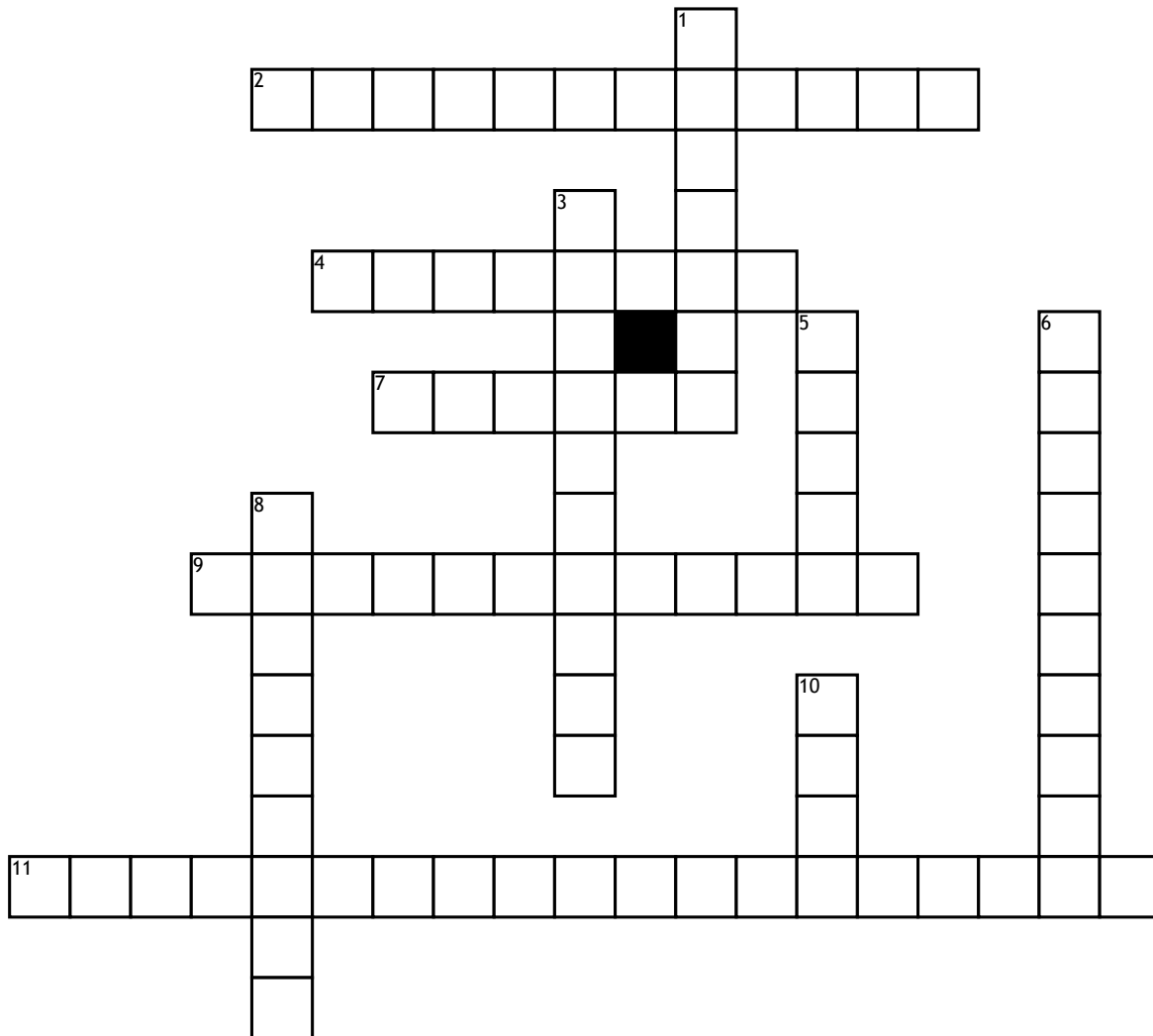


Chapter 13 - Life Stage Nutrition



Across

2. _____ is a major gastrointestinal complaint of older adults.
4. This hormone triggers milk let-down while breastfeeding.
7. Diets of school-age children tend to provide excessive amounts of solid fat, added sugars, and _____.
9. _____ often need morning and afternoon snacks because of their small stomachs.
11. A condition during pregnancy resulting in excess glucose being delivered to fetus, resulting in large infant with excess body fat.

Down

1. Many teens drink soft drinks instead of milk; therefore, their intake of this mineral is often low.
3. Developmental readiness for _____ occurs around 4 to 6 months of age.
5. Encourage children to drink _____ instead of sugar-sweetened beverages.
6. Limit a child's _____ to less than 2 hours per day to help prevent childhood obesity.
8. School-aged children often skip this meal:
10. Craving (and eating) nonfood substances such as laundry starch, coal, cigarette ashes, and dirt