Module J
Nutrition in the Life Span
Pregnancy and Lactation
Infancy, Childhood, and Adolescence

General Module Learning Objectives:

After completing this Module the student should be able to:

- List the specific nutrient needs of pregnancy, lactation, infancy, childhood, adolescence
- Develop care and teaching plans for individuals in various stages of life.

Student Assignments

1. Reading Assignment
   - Chapter 14 – Life Cycle Nutrition: Pregnancy and Lactation (476-513)
   - Chapter 15 – Life Cycle Nutrition: Infancy, Childhood, and Adolescence (513-558)

Students are encouraged to write the answers to each of the study questions listed below in the “Specific Learning Outcomes.” Reading and writing the answers provides directed, in-depth study in order to learn the assignment material.

2. Take Multiple Choice Quiz on Chapters 14 and 15
   The quiz on these 2 chapters is available for 8 days – Monday through Monday of this Module week.
3. Begin work on Clinical Application 3 – will be submitted in Module K.

Specific Learning Outcomes:

After completing this reading and personal study you should be able to:

Chapter 14 – Life Cycle Nutrition: Pregnancy and Lactation

1. List the health habits a woman should develop prior to pregnancy.
2. Describe placental and fetal development and the importance of critical periods
3. Explain the risk factors for the development of neural tube defects.
4. Describe the expected weight gain during pregnancy and components of the gained weight.
5. Describe exercise recommendations for pregnant women.
6. Discuss the prenatal requirements for kilocalories, proteins, vitamins, and minerals
7. Discuss the need for prenatal vitamin and mineral supplementation.
8. Describe the treatment for the common discomforts of pregnancy.
9. Describe the programs available to women with high-risk pregnancies.
10. Discuss the medical problems that can occur during pregnancies, including gestational diabetes and preeclampsia.
11. Describe the lifestyle practices that can have an adverse effect on pregnancy.
12. Describe the nutritional needs during lactation.
13. Discuss the habits that are incompatible with lactation.
14. Describe the health effects of alcohol consumption on the fetus.
15. Identify the recommended alcohol intake during pregnancy.

Chapter 15 – Life Cycle Nutrition: Infancy, Childhood, and Adolescence
1. Describe the growth patterns of infants and demonstrate the ability to use growth charts.
2. Identify nutritional and other health benefits of breast feeding.
3. Discuss the factors used in the selection of an infant formula.
4. Discuss the appropriate age and procedure used for the introduction of cow’s milk and solids into an infant’s diet.
5. Explain the nutritional needs of young children, including energy, protein, lipids, vitamins, minerals and water.
6. Discuss the effect of nutritional deficiency on behavior.
7. Discuss food allergies and intolerances in children and identify common allergens.
8. Describe the incidence of childhood obesity and the role of heredity and environmental factors in obesity development.
9. Discuss the nutritional programs in schools, including the school lunch program.
10. Describe the nutritional needs of adolescents.
11. Discuss the role of childhood obesity in the early development of type 2 diabetes and cardiovascular disease.