

VOCABULARY TEST

Choose the best option.

1 Dieticians suggest that pregnant women should be taking about 500 extra calories per day, in their third... **A** pregnancy **B** bundle **C** trimester

2 Fish, such as swordfish, which contains high levels of ... should be avoided during pregnancy.

A seafood **B** mercury **C** acid

3 A nutritionally balanced diet cannot be replaced by prenatal vitamin

A calories **B** supplements **C** defects

4 ... is very important, because the nutrients it provides help build up the baby's immune system.

A Lactation **B** Breastfeeding **C** Bonding

5 The baby developed a ... and was taken to the doctor's, who told the mother to avoid eating strawberries when nursing. **A** rash **B** reaction **C** flavor

6 Some mothers choose to supplement breast with ... milk.

A sugary **B** herbal **C** formula

7 Margie thought about ... and start giving her son mashed up food.

A weaning **B** nursing **C** cooking

8 Infant feeding can be a challenging process, as first-time moms are constantly worried about how much their babies should be fed and whether they will ... while eating.

A mash up **B** digest **C** choke

9 In the primary stages of food eating, doctors advise mothers to prepare food that doesn't require... **A** digesting **B** mashing **C** chewing

10 When toddlers are made to do things they don't want to, they often have ... which can last for quite a while. **A** tantrums **B** appetites **C** habits

11 Schooling starts at the age of 5, when children are ... able to learn to read and write.

A physically **B** lovingly **C** cognitively

12 Lucy is a ... kid. She only likes bananas. She won't eat any other fruit.

A grown-up **B** picky **C** balanced

13 ... should be fixed for toddlers. If they go past them, they get too red and refuse to eat.
A Servings **B** Mealtimes **C** Playtimes

14 Nowadays, ... is alarmingly increasing in most western countries, so healthy eating must be promoted among kids aged 6-12 and preadolescents.
A physical activity **B** frequent evaluation **C** child obesity

15 Fun and ... activities are the best way of introducing healthy nutrition in class.
A participatory **B** overweight **C** implemented

16 A school nutrition ... should be introduced in our educational system.
A guideline **B** effectiveness **C** policy

17 Consuming junk food too often may result in ... health problems.
A invincible **B** irreversible **C** radical

18 Teenage boys might take ... to help muscle development, which are likely to cause them severe health problems. **A** anabolic steroids **B** role models **C** fad diets

19 When something reaches a(n) ..., it reaches its highest point.
A fad **B** index **C** peak

20 To increase bone ... during midlife, people should consume fruits, vegetables and dairy products, daily. **A** growth **B** composition **C** density

21 Industrially processed foods include ... fats, which are known to raise blood cholesterol.
A trans **B** lean **C** excess

22 To maintain a healthy diet, never ... a meal – especially breakfast, which is the most important meal of the day.
A define **B** skip **C** limit

23 Older adults can get ... from sweet potatoes and legumes for low blood pressure.
A magnesium **B** calcium **C** potassium

24 Limiting fat intake may ... the development of cancer and arthritis.
A cut **B** retard **C** lower

25 A number of ... diseases, like arteriosclerosis and arthritis, usually come with old age.
A strong **B** degenerative **C** limited

WRITING SECTION

Write the stages of pregnancy:

What do you recommend to eat when pregnant? Give 5 examples

What do you recommend not to eat when pregnant? Give 5 examples

Write the ages for each stage:

Newborn ()

Infants ()

Toddlers ()

Preschoolers ()

Childhood ()

Middle Childhood ()

Young Teens ()

Teenagers ()

Mention recommendations for first foods for babies:

Mention nutrition recommendations for toddlers and preschoolers:

Mention nutrition recommendations for teenagers: