Nutrition guide for teenagers Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What age(s) does a person’s final growth spurt occur?
2. During the teen years girls add \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and boys add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Why do some teens eat poorly?
4. What do many snacks contain that are not the best for you?
5. Where does saturated fat come from?
6. What 2 minerals maintain water balance in the body?
7. Why is it recommended that girls get more iron?
8. Why is dietary fiber essential?
9. What is the difference between anorexia and bulimia?
10. What vitamin is needed for the absorption of iron?