

Nutritional Needs & Concerns

Directions:

Complete the following chart by making a list of the nutritional needs and concerns for each age group.

For example, infants need additional iron in order to help oxygen flow in the blood and produce a healthy immune system. Infants are more susceptible to fatigue and infection than teenagers.

	Infants	Children	Teenagers	Adults
<i>Nutritional Needs</i>				
<i>Nutritional/ Life Stage Concerns</i>				