

Name
------

## Health Challenges and Dietary Needs

**Read through Chapter 12: Health Challenges in FFT, as well as pages 95-99 in GGF.**

1. Think through each scenario, then list the potential challenges that the person may face related to their health and wellness at each of the stages in life. Then, list at least 4 good health practices that they should be practicing to ensure optimal health and wellness during this phase of life. Include diet and exercise habits, things to avoid, things to do, etc.

Scenario	Potential Challenges	Good Health Practices
Freshman in college, with a very busy schedule, lack of own kitchen, and lower calorie needs from change in growth patterns		
Age 22, working full-time, fully in charge of one's own decisions and life choices, have own living accommodations, high stress level due to adult responsibilities, manages own schedule completely		
Married with children, both parents working full-time, keeping up with own schedule as well as children's schedules. Must take care of one's self, but also the health and wellness of a spouse and young children.		
Mid-life, children are grown up and entering college, dietary needs have changed, health issues and routine medical check-ups are mandatory, disease prevention is top of mind.		
Elderly, mobility is somewhat of a challenge, still able to care for one's own wellness, but with more challenges and obstacles due to age related issues.		

2. Stress affects people's mental and physical health. Stress comes from how our body reacts to a situation.

a) What role do you think food plays in regards to stress levels people may experience?

b) What physical symptoms can a person experience from stress, including long term amounts of stress?

c) What effects can stress have on people's appetite?

d) What foods can seem comforting, but in reality are not good for the body in excessive amounts and therefore ultimately cause more stress?

e) When you are stressed out, what methods of coping work best for you? You can also refer to the list on page 165 for other methods.

d) What do you feel are the most stressful situations that teens have to deal with?

f) How does a fit and healthy mind and body help with stress management?

3. What are food and drug (prescription and over the counter) interactions? Provide two examples as described in the textbook.

Describe what can happen if antibiotics are taken with dairy foods.

4. List several benefits of consuming fluids when suffering from an illness.

What are some high liquid foods that might appeal to someone who is not feeling well?

5. If someone is laid up due to an injury or illness, what sort of general dietary guidelines should they follow?

List some examples of healthy food choices that appeal to you when you are not feeling well.

6. If a person is suffering from digestive disorders, what types of foods should they avoid?  
(page 98 in GGF)

7. What are physical symptoms someone might feel from drinking too much caffeine?

8. Explain what a therapeutic diet is, who would need this sort of diet, and who creates the diet.

9. What role does a dietician play when providing a patient with Medical Nutrition Therapy?

10. Explain the difference between a food allergy and a food intolerance.

## Choose the Recipe

**Objective:** Oftentimes when people are suffering from an illness or stress, they may either have very little appetite, or an appetite for “comfort foods” that are high in nutrients such as sugar, salt, and saturated fat. Though it may be easy to forgo eating or turn to less healthy food options, the body benefits from nutritious, nutrient dense foods to help with the healing/coping process.

**Directions.** Choose a comfort food recipe that is traditionally high in calories, fats, sugars, etc., and find a “healthy” version of this same recipe. You must follow the guidelines below:

<b>Guidelines</b>	<b>In Your Recipe</b>	<b>Points/2</b>
<b>Whole grains/Complex Carbs</b>		
<b>At least one fruit or vegetable</b>		
<b>Minimal sugar (&lt;1/2c) and fats (&lt;1/2 stick of butter, 4 Tbsp oil)</b>		
<b>One lean source of protein</b>		
<b>Include ingredients that are palatable/appealing to someone who may be sensitive to food due to illness/loss of appetite</b>		
		<b>Total Points:</b>

**Other Guidelines:**

- Must be able to gather ingredients, prepare, cook, eat, and clean up within 65 minutes (look at prep and cook times and read through all directions)
  
- The yield should be enough to serve 5 people. If it is more or less, convert the ingredients
  
- The ingredients must be fairly common for purchase in the grocery store (lobster, steak, etc. would be too expensive)

Nikki Heff

**Print out the recipe, formatting to one page, and include with this assignment when you turn in.**