**Nutritional needs throughout life**

**Pregnancy and pre-conception**

1. Why is it advisable to take a folic acid supplement pre-conception and up until the 12th week of pregnancy?

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2. Why do some women become deficient in iron during pregnancy?

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**Infants**

3. Why is breastfeeding the recommended method of infant feeding for the first 6 months of life?

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4. What are the guidelines for a healthy diet when breastfeeding?

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**Complementary feeding**

5. What does the term ‘complementary feeding’ mean?

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6. What foods should be avoided when complementary feeding a baby? Why?

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**Pre-school children**

7. Why are the energy requirements of children of this age high relative to their body size?

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**School children**

8. Why is it important for school children to have breakfast every day?

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9. Why is physical activity an important part of maintaining a healthy weight?

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**Adolescents**

10. Why do iron requirements increase during adolescence?

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11. Why do calcium requirements increase in adolescence? Name some dietary sources of calcium.

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**Adults**

12. Why do adult energy requirements vary?

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13. Adults should aim for a body weight that is appropriate for their height. This can be identified by determining body mass index (BMI). How is the BMI calculated?

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**Older adults**

14. Why do the energy requirements of older adults decrease?

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15. Why are adequate intakes of calcium and vitamin D important for older adults?

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