

Adulthood Scenario

Directions:

1. Participate in a class discussion regarding special nutritional requirements for certain adults. For example, adults who are diabetic or women who are pregnant.
2. Using the Internet, library or any other available resources, fill in the following table by researching specific nutritional requirements for those with specific needs.

Scenario	Nutritional Needs	Example Meal
<ul style="list-style-type: none"> • 26 year old woman • 28-weeks Pregnant • Very active life-style 		
<ul style="list-style-type: none"> • 45 year old man • Diabetic (Type 2) • Active life-style 		
<ul style="list-style-type: none"> • 80 year old man <ul style="list-style-type: none"> • Healthy • Slightly active life-style 		
<ul style="list-style-type: none"> • 36 year old woman • Lactose intolerant • Sedentary life-style 		
<ul style="list-style-type: none"> • 24 year old woman <ul style="list-style-type: none"> • Peanut allergy • Very active lifestyle 		