

C1

What is the primary source of energy for the body at C1 age?

Answer: _____

How many calories should a C1 age person consume daily?

Answer: _____

What are some common food allergies at C1 age?

Answer: _____

What nutrients are important for growth and development at C1 age?

Answer: _____

Name one healthy snack option for C1 age.

Answer: _____

What is the recommended daily intake of fruits and vegetables for C1 age?

Answer: _____

What are some good sources of protein for C1 age?

Answer: _____

Why is it important for C1 age individuals to drink enough water?

Answer: _____

What are some examples of unhealthy food choices for C1 age?

Answer: _____

How can C1 age individuals develop healthy eating habits?

Answer: _____

Answers

What is the primary source of energy for the body at C1 age?

Answer: Carbohydrates

How many calories should a C1 age person consume daily?

Answer: Varies based on activity level

What are some common food allergies at C1 age?

Answer: Milk, eggs, peanuts, wheat

What nutrients are important for growth and development at C1 age?

Answer: Protein, calcium, iron, vitamins

Name one healthy snack option for C1 age.

Answer: Celery sticks with peanut butter

What is the recommended daily intake of fruits and vegetables for C1 age?

Answer: At least 5 servings

What are some good sources of protein for C1 age?

Answer: Chicken, fish, tofu, beans

Why is it important for C1 age individuals to drink enough water?

Answer: To stay hydrated and maintain bodily functions

What are some examples of unhealthy food choices for C1 age?

Answer: Soda, chips, candy, fast food

How can C1 age individuals develop healthy eating habits?

Answer: By eating a balanced diet, trying new foods, and limiting sugary treats