

Unit 9 Assignment:

Diet Analysis and Comparison across the Life Cycle and Comparison of Food Assistance Programs

Unit outcomes addressed in this Assignment:

- Describe the food assistance programs available throughout the lifespan.
- Discuss the eligibility requirements for SNAP and WIC.
- Discuss the advantages and disadvantages of SNAP and WIC.
- Compare SNAP and WIC and their focus on prevention.

Course outcome assessed/addressed in this Assignment:

NS325-1: Discuss how nutrient needs change throughout the life cycle.

NS325-6: Identify nutrition education and food assistance programs available to pregnant women, infants, children and the elderly.

GEL-1.1: Demonstrate college-level communication through the composition of original materials in Standard American English.

Instructions:

This Assignment is divided into two sections. The first section requires you to compare nutrients throughout the life stages. The second section requires you to compare the varying approaches of food assistance programs designed to assist specific populations.

Part I: Nutrients across the Life Cycle

For the first part of your Assignment, complete the table below for total calories, total carbohydrates, protein, total fat, calcium, iron, vitamin D, and folic acid to the RDAs/DRIs of the listed life stages. You will need to determine the energy needs for infants, children, adolescents, adults, and elders. The book has several equations to determine these needs (e.g. kcal/kgBW, Harris- Benedict, Mifflin St-Jeor).

After determining the energy needs, determine the macronutrients in grams. For example, if a child needs 2000 calories, 50% of those calories from carbohydrates, 20% from protein, and 30% from fat; that would be 250 grams carbohydrates, 100 grams protein, and 67 grams fat. Then, use the book or this website

(<http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes/dri-tables-and-application-reports>) to locate the DRIs for each age group for the micronutrients:

- Your input (your age, height, weight, and activity level)
- Infants (7-month-old female, 26 inches, 18 pounds)
- Child (5-year-old male, 44 inches, 38 pounds, who runs around at school for about 45 minutes per day)
- Teen (15-year-old male, 71 inches, 155 pounds, who works out 6 days per week for 60 minutes by playing basketball)
- Adult (32-year-old female, 63 inches, 123 pounds, who works out 4 days per week for 30 minutes by running on the treadmill)
- Elderly (62-year-old male, 69 inches, 188 pounds, who walks 1 mile 7 days per week, which is about 40 minutes total each day)

Use the below table to provide the information above for each age group.

| Nutrients | Age Groups and RDAs/DR | | | | | |
|---------------|------------------------|-----------------------|----------------------------|-------------------------------|----------------------------|--------------------------|
| | Your input (age range) | Infants (7-month-old) | Children (5-year-old male) | Adolescent (15-year-old male) | Adult (32-year-old female) | Elder (62-year-old male) |
| Calories | | | | | | |
| Carbohydrates | | | | | | |
| Protein | | | | | | |
| Total Fat | | | | | | |
| Iron | | | | | | |
| Calcium | | | | | | |
| Vitamin D | | | | | | |
| Folic Acid | | | | | | |

Choose 1 macronutrient, 1 vitamin, and 1 mineral from the table above. Discuss why these particular nutrients increase/decrease/or remain the same throughout each life stage.

Part II: Comparing WIC and SNAP

The nutrition status and food choices described in part I are influenced by many factors including socioeconomic status, knowledge, and access to healthy foods. In order to meet the nutritional needs you described previously, write an essay comparing WIC and SNAP. Include WIC and SNAP's eligibility requirements (i.e., income level, risk factors, etc.) and at least two advantages and two disadvantages for WIC and SNAP.

Requirements:

- Comparative essay should be written in paragraph format.
- The viewpoint and purpose of the essay should be clearly established and sustained.
- Be sure to write a clear conclusion for your essay that addresses the key points of your comparative essay.
- Your work should display superior content, organization, style, and mechanics.
- Your writing should be well ordered, logical, and unified, as well as original and insightful.
- Assignment should follow the conventions of Standard American English (correct grammar, punctuation, etc.).
- Follow APA style format and citation guidelines, including Times New Roman 12 point font and double spacing.
- Include a title page and reference page.
- The minimum page limit is 3 pages. Length requirements do not include the title page, reference page, or the appendix for part I.
- Include at least two references. The course textbook counts as one reference. All sources must be scholarly. Wikipedia is an example of a resource that is not acceptable. Use APA style for all citations including course materials.
- For additional support utilize the GEL 1.1 Universal Writing Rubric, the Kaplan Writing Center, and review "*Writing Center Resources*" in Doc Sharing. The Writing Center provides guidelines for writing essays and comparing and contrasting.

Submitting Your Work

For directions on how to submit your work and review your graded Assignments, refer to the Dropbox Guide found on the Academic Tools tab. Make sure that you save a copy of your submitted work.

Unit 9 Assignment Grading Rubric = 190 points

| Assignment Requirements | Points Possible | Points Earned by Student |
|---|------------------------|---------------------------------|
| Completes the table for each life stage | 0-55 | |
| Discusses how a macronutrient changes throughout the life stage (e.g. increases, decreases, or remains the same) | 0-20 | |
| Discusses how a vitamin changes throughout the life stage (e.g. increases, decreases, or remains the same) | 0-20 | |
| Discusses how a mineral changes throughout the life stage (e.g. increases, decreases, or remains the same) | 0-20 | |
| Identifies the eligibility requirements for food assistance programs (Part 2) | 0-20 | |
| Discusses two advantages of WIC and SNAP (Part 2) | 0-20 | |
| Discusses two disadvantages of WIC and SNAP (Part 2) | 0-20 | |
| Includes a minimum of 2 references via APA standards. References are cited within the text and at the end of the paper. | 15 | |
| Total (Sum of all points) | | |
| Points deducted for spelling, grammar, and/or APA errors. | | |
| Adjusted total points | | |
| Instructor Feedback: | | |