

*Physical Development from
Seven to Twelve*

CHAPTER 16

Study Guide

Directions. Answer the following questions as you read the chapter. They will help you focus on the main points. Later, you can use this guide to review and study the chapter information.

Section 16–1: Growth and Development from Seven to Twelve

1. Describe how average height and weight change for children at the following ages.

A. Seven to Ten: _____

B. Eleven to Twelve: _____

2. Why are eleven- and twelve-year-old girls typically taller than boys their age? _____

3. What factor has the most influence on a child’s ultimate height? _____

4. What factors may cause preteen girls to be sensitive about their body image? _____

5. What is the definition of an eating disorder? _____

6. How can participation in organized sports benefit children in this age group? _____

7. What is scoliosis? How is it treated? _____

Copyright © by the McGraw-Hill Companies. All rights reserved.

(Continued on next page)

Physical Development from Seven to Twelve

Chapter 16 continued

8. At about what age does the second set of molars emerge? What is another name for a third set of molars?

9. Identify at least five physical changes that occur in boys and five that occur in girls during puberty.

A. Boys: _____

B. Girls: _____

10. What is menstruation? At about what age does it begin? _____

11. What physical development in the years from seven to twelve enable motor skills to improve?

Section 16–2: Caring for Children from Seven to Twelve

12. Why are the Dietary Guidelines for Americans helpful for both children and adults? _____

13. What foods contain fiber? Why is fiber important in a healthy diet? _____

14. Where should most fats come from in a healthy diet? _____

Physical Development from Seven to Twelve

Chapter 16 continued

15. Name four things that families can do to encourage good eating habits for children. _____

16. What link have researchers found between eating breakfast and classroom performance?

17. Describe each of the following eating disorders.

A. Anorexia nervosa: _____

B. Bulimia: _____

C. Binge eating: _____

18. What emotional or psychological problems characterize many children with eating disorders?

19. Which of the following are sedentary activities—jumping on a trampoline, watching a DVD, playing a board game, or walking a dog? Explain.

20. Seven-year-old Nate wants to play ice hockey with some friends, but his father wants to sign him up for golf lessons. What would you do if you were his parent?

21. How much physical activity is recommended for children and teens each day? _____

22. About how many hours of sleep should school-age children get each night? _____

Physical Development from Seven to Twelve

Chapter 16 continued

23. Explain how tooth decay occurs, and how sugary foods and drinks contribute to it. _____

24. What are sealants on children's teeth? _____

25. Why do some parents arrange for their children to see an orthodontist? _____

26. List at least four principles that children should be taught about personal safety. _____

27. How do physical changes during puberty require preteens to adopt different personal hygiene habits than when they were younger?

28. What vaccines are usually required for children entering fifth grade? _____

**Growth and Development
from Seven to Twelve**

SECTION 16-1

A Time of Change

Directions: Nine children and preteens attend a latchkey program at the Oak Street Community Center. Volunteers help with homework, supervise games, and provide snacks. Today is “health day” and those who attend can be weighed and measured if they wish. Using your textbook, estimate the children’s ages based on the information given. Assume that the children are average for their age.

1. Dustin weighs 71 pounds and is 54 inches tall. He is _____ years old.
2. Seth weighs 55 pounds and is 51 inches tall. He is _____ years old.
3. Grace complains that her mouth hurts because her second molars are coming in. She is _____ years old.
4. Sierra weighs 48 pounds and is 48 inches tall. She is _____ years old.
5. Kristen is surprised that she has gained 10 pounds since last year when she weighed 72 pounds. She is 57 inches tall. Kristen is _____ years old. Her weight gain is average for her age.
6. Alejandro is almost 5 feet tall and weighs 90 pounds. He is _____ years old.
7. Tanner’s height has increased from 52 inches to 57 inches. The program volunteer says, “You must be in a growth spurt! Tanner weighs 80 pounds. He is _____ years old.
8. A nurse detects that Alejandro’s spine seems to curve slightly. He should be checked for _____
9. Molly is 53 inches tall and weighs 67 pounds. She is _____ years old.
10. Zach is nine years old. His height is 52 inches. How much might you expect him to weigh? _____

Directions: Answer the questions in the space provided.

11. Why do preteens vary so much in size, from one to another? _____

12. Why do you think preteen girls are at higher risk for eating disorders than when they were younger? _____

13. Do you think the benefits of team sports outweigh their possible drawbacks? Explain your point of view.

Copyright © by the McGraw-Hill Companies. All rights reserved.

*Caring for Children
from Seven to Twelve*

SECTION 16-2

Adjusting to a Changing Body

Directions: Take the role of “Dear Chris,” a columnist who offers advice to children and preteens. Read the following letters and then write your responses in the spaces provided.

Dear Chris,
 You’ve got to help me. I’m eleven, and I’m gaining too much weight. No matter how little I eat, my clothes feel tighter and tighter. I figure my only choice is to eat nothing but celery and carrot sticks. Vegetables are healthy, right?

Dear Chris,
 My favorite teacher got on me for not participating. She said that my grades are slipping. I don’t know what it is. I can’t seem to concentrate anymore. I’m too tired to focus, even though I get almost eight hours of sleep most nights.

Dear Chris,
 I have to wash my hair every day or it looks gross by sixth period. It takes me half an hour to dry it now, so I have to wake up extra early. What gives?

Dear Chris,
 I hate the way my voice sounds. There’s a girl I want to talk to, but I’m afraid that my voice will crack and she’ll laugh at me. What can I do?

Copyright © by the McGraw-Hill Companies. All rights reserved.