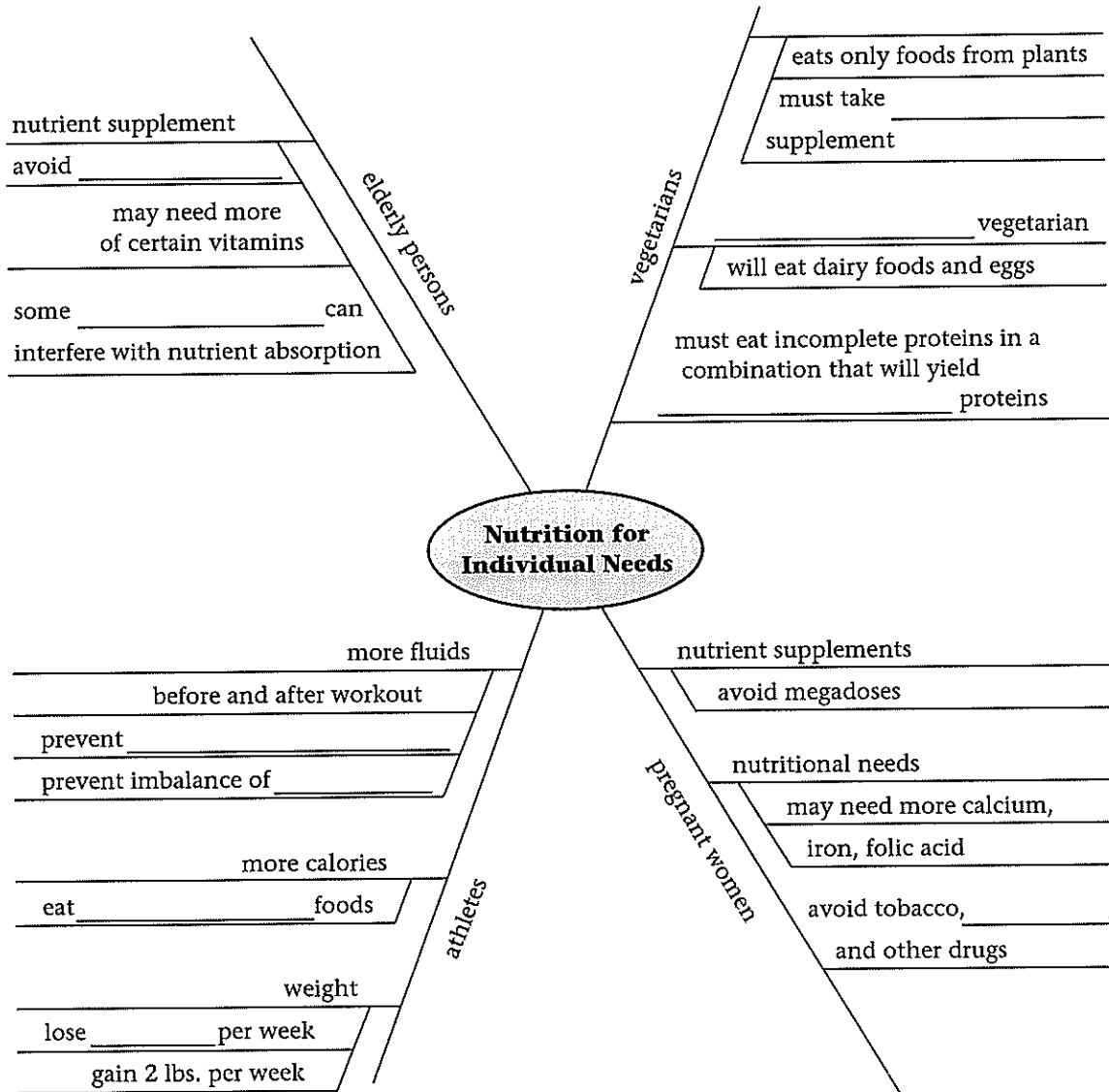


ACTIVITY 19 Concept Map

FOR USE WITH CHAPTER 6, LESSON 3

Nutrition for Individual Needs

Directions ➤ Complete the concept map on nutritional needs for different individuals. Use the following terms or phrases: *lacto-ovo*, *alcohol*, *nutrient-dense*, *medications*, *dehydration*, *vegan*, *electrolytes*, *megadoses*, *complete*, *vitamin B₁₂*, and *½–1 lb.*



Identify one nutritional need to which an athlete should give careful attention and one to which a vegetarian should give careful attention.
