



Assessment Name: RN Community Health 2016

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1 A community health nurse is providing teaching about nutrition guidelines to a group of adolescents. Which of the following information should the nurse include in the teaching?



- Adolescents have a decreased need for calcium due to high milk intake.
- Appetite naturally increases during the adolescent years.
- 75% of adult bone mass is developed during the adolescent years.
- Empty calories provide 70% of the total calories consumed by adolescents.

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