

The Adolescent Years

CHANGE

- Cognitive
- Emotional
- Physical

Adolescence

- Early: 11-14 years of age
- Middle: 15-17 years of age
- Late: 18-21 years of age

Early and Middle

- **Live in the present**
- **Perception of long term consequences**
- **Exploration and testing limits is a familiar theme**

Middle

- **Develop a greater capacity for setting goals**

Late Adolescence

- **Individuals focus on achieving autonomy**

Normal Development

- Seesaw effect

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Planning the Future

- Short term goals
- Long term goals
- Achieving goals (m.a)
- Medical Insurance (l.a.)

- Diet for Life -Biochemistry
- Adverse effects of being off diet
- Practical application to doet management
- Current thoughts
- Family planning
- Recurrence risk-Carrier testing

- **Reading Labels**
- **Cooking/recipes**
- **Blood draws**
- **Setting**

- School - Home- Work

Psychosocial Issues

- **Increasing autonomy**
- **Peers**
- **Parental involvement**
- **Family communication**
- **Attitudes**
- **Self esteem**
- **Isolation**

Nutrition Intervention

- **Calcium supplementation**
- **Food lists**
- **Label reading**
- **Recipe experimentation**

Nutrition Education

- **Self Talk**
- **Who Are You ??????**
- **Exchanging Roles**
- **Jeopardy**
- **Tic Tac Know**

Genetics-Education

- **Recessive Traits**
- **DNA: Grammar 101**

**Adapted from the Eat Right
Stay Bright- A Guide to
Hyperphenylalaninemia
L. Bernstein C. Freehauf**
