

ACTIVITY HANDOUT: NUTRITIONAL CONCERNS MATCHING CARDS

[MODULE 3: Nutrition Considerations for Children with Disabilities]

“Concerns” Card Set (7 cards)

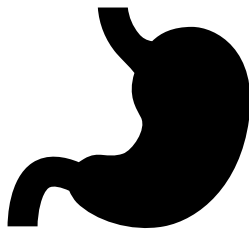
Constipation



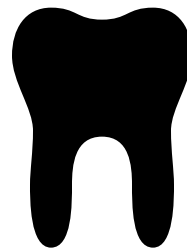
Celiac Disease



**Gastroesophageal
Reflux Disease
(GERD)**



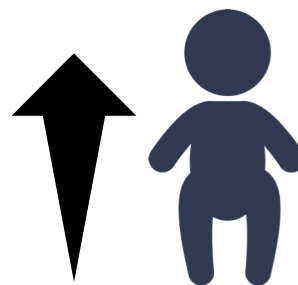
Poor Oral Health



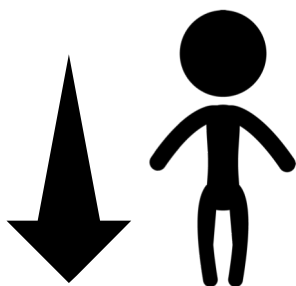
Micronutrient Deficiencies



Unintended Weight Gain



Poor Weight Gain





"Symptoms" Card Set (7 cards)

Symptom:

**Infrequent, hard, or
difficult-to-pass bowel
movements**

Symptom:

**Pain or heartburn after
eating**

Symptom:

**Abdominal pain, diarrhea,
or constipation after
eating gluten**

Symptom:

**Tooth pain, gum
discomfort, or plaque
buildup**



Symptom:

Frequent infections or
poor immunity, fatigue, or
pale skin

Symptom:

Falling below expected
growth patterns

Symptom:

Overweight or obesity



"Risk Factors" Card Set (26 cards)

Risk factor:

Limited mobility

Risk factor:

Low muscle tone

Risk factor:

Low fiber intake

Risk factor:

Difficulty drinking fluids



Risk factor:

**Delayed gastric emptying
(slow digestion)**

Risk factor:

Long periods of lying flat

Risk factor:

Constipation

Risk factor:

Low or high muscle tone



Risk factor:

Has Down syndrome

Risk factor:

Eats wheat, rye, or barley

Risk factor:

Dry mouth

Risk factor:

Keeps food in mouth



Risk factor:

**Sensory sensitivities
affecting tooth brushing**

Risk factor:

**Reflux causing dental
erosion**

Risk factor:

**Diet low in nutrient-dense
foods**

Risk factor:

**Restricted diets due to
food allergies**



Risk factor:

**GI conditions that lower
nutrient absorption**

Risk factor:

Diet low in energy/protein

Risk factor:

**High muscle tone
increasing energy needs**

Risk factor:

Recent surgery



Risk Factor:

Chronic stress/neglect

Risk Factor:

Difficulty signaling when hungry

Risk Factor:

Difficulty signaling when full

Risk Factor:

Takes medication that increases appetite



Risk Factor:

**Low physical activity or
mobility, reducing energy
expenditure**

Risk Factor:

Overfeeding