

ACTIVITY HANDOUT: GROWTH ASSESSMENT FLASHCARDS

[MODULE 3: Nutrition Considerations for Children with Disabilities]

True or False. If a child is unable to straighten his legs, I can still measure length. I just need to do it carefully.	True or False. The median growth line, or green line, is followed by the majority of children who are well nourished.
True or False. Positive z-score lines always indicate healthy growth.	True or False. Negative z-score lines always indicate poor growth.
True or False. Boys and girls have the same growth charts because they grow the same way.	True or False. Growth rate depends on the child's age.
True or False. In general, growth points between the +2 and -2 z-score lines are considered to be in the normal range.	True or False. WHO growth charts should only be used for children who are breastfed.
What are two measurements you can use to find out if the child has wasting or acute malnutrition?	Which growth chart do you use to find out if the child is underweight?



If a 3-year-old child is unable to stand, how can you measure their weight?	At what ages do you measure length vs. height?
You want to measure MUAC but the child is unable to straighten their elbow. What do you do?	Which growth chart do you use to find out if the child is stunted?
What z-score value do you use to determine if the child has stunting, wasting, or underweight?	Describe two growth patterns that generally indicate a concern and require further attention.
Can wasting be reversed?	Can stunting be reversed?
There are several steps involved in growth assessment. Place them in the correct order. A) Design a care plan B) Counsel caregiver C) Plot measurements D) Weigh and measure E) Follow up F) Determine risk	When reviewing a one-year-old girl's weight-for-length growth chart, you notice that she's been growing consistently at an expected rate for her age. However, her growth line is below the -2 z-score line. Are you concerned and why?