

Chapter 6**Vocabulary**

body image
body mass index (BMI)
overweight
obesity
underweight
nutrient-dense foods

fad diets
weight cycling
eating disorder
anorexia nervosa
bulimia nervosa
binge eating disorder

electrolytes
rehydration
vegetarian
vegan
dietary supplement
megadose
herbal supplement

Directions: Words and phrases can be general or specific. A specific term describes a single idea. A general term describes a broad range of ideas or meanings. For example, *eating disorder* is a general term, while *bulimia nervosa* is a specific type of eating disorder.

Some of the terms used in this chapter are general, others are specific. Define each of the general terms below. Then, in the provided space define a more specific term or terms related to the same concept or idea.

1. **General term:** Dietary supplement _____

Specific term: _____

2. **General term:** Vegetarian _____

Specific term: _____

3. **General term:** Eating disorder _____

Specific term: _____

Activity 20**Applying Health Skills**

FOR USE WITH CHAPTER 6, LESSON 1

Strategy Sessions

Directions: Students in Mr. Jackson’s health class have written paragraphs describing their weight, their BMI, and their physical activity. Read the paragraphs and identify health risks each student might be facing. Then, offer recommendations for healthy weight-management strategies for each student.

1. **Celina:** I am at an appropriate weight for my height and my BMI is 21. Since my weight and BMI are okay, I don’t really pay attention to what or how much I eat. Usually my brother drives me to school. I work at the library checking out books, and then I go home and do my homework.

Possible Health Risks: _____

Recommendations: _____

2. **Raphael:** My BMI is 29, and I know I weigh too much. I play football in the fall, but now it’s the off-season. I try to lift weights sometimes, too. In the fall I’m in better shape, but the position I play requires me to be big.

Possible Health Risks: _____

Recommendations: _____

3. **Jen:** My weight is a bit below what it should be for my height, and my BMI is at 18. I work out every day—sometimes I jog, other times I do aerobics, and I swim.

Possible Health Risks: _____

Recommendations: _____

Activity 21**Applying Health Skills**

FOR USE WITH CHAPTER 6, LESSON 2

Buyer Beware

Directions: Look at the following advertisements for weight-management products, articles, and services. Draw a line through any claims for a fad diet or other risky weight-management strategy. Circle any statements that indicate a healthy weight-management plan.

**LOSE 20 POUNDS IN A WEEK!**

Miracle Powder
burns fat naturally!!!

**GRAND
OPENING
SPECIAL!**

Free Classes at MIKE'S GYM

Exercise for Beginners 7:30–8:30

Fitness for Older Adults 8:30–9:30

Nutrition 2:30–3:45

**Teen Talk**

In This Issue of **Teen Talk** Magazine:

The Amazing Grapefruit Diet 28

Walking—Great Exercise for Everyone 32

School Lunches—Low-Fat Choices 33



Sonic Shakes—Delicious Weight-Loss

Have a shake for breakfast and lunch—
eat whatever you want for dinner!

**BODY BUILDERS**

Protein Powder Increases Muscle Size **Build Bulk Fast!**

Activity 22**Applying Health Skills**

FOR USE WITH CHAPTER 6, LESSON 3

Nutrition Notes

Directions: Christina is preparing a report that discusses proper nutrition at different stages of life. Unfortunately, her computer crashed while she was making the outline for the report. Reorganize Christina's notes by placing the statements from the list under the appropriate headings. Some statements may belong under more than one heading.

Should increase intake of folate.

Should follow the *Dietary Guidelines* and Food Guide Pyramid.

Diet should include milk and a wide variety of foods.

See a health-care professional for recommendations about dietary supplements.

May need fewer calories to balance lower activity levels.

Should increase intake of calcium.

Breastfeeding is the best possible source of nutrition.

Should increase intake of iron.

May need assistance preparing and selecting food for proper nutrition.

Formula is an alternative if breastfeeding isn't possible.

Young Children

Older Adults

Pregnant Women

Infants

Chapter 6

Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. Define *body composition*, and explain why it is an important consideration when determining an individual's appropriate weight range.

2. Name three health risks for adults who are overweight.

3. List five strategies for beginning a weight-management plan.

4. Identify two strategies for healthy weight loss.

5. Identify two strategies for healthy weight gain.

6. Explain two ways in which physical activity can help with weight management.

Study Guide, Chapter 6 (Continued)**Lesson 2**

7. Define *fad diet*, and list three characteristics that distinguish fad diets from healthy weight management. _____

8. Identify two possible side effects of taking diet pills.

9. Define *eating disorder*. _____

10. What are two physical consequences of anorexia nervosa?

11. What are two health consequences of bulimia nervosa?

12. What are two ways you could help a friend who has an eating disorder?

Lesson 3

13. Define *rehydration*. _____

14. Identify three possible side effects of taking anabolic steroids.

15. Describe the best types of foods to eat before a competition.

Study Guide, Chapter 6 (Continued)

16. Define *vegetarian*. _____

17. What are dietary supplements? _____

18. Describe a situation in which dietary supplements are an appropriate addition to a healthy diet. _____

19. Describe how dietary supplements can be dangerous.

20. Why is a healthful diet important during pregnancy?
