

Managing Weight and Eating Behaviors

Chapter 11

Lesson 1 – Maintaining a Healthy Weight

New and Academic Vocabulary

1. Metabolism – the process by which the body breaks down substances and gets energy from food.
2. Body mass index – a measure of body weight relative to height.

Lesson 1 – continued

3. Overweight – heavier than the standard weight range for your height.
4. Obese – having an excess of body fat.
5. Underweight – below the standard weight range for your height.
6. Psychological – directed toward the mind.

Lesson 1 - continued

Define energy balance.

- The balance between the calories you take in and those you burn.

Compare and contrast characteristics of higher calorie and lower calorie food.

Lesson 1 - continued

Higher Calorie Foods

- High in fat will be high in calories.
- One gram of fat contains nine calories.
- Fried foods or foods served with cream sauce will be high in calories.
- Some low fat foods may be high in calories.

Lesson 1 - continued

Lower Calorie Foods

- One gram of protein or carbohydrates contains four calories.
- Fresh vegetables and fruits are high in water and fiber.
- Compare snacks in Figure 11.1.

Lesson 1 - continued

List factors affecting your ideal weight.

- Age.
- Gender.
- Height.
- Body frame.
- Stage and rate of growth.

Lesson 1 - continued

Identify two ways to test your body composition and to find out if you are overweight.

1. Body Mass Index (page 293).
2. Skin-fold test.

Lesson 1 - continued

List the health risks of each problem.

Overweight

- Heart disease/certain cancers.
- Asthma/type 2 diabetes.
- Osteoarthritis/gallbladder disease.

Lesson 1 - continued

Underweight

- Trouble fighting off disease.
- Not getting the calories and nutrients needed for growth.
- Feeling weak/trouble concentrating.

Lesson 1 - continued

Describe healthy ways to accomplish weight goals.

Lose Weight

- Choose nutrient-dense foods/portion size.
- Eat fewer high fat foods/foods with added sugar.
- Be active/tone your muscles/stay hydrated.

Lesson 1 - continued

Gain Weight

- Select foods from the five food groups that are higher in calories.
- Eat higher calorie nutrient dense foods.
- Eat nutritious snacks.
- Get regular physical activity.

Lesson 2 – Body Image and Eating Disorders

New and Academic Vocabulary

1. Extreme harmful eating behavior that can cause serious illness or death – eating disorder.
2. Weight-loss plan that tends to be popular for only a short time – fad diet.

Lesson 2 - continued

3. The way you see your body –body image.
4. Repeated pattern of losing and regaining weight – weight cycling.
5. To present or set forth – pose.

Lesson 2 - continued

6. Eating disorder characterized by severe weight loss from starvation – anorexia nervosa.
7. Eating disorder in which periods of strict dieting are followed by binge eating and purging – bulimia nervosa.

Lesson 2 - continued

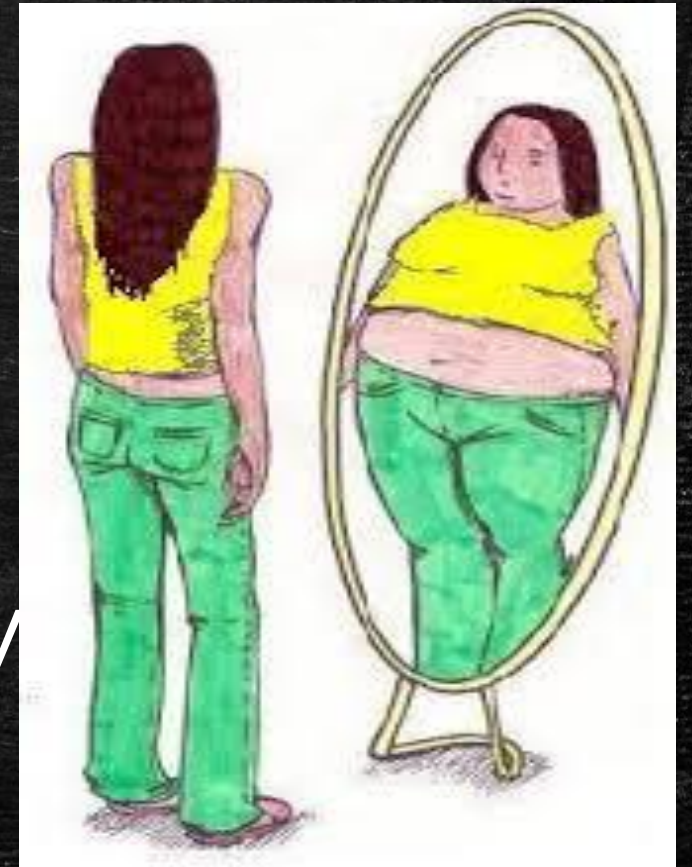
8. Eating disorder in which huge quantities of food are consumed at one time- binge eating disorder.

Lesson 2 - continued

Identify problems and solutions.

Body Image

Problems – body image comes from comparing yourself to models, peers can influence body image both + and -.



Lesson 2 - continued

Body Image

Solutions – accept yourself the way you are , talk to a parent/trusted adult about your feelings, you can't change you basic body type.

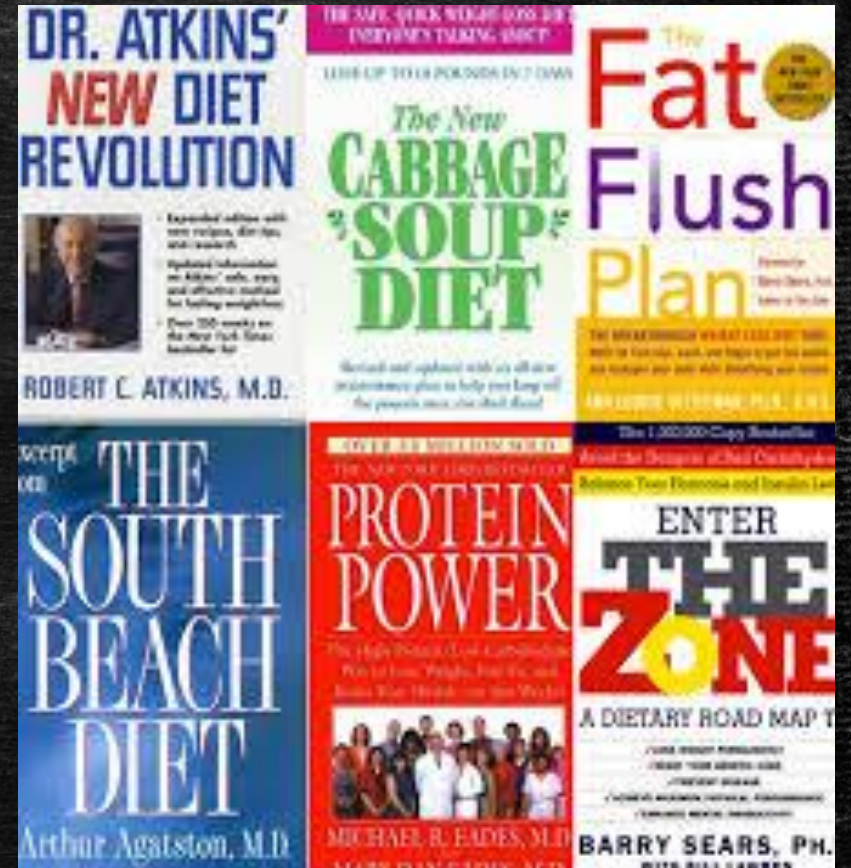
Lesson 2 - continued



Lesson 2 - continued

Fad Diets

Problems – restrict types and amounts of food, pills or other supplements.



Lesson 2 - continued

Types of Fad Diets

- Miracle foods.
- Magic combinations.
- Liquid diets.
- Diet pills.
- Fasting.

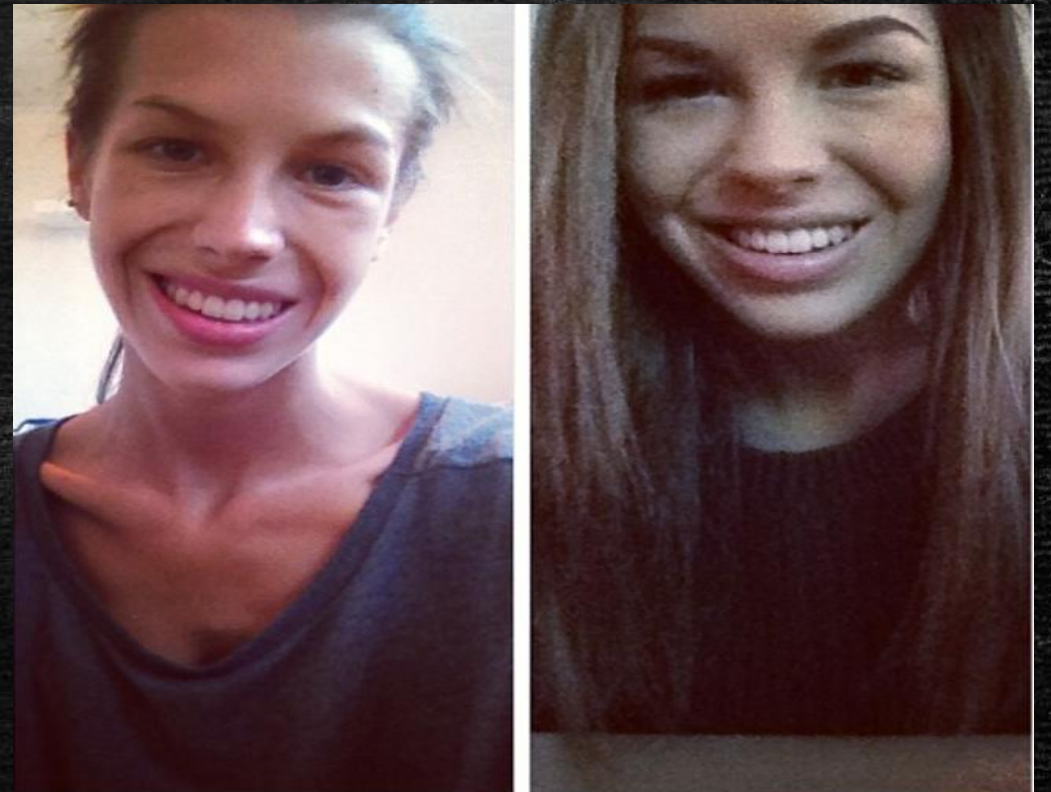
Lesson 2 - continued

Fad Diets

Solutions – be able to recognize a fad diet, follow MyPlate guidelines, most teens should not diet at all, only those with serious weight issues and then only under medical supervision.

Lesson 2 - continued

Eating Disorders – Anorexia and Bulimia



Lesson 2 - continued

Don't forget Binge Eating Disorder .

◀ **EATING DISORDERS** ▶

◀ **HOW ARE THEY TRIGGERED?** ▶

There is no single cause for eating disorders. Although concerns about weight and body shape play a role in all eating disorders, the actual cause of these disorders appear to result from many factors

Psychological/emotional health



People with eating disorders may have psychological and emotional problems that contribute to the disorder. They may have low self-esteem, perfectionism, impulsive behavior and troubled relationships

Biology



There may be genes that make certain people more vulnerable to developing eating disorders. People with first-degree relatives (siblings or parents) with an eating disorder may be more likely to develop an eating disorder, too, suggesting a possible genetic link

Society



The modern Western cultural environment often cultivates and reinforces a desire for thinness. Success and worth are often equated with being thin in popular culture. Peer pressure and what people see in the media may fuel this desire to be thin, particularly among young girls

Lesson 2 - continued

Problems –

- Malnutrition and starvation.
- Heart problems, dehydration, sore and inflamed throat.
- Damage to stomach , intestines, and kidneys.
- Typically mental/emotional problems.

Lesson 2 - continued

Solutions –

- Medical help is required.
- Behavioral and psychological therapy are needed.
- Support groups.
- Start with talking to a trusted adult.

Lesson 3 – Lifelong Nutrition

New and Academic Vocabulary

1. Vegetarian – a person who eats mostly or only plant-based foods.
2. Dietary supplements – products that supply one or more nutrients as a supplement to, not a substitute for, healthful foods.

Lesson 3 - continued

3. Performance enhancers – substances that boost athletic ability.
4. Herbal supplements – dietary supplements containing plant extracts.
5. Megadoses – very large amounts of a supplement.

Lesson 3 - continued

Describe the special nutritional needs of each group.

Teens – need extra calories to support growth.

Adults – calorie needs decrease depending on activity level.

Lesson 3 - continued

Males – generally need more calories than women.

Females – greater need for iron and calcium, pregnant women need folic acid and iron along with extra calories for developing baby.

Very active people – extra calories to maintain weight.

Lesson 3 - continued

Vegetarians – need to include sufficient protein, iron, calcium, zinc, and some B vitamins, especially B₁₂.

People with diabetes – require careful monitoring of carbohydrate intake.

People with food allergies – avoid certain foods and pay attention to ingredient labels.

Lesson 3 - continued

People with lactose intolerance – avoid or reduce milk drinking (dairy).

People with celiac disease – avoid wheat and oat-based foods including pasta, beer, and bread.

People with high blood pressure – reduce salt in their diet.

Lesson 3 - continued

People with high cholesterol – reduce intake of saturated and trans fat.

Teen athletes – need more calories (depends on the intensity of training), more protein and carbohydrates than inactive people, more nutrient-dense foods.

Lesson 3 - continued

Athletes needing to “make weight” – eat enough to meet daily nutritional needs and follow a sensible plan.

Athletes who exercise regularly – (girls) 9 cups, (boys) 13 cups of water.

Athletes before competition – 3 to 4 hour before competition, high in carbs, low in fat and protein.

Lesson 3 - continued

Identify the health risks associated with performance enhancers and dietary supplements.

Anabolic steroids – hair loss, sterility, body acne, and irritability.

Androstenedione – same side effects as steroids

Lesson 3 - continued

Creatine – side effects include cramps and nausea. Using it in high doses may cause heart, liver, and kidney damage.

Energy drinks – provide quick energy in an unhealthy way by increasing your heart rate. You can also become dehydrated.

Lesson 3 - continued

Herbal supplements – “natural” supplements can still be dangerous. Several herbal supplements have been linked to serious liver damage.

Megadoses – some vitamins can build up in the body and become toxic.