**Active Health Lesson 5 – Nutrition Student Activity Sheet**

**AWARENESS AND EATING DISORDERS**

* Being aware of your caloric \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ does not necessarily mean you are “on a diet”
* Awareness can have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ impact as long as it does not lead to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If a loss of control occurs, it can lead to disordered eating such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**EATING DISORDERS VIDEO CLIP**

* An eating disorder is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ illness characterized with an unhealthy obsession with \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Anorexia:**

Extreme \_\_\_\_\_\_\_\_ of weight gain. Distorted view of body \_\_\_\_\_\_\_\_\_\_\_. Limit intake with excessive dieting or outright \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Look sickly but still see themselves as \_\_\_\_\_\_\_\_\_\_\_\_.

**Bulimia:**

Frequent episodes of \_\_\_\_\_\_\_\_\_\_\_\_\_followed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Forced vomiting or use of diuretics. Do not always appear excessively thin as with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**EDNOS:**

Eating disorders not otherwise specified. Includes all other eating conditions. (ex Binge Eating)

**Stereotypes:**

Eating disorders do not just affect adult \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Men (5-15%), children and teens (2/100) are also commonly affected.

**Damage:**

Hair \_\_\_\_\_\_\_\_\_\_\_\_\_, tooth \_\_\_\_\_\_\_\_\_\_\_\_\_\_, bloating, extreme weight loss.

Stop menstruation, sometimes infertility, heart and circulatory problems, organ problems.

High percentage will die without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Treatment:**

Psychotherapy, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ counseling and medical supervision

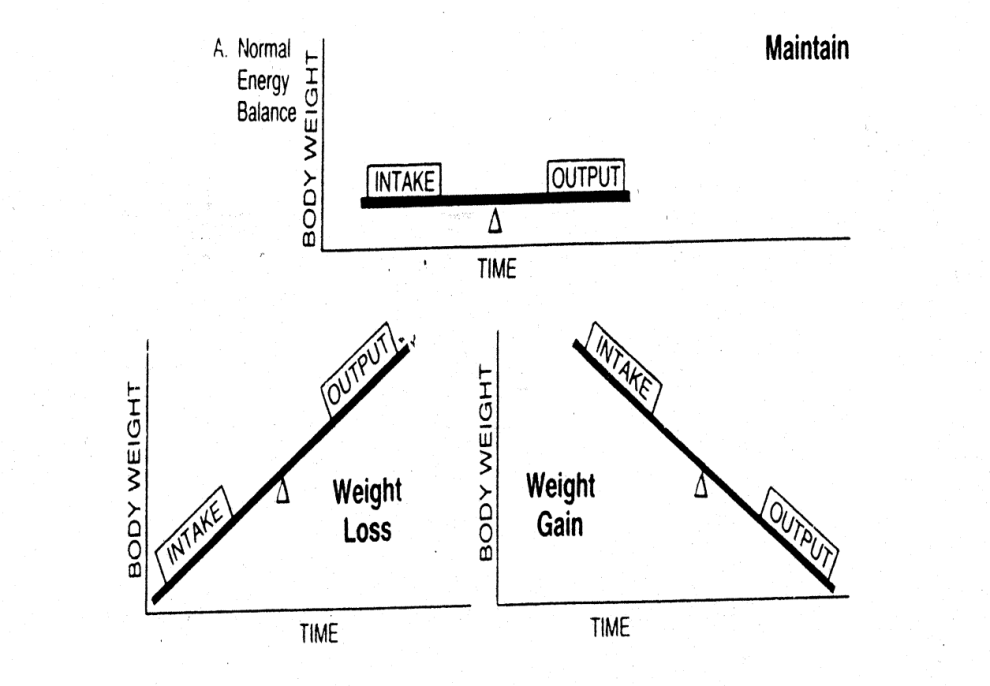
**WEIGHT MAINTENANCE:**

The basic concept of weight gain is:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Eat more than need/store what is left over = weight \_\_\_\_\_\_\_\_\_
* Intake is greater than output = weight \_\_\_\_\_\_\_\_\_\_
* Eat less than need/use up is stored = weight \_\_\_\_\_\_\_\_\_\_\_\_
* Output is greater than intake = weight \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Eat same as use = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight
* Intake and output same = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight

To gain 1 pound of excess fat you must consume \_\_\_\_\_\_\_\_\_\_\_\_\_ calories above your daily output.

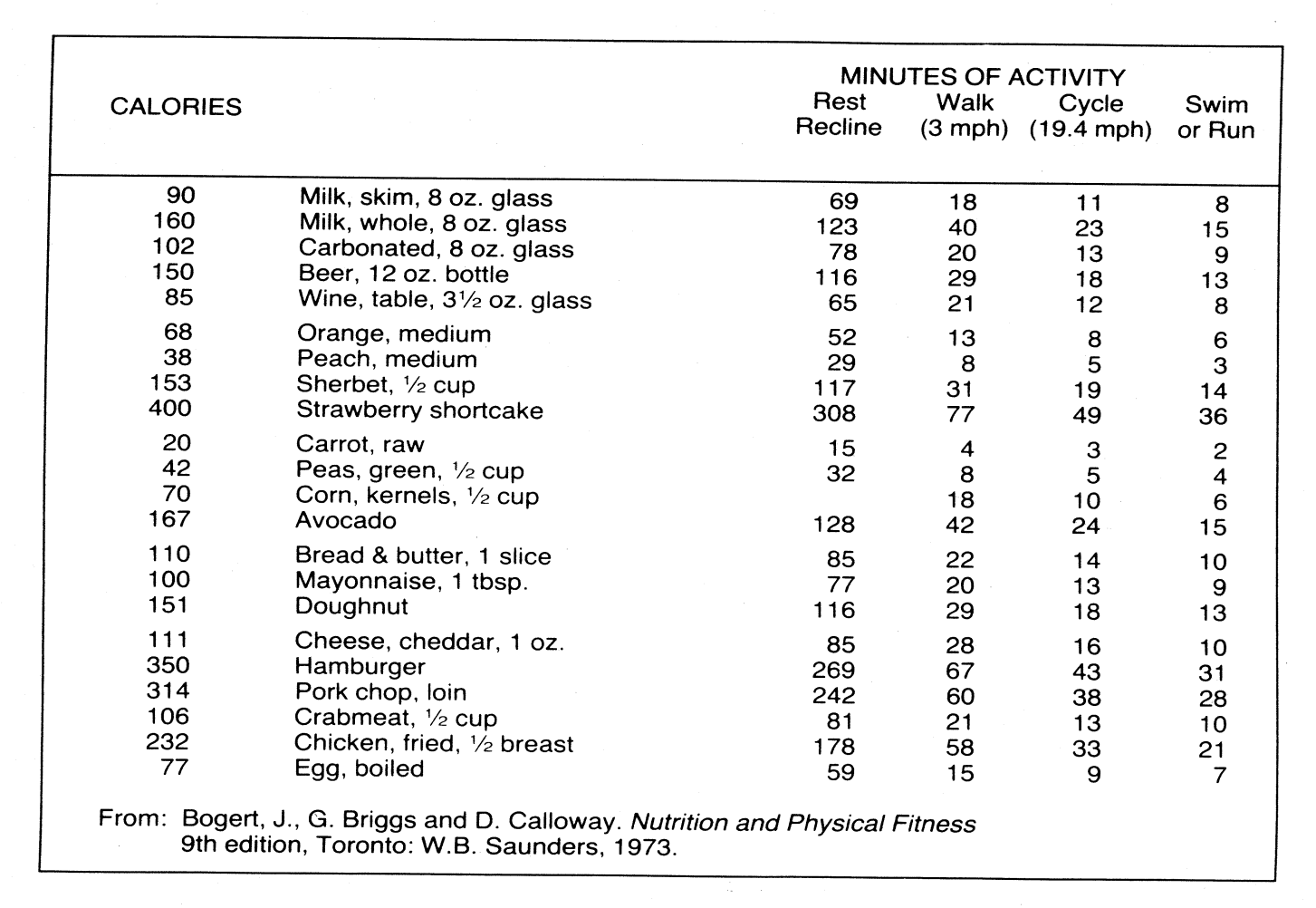
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What kinds of problems are likely to be experienced by a person carrying excess body fat?

* Detracts from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Decreases endurance and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Increase risk of coronary heart disease and other related problems (\_\_\_\_\_\_\_\_\_\_\_\_\_\_, clogged arteries, high blood pressure, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

**MEAL PLANNING**

Using the chart below, highlight one item from each category/section to build a meal that you would enjoy:



Now take your choices and calculate the number of calories you consumed in this one meal: \_\_\_\_\_\_\_\_\_\_

Check the right columns of the chart to determine how many minutes it would take you to burn these calories if you were:

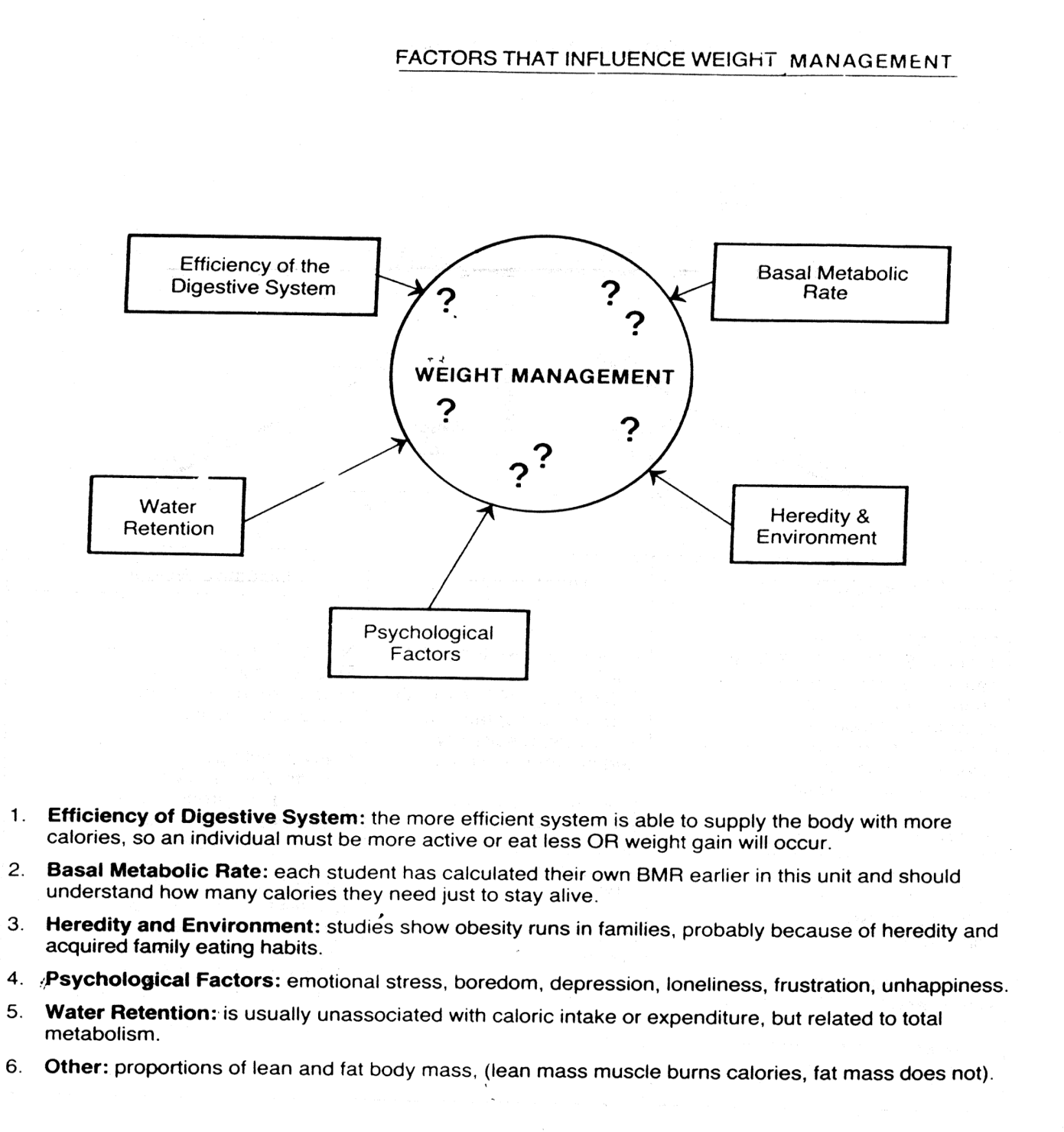
RESTING: \_\_\_\_\_\_\_\_\_\_

WALKING: \_\_\_\_\_\_\_\_\_\_

CYCLING: \_\_\_\_\_\_\_\_\_\_

SWIM/RUN: \_\_\_\_\_\_\_\_\_\_

Do you feel as though the choices you make on a daily basis (food consumption combined with activity level) will lead to weight maintenance, weight loss, or weight gain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



MOST DAILY WEIGHT FLUCTUATIONS ARE DUE TO **WATER RETENTION**

