

# Backtrack

## Through Chapter 13

Activity F

Chapter 13

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

Provide complete answers to the following questions and statements about healthy weight management.

### Recall the Facts

1. What does weight management mean? \_\_\_\_\_  
\_\_\_\_\_
2. What percentage of people in the United States are overweight or obese? \_\_\_\_\_
3. Why is reducing obesity a national health goal in the United States? \_\_\_\_\_
4. List three reasons being underweight can be a problem. \_\_\_\_\_  
\_\_\_\_\_
5. List three types of factors that influence weight status. \_\_\_\_\_
6. Name three environmental cues that affect eating habits. \_\_\_\_\_  
\_\_\_\_\_
7. What energy deficit in calories is needed to lose one pound of body fat? \_\_\_\_\_
8. Does a higher level of activity increase or decrease a person's daily calorie needs? \_\_\_\_\_
9. What is the difference between a fad diet and a crash diet? \_\_\_\_\_  
\_\_\_\_\_
10. What is weight cycling? \_\_\_\_\_  
\_\_\_\_\_
11. In general, how much weight can a person safely lose in one week? \_\_\_\_\_
12. If a person is trying to gain weight, why should he or she avoid drinking extra fluids just before mealtime?  
\_\_\_\_\_

### Interpret Implications

13. List two disadvantages of liquid diet programs. \_\_\_\_\_  
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14. What causes a person to gain weight? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Continued)

15. To what extent does the FDA protect consumers from false weight-loss claims? \_\_\_\_\_

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\_\_\_\_\_

16. What are the dangers of fasting? \_\_\_\_\_

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\_\_\_\_\_

17. Suggest five ways an underweight person might work toward safe weight gain. \_\_\_\_\_

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### Apply & Practice

18. While being overweight is almost always seen as a health concern, being underweight is commonly overlooked as a health concern. Why do you think this is? What, if anything, can be done to change this? \_\_\_\_\_

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\_\_\_\_\_

19. This chapter describes several ways to change eating habits—keeping a food diary, using activities to manage emotions, finding new responses to cues, writing a habit change contract, and setting up a points system. If your doctor advised you to lose or gain weight, which approach would work best for you and why?

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20. After reading about recent discoveries about the role of leptin and ghrelin in appetite regulation and energy expenditure, one parent reacted by saying, "Perhaps this explains the current increase in childhood obesity." What would be your response to this parent?

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