

Healthy Weight Management

13

Weigh the Risks

Activity A

Chapter 13

Name _____

Date _____ Period _____

The list below contains health risks of being overweight and risks of being underweight. Each risk is identified by a letter. If a risk is associated with being underweight, write the letter in the pan of the scale labeled "underweight." If the risk is associated with being overweight, write the letter in the "overweight" pan. Note that some risks belong in both pans. Be prepared to support your answers. In the space provided, write a paragraph about the risk of most interest to you. Summarize ways to "tip the scales in your favor."

- | | | |
|-------------------|-------------------------------|----------------------------|
| A. cancer | F. inability to stay warm | K. pregnancy complications |
| B. discrimination | G. inadequate nutrient stores | L. respiratory problems |
| C. fatigue | H. irregular menstruation | M. surgical complications |
| D. heart disease | I. low self-esteem | N. type 2 diabetes |
| E. hypertension | J. osteoarthritis | |



Scale



Summary



Facts and Factors

Activity B

Chapter 13

Name _____

Date _____ Period _____

Examine the following statements about factors affecting weight status. If the statement is true, write *true* in the blank. If the statement is false, change the underlined word or phrase to make the statement true. Write the correct word or phrase in the blank.

- _____ 1. Weight management means attaining healthy weight and keeping it throughout your life.
- _____ 2. Heredity affects the shape of your body.
- _____ 3. The size of your bones and the location of fat stores on the body are inherited traits.
- _____ 4. Your heredity affects your basal metabolic rate.
- _____ 5. A family history of obesity does necessarily mean you will be obese.
- _____ 6. Weight management may be easier for a person who inherited genes that lean toward obesity.
- _____ 7. Parents can greatly influence a child's eating habits.
- _____ 8. Parents can plan their children's meals and snacks around appropriate portions of nutritious foods.
- _____ 9. Teens have more control over what they eat than children do.
- _____ 10. Many teens form habits of eating foods that are low in fat and calories.
- _____ 11. Eating habits may be influenced by schedules, peers, and weight concerns.
- _____ 12. Work and family obligations sometimes negatively affect eating patterns.
- _____ 13. Adults who commute to work often eat at home.
- _____ 14. Situations that trigger you to eat are called environmental cues.
- _____ 15. Social settings and time of day are examples of hereditary factors that influence weight status.
- _____ 16. Being aware of when and why you eat is not important.
- _____ 17. Examples of environmental factors include depression, boredom, fear, tension, and loneliness.
- _____ 18. People can look for appropriate ways to deal with their emotions while following a nutritious diet.
- _____ 19. Physical activity influences the "calories in" side of the energy balance equation.
- _____ 20. An active lifestyle can lead to an energy excess and unwanted weight gain.