

## 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:

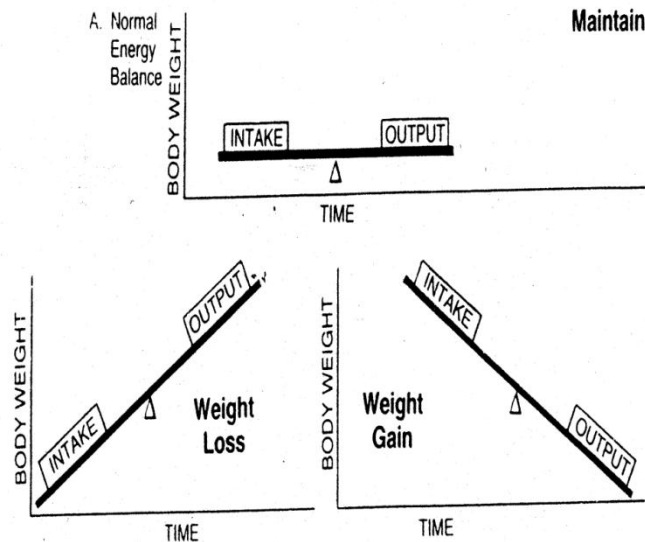
Psychotherapy, \_\_\_\_\_ counseling and medical supervision

**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.



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, \_\_\_\_\_)

ACTIVE HEALTH 9  
**MEAL PLANNING**

Name: \_\_\_\_\_

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

CALORIES		MINUTES OF ACTIVITY			
		Rest Recline	Walk (3 mph)	Cycle (19.4 mph)	Swim or Run
90	Milk, skim, 8 oz. glass	69	18	11	8
160	Milk, whole, 8 oz. glass	123	40	23	15
102	Carbonated, 8 oz. glass	78	20	13	9
150	Beer, 12 oz. bottle	116	29	18	13
85	Wine, table, 3½ oz. glass	65	21	12	8
68	Orange, medium	52	13	8	6
38	Peach, medium	29	8	5	3
153	Sherbet, ½ cup	117	31	19	14
400	Strawberry shortcake	308	77	49	36
20	Carrot, raw	15	4	3	2
42	Peas, green, ½ cup	32	8	5	4
70	Corn, kernels, ½ cup		18	10	6
167	Avocado	128	42	24	15
110	Bread & butter, 1 slice	85	22	14	10
100	Mayonnaise, 1 tbsp.	77	20	13	9
151	Doughnut	116	29	18	13
111	Cheese, cheddar, 1 oz.	85	28	16	10
350	Hamburger	269	67	43	31
314	Pork chop, loin	242	60	38	28
106	Crabmeat, ½ cup	81	21	13	10
232	Chicken, fried, ½ breast	178	58	33	21
77	Egg, boiled	59	15	9	7

From: Bogert, J., G. Briggs and D. Calloway. *Nutrition and Physical Fitness*  
 9th edition, Toronto: W.B. Saunders, 1973.

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

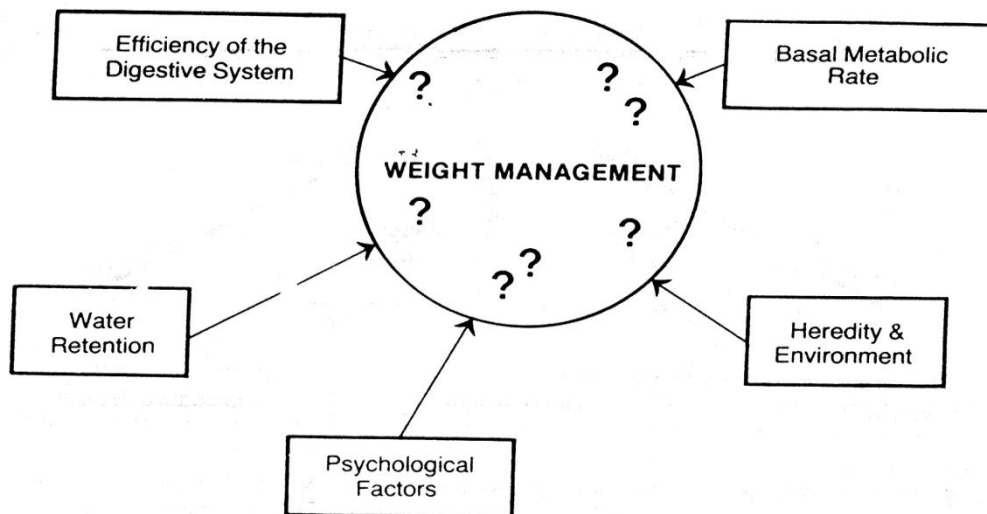
\_\_\_\_\_

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? \_\_\_\_\_

FACTORS THAT INFLUENCE WEIGHT MANAGEMENT



1. **Efficiency of Digestive System:** the more efficient system is able to supply the body with more calories, so an individual must be more active or eat less OR weight gain will occur.
2. **Basal Metabolic Rate:** each student has calculated their own BMR earlier in this unit and should understand how many calories they need just to stay alive.
3. **Heredity and Environment:** studies show obesity runs in families, probably because of heredity and acquired family eating habits.
4. **Psychological Factors:** emotional stress, boredom, depression, loneliness, frustration, unhappiness.
5. **Water Retention:** is usually unassociated with caloric intake or expenditure, but related to total metabolism.
6. **Other:** proportions of lean and fat body mass, (lean mass muscle burns calories, fat mass does not).

MOST DAILY WEIGHT FLUCTUATIONS ARE DUE TO WATER RETENTION

## POSITIVE CONSIDERATIONS FOR WEIGHT CONTROL

1. Eat balanced meals, structured from the four basic food groups, to assure all nutrients are obtained.
2. Do not skip meals. Eat regularly at about the same time each day. Three to five meals daily is a good practice to follow, depending on the activity schedule.
3. Eat at least one quarter of your daily caloric intake at breakfast and include protein.
4. Eat slowly and enjoy each meal. Failure to properly chew food makes digestion more difficult, can lead to dental problems and can cause over eating.
5. Keep fats under 35% of the total caloric intake.
6. Eat more fish or poultry in place of meat.
7. Watch your salt intake.
8. Use alcohol in moderation.
9. Bake/broil/boil foods instead of frying.
10. Select restaurants where you can get foods that are calorie reduced.
11. Eat at only one place in the house.
12. Weight loss is not accomplished overnight, but results will come with work, effort and time.
13. Learn to control the environmental influences that contribute to overeating.
14. Keep snack foods (fruit, vegetables) readily available.
15. Try to lose 1 to 1½ pounds per week.
16. Keep an eye on how much you eat, i.e. amount and size.
17. Walk, jog, cycle to school.
18. Use stairs rather than elevators.
19. Take a walk during lunch.
20. Participate in sports rather than watch them.