Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Block\_\_\_\_\_\_\_\_

Managing Weight and Eating Behaviors

Chapter 11 Review

Matching

Metabolism Body Mass Index Obese Underweight Eating Disorder

Fad Diet Body Image Weight cycling Anorexia Bulimia

Binge Eating Vegetarian Supplements Performance Enhancers

Megadose

1. A condition in which a person is less than the standard weight for their height\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A person who only or mostly eats food derived from plants \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. A weight loss plan that only tends to be popular for a short period of time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Having an excess amount of body fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Substances that boost athletic ability \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Taking a supplement in very large amounts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Eating disorder in which periods of strict dieting are followed by binging and purging \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. The process by which the body breaks down substances and gets energy from food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. A ratio that allows you to assess your body size in relation to your height and weight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Eating disorder in which huge quantities of food are eaten at one time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Products that supply one or more nutrients \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Extreme harmful eating behavior that can cause serious illness or death \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. The way you see your body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Repeated pattern of gaining and losing weight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Eating disorder characterized by severe weight loss from starvation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. How many calories in a pound\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. How much would you need to reduce your daily intake of calories in order to lose 5 lbs in 35 days?
17. What are some of the problems associated with fad diets?
18. Eating disorders are often linked to what other three things?
19. Describe the special nutritional needs of each of these groups:

Teens-

Adults-

Males-

Females-

Very active people-

Vegetarians-

People with high cholesterol-

1. What is creatine? Who would want to use it?