**Chapter 6**

**Managing Weight and Body Composition**

**Lesson 1 – Maintaining a Healthy Weight**

1. The way you see your body is your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The ratio of weight to height used to assess body size is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Fruits and vegetables are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to weighing less than the standard weight range for a certain height.

Body mass index/ overweight/ nutrient-dense foods/ underweight/ obesity/ body image

1. How does regular physical activity help promote a healthy weight?

**Lesson 2 – Fad Diets and Eating Disorders**

1. The repeated pattern of loss and regain of body weight is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. An extreme, harmful eating behavior that can cause serious illness or even death is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition in which the irrational fear of becoming obese results in severe weight loss from self-imposed starvation.
4. Compulsive overeating is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Bulimia nervosa/ fad diets/ weight cycling/ eating disorder/ anorexia nervosa/ binge eating disorder

**Lesson 3 – Nutrition for Individual Need**

1. Restoring lost body fluids is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. A person who eats only plant foods is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. A nonfood form of one or more nutrients is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. A chemical substance from plants that may be sold as a dietary supplement is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Why might a pregnant woman need to take a dietary supplement?