

Study Guide

Health Challenges

Directions: Read chapter 12, and answer the following questions. Later, you can use this study guide to review.

1. Identify four signs of stress.

2. Name two ways that good nutrition can help you deal with stress.

3. List five ways to cope with stress.

4. What are chronic health problems? Name four of them.

5. What is the difference between food allergy and food intolerance?

6. Name three or four eating strategies that can help a person deal with chronic health conditions.

7. What is an eating disorder?

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Chapter 12 Study Guide (continued)

8. Identify three ways in which anorexics will try to lose as much weight as possible.

9. What is a binge eating disorder?

10. Identify three health problems associated with anorexia nervosa.

11. Why might it be harder to spot a person with bulimia nervosa than a person suffering from anorexia nervosa?

12. Identify three warning signs of bulimia nervosa.

13. What causes eating disorders?

14. How can those suffering from an eating disorder be helped?

Activity 1

Health Challenges

A Morning with the Carlson Family

Directions: Read the following story that describes a typical day in the Carlson household. On the lines provided, identify the problem with the family’s eating habits, and suggest healthful changes.

Mr. Carlson stood at the range, stirring a steaming pot of oatmeal. “Breakfast!” he called out to his family.

Jeb, the Carlson’s teenage son, was the first in the kitchen. “Sorry, Dad,” he said, pulling on his jacket and grabbing his backpack. “I’ve got a big test this morning, and I’m too stressed to eat.”

“Make that two of us,” said Mrs. Carlson. “I’m late for work.” She grabbed a bottle of multivitamins, popped one in her mouth, and washed it down with a gulp of orange juice. “At least I look after my nutritional needs,” she said pointedly, looking straight at Jeb who was halfway out the door. Jeb shrugged, picked up a piece of toast, and walked out, slamming the door as he went.

“Kids!” Mrs. Carlson said, shaking her head. “Bye, Dear.” She kissed her husband on the cheek and headed to her car.

Mr. Carlson turned off the flame under the pot and stared dejectedly at the uneaten oatmeal. As he started spooning some into a bowl, he heard a sneeze behind him. He turned to find his eleven-year-old daughter Kim. “Young lady,” he scolded, “what are you doing out of bed?”

Kim sneezed again and said, “All that noise down here woke me up.”

Mr. Carlson felt her forehead. “You’re burning up. Get back in bed, and I’ll bring you a nice tray of breakfast.”

“I don’t feel like eating anything,” she replied, sniffing.

“You’re the boss, Sweetie,” her dad said. He carried his bowl of oatmeal to the table where the morning paper awaited him.

“You’re not going to eat that, are you, Dad?” Kim asked.

“And why shouldn’t I?” he asked.

“You know what the doctor said about your diabetes acting up.”

“Don’t you worry about me, Sweetie. I’m not putting any milk or butter on my oatmeal.”

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Activity 2

Health Challenges

Hotline for Health

Directions: Imagine that you are a volunteer for a community hotline geared to helping people with health-related problems. Below are several calls that have recently come in. Answer each call in your own words, using information from the text.

Caller 1: Hi, my name is Lily. I'm 16. My problem is that I'm just plain too fat! I've tried everything I can to lose weight—laxatives, strenuous exercise, starvation diets—but nothing helps. My friends all tell me I already look plenty skinny, but I know they're just being nice. What can I do to lose weight?

Your Response:

Caller 2: I'm worried about my daughter. Every evening after dinner, she leaves the table to go to the bathroom. Then she comes back, smiling, to help with the dinner dishes. The pattern is always the same. Recently, while cleaning her bathroom, I found some laxatives. Do you suppose my daughter has an ulcer or something?

Your Response:
