

Activity 1

Health Challenges

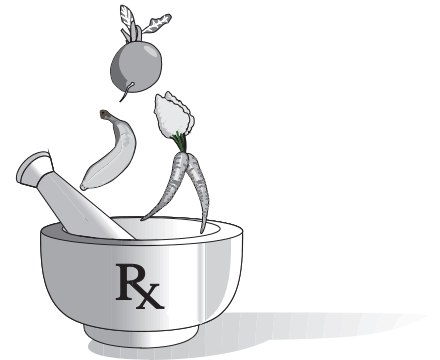
Prescription for Health

Purpose: To review appropriate techniques for dealing with nutritional needs during illness or for people who require special eating plans.

Directions: In the space provided, write the term or terms to which the suggestion applies from the list of health conditions below.

Health Conditions

- | | |
|--------------------------|---------------------|
| Diabetes | Food allergy |
| Food intolerance | High blood pressure |
| High cholesterol | HIV/AIDS |
| Recovery from an illness | Stress |



1. Maintaining or improving appetite.

2. Increasing foods high in fiber, such as soy protein.

3. Avoiding calorie-rich, low-nutrient comfort foods to meet emotional needs.

4. Lowering fat and sodium intake.

5. Adding foods rich in potassium, calcium, and magnesium to the diet.

6. Choosing nutrient-dense foods during periods of inactivity due to injury. This can prevent unwanted weight gain.

7. Avoiding certain foods that may trigger an abnormal response by the immune system.

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8. Determining whether a person's medication impacts the way his or her body uses nutrients or absorbs medication.

9. Sticking to the guidelines for good nutrition by eating nourishing meals.

Activity 2

Health Challenges

Recognizing Eating Disorders

Purpose: To review the warning signs and effects of three eating disorders—anorexia nervosa, binge eating disorder, and bulimia nervosa.

Part I. Directions: In the space provided to the left of each number, write the word or words that complete the statement on the right.

Anorexia Nervosa

- _____ 1. People with the disorder see themselves as ___?___ even if they are dangerously underweight.
- _____ 2. Some people may develop unusual, often rigid, eating habits and ___?___.
- _____ 3. A person with this disorder has an intense fear of ___?___.
- _____ 4. Some people with this disorder frequently spend hours in strenuous ___?___.
- _____ 5. This disorder can lead to lowered heart rate and ___?___.
- _____ 6. Teens and children may experience ___?___ growth.
- _____ 7. Female teens may stop ___?___.
- _____ 8. Anorexia kills about five percent of those who suffer from it, most commonly by ___?___, electrolyte imbalance, and suicide.

Binge Eating Disorder

- _____ 9. People with this disorder cannot ___?___ what or how much they eat.
- _____ 10. A person with the disorder will eat ___?___ large amounts of food in a short time.
- _____ 11. Episodes usually last under ___?___.
- _____ 12. Episodes often occur when a person is ___?___ and are usually followed by feelings of guilt, disgust, and depression.
- _____ 13. People with this disorder develop health problems, such as ___?___ excessive weight gain, high blood pressure, high cholesterol, and ___?___.
- _____ 14. The unbalanced diet and emotional ___?___ associated with this disorder also damage health.

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Chapter 12 Activity 2 (continued)

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