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.

<table>
<thead>
<tr>
<th>Health Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>Food allergy</td>
</tr>
<tr>
<td>Food intolerance</td>
</tr>
<tr>
<td>High blood pressure</td>
</tr>
<tr>
<td>High cholesterol</td>
</tr>
<tr>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>Recovery from an illness</td>
</tr>
<tr>
<td>Stress</td>
</tr>
</tbody>
</table>

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.

(Continued on next page)
Chapter 12 Activity 1 (continued)

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**Health Conditions**

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- Food allergy
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- High blood pressure
- High cholesterol
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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.

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.
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.

(Continued on next page)
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