

Holt Chapter 8 Weight Management Study Guide

1. What is the difference between hunger and appetite?
2. Summarize why eating a healthy breakfast is important.
3. Describe how the balance between food intake and exercise affects body weight.
4. Identify how excess body fat can affect health.
5. Describe how obesity is linked to poor health.
6. Name three factors that influence the foods you choose to eat.
7. Describe how heredity and lifestyle affect body weight.
8. Summarize the components of a healthy weight management plan.
9. List five activities and the amount of calories they burn per hour.
10. Evaluate the dangers of fad diets and weight-loss practices.
11. Calculate your body mass index.
12. Determine if your weight is in a healthy weight range.
13. Discuss the relationship between body image and eating disorders.
14. Describe the type of individual who is most at risk for an eating disorder.
15. List the symptoms and health dangers of the most common eating disorders.
16. Identify ways to help a friend who you think is developing an eating disorder.
17. Identify health organizations in your community that help people with eating disorders.
18. Describe three of the most common digestive disorders.
19. Describe how diarrhea can be life threatening.
20. Discuss how food allergies can affect health.
21. Identify a common cause of food intolerances.
22. List things you can do to reduce your chances of getting a foodborne illness.