

Reteaching Activity 6-2

Directions: Complete the chart below by describing the eating disorder and the health problems associated with each of them.

Eating Disorder	Description	Health problems
anorexia nervosa		1. 2. 3. 4. 5. 6.
bulimia nervosa		1. 2. 3. 4. 5. 6.
exercise bulimia		1. 2. 3. 4.
binge eating disorder		
bigorexia		

Lesson 6-2

Reteaching Activity 6-3

Directions: Using the information from the text, indicate whether each statement in the chart below is a myth or a fact.

Statement	Myth or Fact
1. It is reasonable to lose 10 to 20 pounds in one week.	
2. It is best to eat several (3 to 5) smaller meals and snacks per day to control body weight and composition.	
3. Maintaining a higher Resting Metabolic Rate allows your body to burn more calories through involuntary functions such as breathing and digestion.	
4. Consuming large amounts of protein and lifting weights are the best ways to increase the size of your muscles and your muscular strength.	
5. Most vitamins and minerals give you extra energy because they do not supply your body with calories.	
6. The best way to burn calories is to perform moderate to vigorous physical activity that will burn 400–600 calories in an hour.	
7. Foods high in sugar consumed right before exercise can lower your glucose levels.	
8. Water is the best fluid to drink to replace the fluids you lose by sweating.	
9. The majority of fad diets are healthy.	
10. Beware of any diet plan that requires the purchase of a weight-loss aid, such as a supplement, appetite suppressant, or books and videos.	
11. All fad diets place the unsuspecting consumer at risk of malnutrition or other health problems.	
12. A high-protein diet can have a positive impact on your physical performance.	
13. Diet pills do not have any harmful side effects.	
14. All natural weight-loss remedies are safe.	

Lesson 6-3

15th X