

How to Use This Presentation



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- From the Chapter menu screen click on any lesson to go directly to that lesson’s presentation.
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Chapter menu

Resources

Resources



Chapter Presentation

Image and Activity Bank

Transparencies

Brain Food Video Quiz

Bellringers

Quotes About Character

Chapter Menu

Quotes About Character



“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”

—William Shakespeare



[Chapter menu](#)

[Resources](#)

What's Your Health IQ?

KNOWLEDGE

Which of the statements below are true, and which are false? Check your answers on p. 642.

- 1.** Your friends, family, and environment can influence what foods you eat.
- 2.** Eating breakfast can help your performance in school.
- 3.** It is possible for a person with a high body weight to have a healthy level of body fat.
- 4.** Weight loss is the focus of any weight management plan.
- 5.** Eating disorders are serious problems that require medical help.
- 6.** Diarrhea can be life threatening.
- 7.** Most food-borne illnesses are caused by food eaten at restaurants.

Chapter 8

Weight Management and Eating Behaviors



Contents

- **Section 1** Food and Your Body Weight
- **Section 2** Maintaining a Healthy Weight
- **Section 3** Eating Disorders
- **Section 4** Preventing Food-Related Illnesses



Chapter menu

Resources

Chapter 8

Section 1 Food and Your Body Weight



Bellringer

- **Make a list of your favorite foods. Why are these foods your favorites?**



[Chapter menu](#)

[Resources](#)

Chapter 8

Section 1 Food and Your Body Weight



Objectives

- **Discuss** the difference between hunger and appetite.
- **Summarize** why eating a healthy breakfast is important.
- **Describe** how the balance between food intake and exercise affects body weight.
- **Describe** how obesity is linked to poor health.
- **Name** three factors that influence the foods you choose to eat.



Chapter menu

Resources



Why Do You Eat?

- **Hunger** is the body's physical response to the need for food.
- **Appetite** is a desire, rather than a need, to eat certain types of food.





Why Do You Eat?

- The amount and type of food you eat depend on many factors, including:
 - The smell and taste of food
 - Mood
 - Family, ethnic, and religious traditions
 - Social occasions
 - Health concerns
 - Advertising
 - Cost and availability





Food Provides Energy

- The amount of energy in food depends on the amount of carbohydrates, fats, and proteins.
- Extra food energy that you do not use immediately is stored as glycogen or fat.
- Breakfast provides you with important energy for activating your body and brain at the start of the day.





Food Provides Energy

- Your **basal metabolic rate (BMR)** is the amount of energy your body uses for basic functions.
- BMR varies from person to person, depending on age, weight, sex, and how active the person is.





Balancing Energy Intake with Energy Used

- You are in **energy balance** when the food energy you take in equals the energy you use.
- Extra food energy increases the body's fat and causes weight gain.
- Some body fat is essential for health.
- Overweight people are too heavy for their height. The extra weight is usually due to excess body fat.





Why Do You Eat?

- Being overweight increases the risk of many long-term health problems, including:
 - Heart disease and high blood pressure
 - Prostate, colon, and breast cancer
 - Type 2 diabetes
 - Sleeping problems such as sleep apnea





Overweight and Obesity: A Growing Problem

- **Obesity** is a condition in which there is an excess of body fat for one's weight.
- More Americans are obese now than ever before.
- Americans today exercise less and eat more foods high in sugar and fat than in the past.
- Exercise and a healthy diet can help most people stay in a healthy weight range.

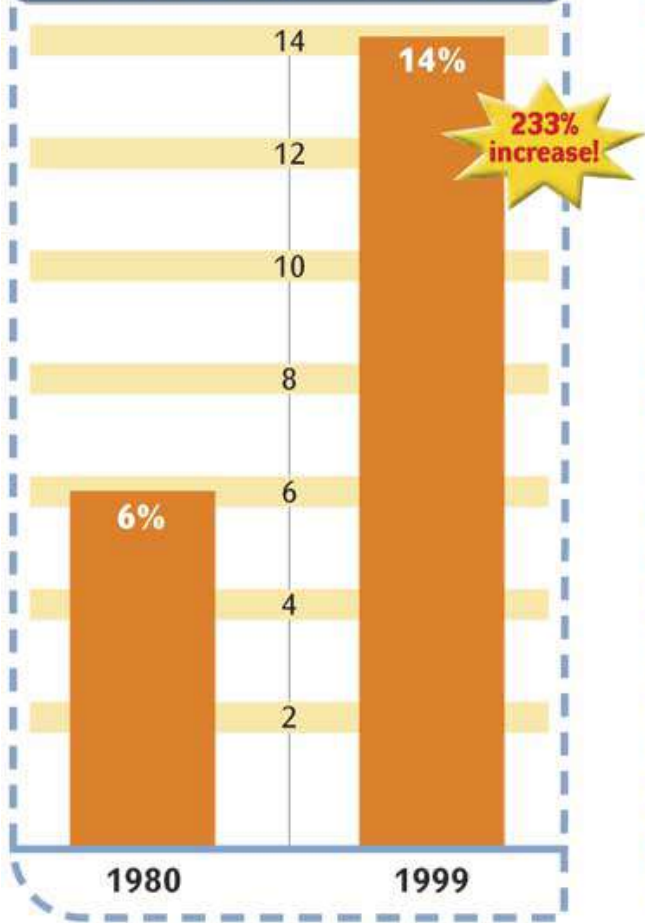


Chapter 8

Section 2 Eating Disorders



Percentage of U.S. Teens Who Are Overweight or Obese



Percentage of U.S. Adults Who Are Overweight or Obese



[Chapter menu](#)

[Resources](#)

Chapter 8

Section 2 Maintaining a Healthy Weight



Bellringer

- Describe some popular diets that you have heard of. Do you think these diets are safe and effective?



Chapter menu

Resources

Chapter 8

Section 2 Maintaining a Healthy Weight



Objectives

- **Describe** how heredity and lifestyle affect body weight.
- **Summarize** the components of a healthy weight management plan.
- **Evaluate** the dangers of fad diets and weight-loss practices.
- **Calculate** your body mass index.
- **Determine** if your weight is in a healthy weight range.



Chapter menu

Resources



Why Do You Weigh What You Weigh?

- **Heredity** is the passing down of traits from parent to child through DNA.
- Whether you gain or lose weight easily is largely due to heredity.
- However, your choices about what you eat, how much you eat, and how much you exercise also affect your energy balance and body weight.





What Is a Healthy Weight For *Me*?

- **Body composition** is a measure of the amount of body weight due to fat compared to the amount of body weight due to bone and muscle.
- Someone can be overweight without being obese, depending on their body composition.
- **Body mass index** is an index of weight in relation to height that is used to assess healthy body weight.



Analyzing DATA

Understanding Body Mass Index

- 1** Malik is 15. He is 5 feet 8 inches tall and weighs 158 pounds. He wants to find out if he is at a healthy weight. To do this, he needs to find his BMI by using the following equation:

$$\text{BMI} = \text{weight (lb)} \div \text{height (in.)} \div \text{height (in.)} \times 703$$

Malik's BMI calculations would be

$$158 \div 68 \div 68 \times 703 = 24.0$$

Malik has a BMI of 24.

- 2** Malik now needs to find the healthy BMI range for 15-year-old boys.
- 3** His BMI of 24 is higher than the healthy range for his age. If he has a lot of muscle mass, the BMI chart may not be right for him. If he does not have a lot of muscle mass, he should then change factors such as his activity level and his snacking habits. Doing so will help him grow in height without growing in weight.

Healthy BMI Range

Age	Boys	Girls
12	14.9–21	14.8–21.6
13	15.4–21.8	15.3–22.5
14	15.9–22.6	15.8–23.3
15	16.5–23.4	16.2–24
16	17.1–24.2	16.7–24.6
17	17.6–25	17.3–25.2
18	17.8–25.6	17.5–25.7

Source: National Center for Health Statistics and National Center for Chronic Disease Prevention and Health Promotion.

Your Turn

1. Calculate your BMI. **MATH SKILL**
2. Is your BMI in the healthy range?
3. Why is the healthy BMI range different for each age group?
4. **CRITICAL THINKING** Let's say your BMI is slightly above the healthy range for your age. Predict what will happen to your BMI over the next year if your weight remains the same, but you grow an inch taller.



A Healthy Weight Management Plan

- **Weight management** is a program of sensible eating and exercise habits that will help keep weight at a healthy level.
- The keys to healthy weight management are to eat better, eat less, and exercise more.
- The goal is to lose fat, not muscle.





A Healthy Weight Management Plan

- If you are underweight, consult a doctor to make sure your low weight is not due to an illness.
- You can gain weight by gradually increasing food intake and by exercising to increase muscle mass.





Dangerous Weight-Loss Practices

- Many weight-loss products and programs fail to provide healthy long-term weight management.
 - Fad diets
 - Diet pills
 - Surgery
- The only safe and reliable way to manage your weight is to balance food intake with exercise.



Chapter 8

Section 2 Maintaining a Healthy Weight

Types of Diets and Diet Products

Diet or product	How it works	Is it dangerous?
Very low carbohydrate diets	<ul style="list-style-type: none">▶ Restricting carbohydrate intake causes fat to be broken down to provide energy.	<ul style="list-style-type: none">▶ They are not healthy in the long term because they are low in grains, fruits, and vegetables.
Liquid formulas	<ul style="list-style-type: none">▶ A low-Calorie liquid “meal” is taken in combination with one regular meal per day to lower the number of Calories a person eats.	<ul style="list-style-type: none">▶ Consuming only the liquid formula can be dangerous and should not be done without medical supervision.
Stimulants <i>ephedra, caffeine</i>	<ul style="list-style-type: none">▶ They reduce one’s appetite and give a feeling of extra energy.	<ul style="list-style-type: none">▶ Side effects can range from nervousness, dizziness, and headache to increased blood pressure, heart attacks, and seizures.
Fasting	<ul style="list-style-type: none">▶ Energy intake is drastically reduced by cutting down on food consumption and, therefore, the number of Calories.	<ul style="list-style-type: none">▶ Weight loss is initially rapid as the body uses fat stores for energy. Then, body proteins are broken down to provide the missing energy which will cause loss of muscle mass.
Diuretics <i>water pills</i>	<ul style="list-style-type: none">▶ Increasing the amount of water lost through urination causes weight loss.	<ul style="list-style-type: none">▶ Taking diuretic pills can cause dehydration and does nothing to reduce body fat.

Chapter menu

Resources



Bellringer

- Describe your ideal body image. Then describe your actual body image. How do the two descriptions differ? Do you think your ideal image is healthy? Do you think it is healthier than your actual image?





Objectives

- **Discuss** the relationship between body image and eating disorders.
- **Describe** the type of individual who is most at risk for an eating disorder.
- **List** the symptoms and health dangers of the most common eating disorders.
- **Identify** ways to help a friend who you think is developing an eating disorder.
- **Identify** health organizations in your community that help people with eating disorders.

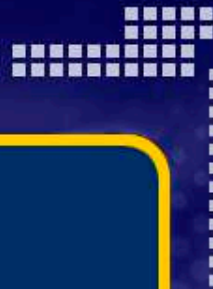




What Are Eating Disorders?

- **Eating disorders** are conditions that involve an unhealthy degree of concern about body weight and shape and that may lead to efforts to control weight by unhealthy means.
- **Body image** is how you see and feel about your appearance and your body.
- Culture and society affect what we think of as a perfect body.





A Closer Look at Eating Disorders

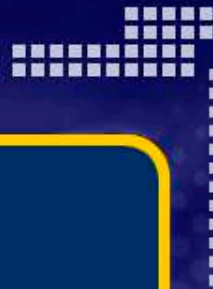
- **Body image is just one factor that can contribute to eating disorders. Other factors include genetics, culture, personality, emotions, and family.**
- **If you have concerns about food or your appearance that have led to trouble in school, at home, or with your friends, consult a parent, doctor, or other trusted adult.**



Chapter menu

Resources





A Closer Look at Eating Disorders

- If you think a friend has an eating disorder, tell your friend about your concern, and help him or her to face the problem. Contact an adult if necessary.



Chapter menu

Resources



Common Eating Disorders

What is it?

Anorexia nervosa is an obsession with being thin that leads to extreme weight loss. Some people with anorexia binge and then purge as a means of weight control. Sufferers often have very low self-esteem and feel controlled by others. The average teen consumes about 2,500 Calories per day. But someone with anorexia may consume only a few hundred Calories.

Signs and symptoms

- ▶ intense fear of weight gain
- ▶ overexercising
- ▶ preferring to eat alone
- ▶ preoccupation with Calories
- ▶ extreme weight loss
- ▶ loss of menstrual periods for at least 3 months
- ▶ hair loss on head
- ▶ depression and anxiety
- ▶ weakness and exhaustion

Treatment

- ▶ medical, psychological, and nutritional therapy to help the person regain health and develop healthy eating behaviors
- ▶ family counseling



Extreme weight loss

Bulimia nervosa is a disorder that involves frequent episodes of binge eating that are almost always followed by behaviors such as vomiting, using laxatives, fasting or overexercising. A person with bulimia may consume as many as 20,000 Calories in binges that last as long as 8 hours.

- ▶ preoccupation with body weight
- ▶ bingeing with or without purging
- ▶ bloodshot eyes and sore throat
- ▶ dental problems
- ▶ irregular menstrual periods
- ▶ depression and mood swings
- ▶ feeling out of control
- ▶ at least two bulimic episodes per week for at least 3 months

- ▶ therapy to separate eating from emotions and to promote eating in response to hunger and satiety
- ▶ nutritional counseling to review nutrient needs and ways to meet them

Photo – Nina Berman/SIPA Press



Common Eating Disorders

What is it?

Binge eating disorder is a disorder that involves frequent binge eating but no purging. It is frequently undiagnosed. About one-quarter to one-third of people who go to weight-loss clinics may have binge eating disorder.

Signs and symptoms

- ▶ above-normal body weight
- ▶ bingeing episodes accompanied by feelings of guilt, shame, and loss of control

Treatment

- ▶ psychological and nutritional counseling

Disordered eating patterns are disordered eating behaviors that are not severe enough to be classified as a specific eating disorder. They are often referred to as “disordered eating behaviors.” Many teens are believed to have disordered eating behaviors that could lead to serious health problems.

- ▶ weight loss (less than anorexia)
- ▶ bingeing and purging less frequently than in bulimia
- ▶ purging after eating small amounts of food
- ▶ deliberate dehydration for weight loss
- ▶ hiding food
- ▶ overexercising
- ▶ constant dissatisfaction with physical appearance

- ▶ psychological and nutritional counseling

Photo – Nina Berman/SIPA Press

Chapter 8

Section 4 Preventing Food-Related Illnesses



Bellringer

- What steps do you take when making a salad? Does your list of steps include washing your hands, the cooking surfaces, the food, and the utensils?



[Chapter menu](#)

[Resources](#)

Chapter 8

Section 4 Preventing Food-Related Illnesses



Objectives

- **Describe** three of the most common digestive disorders.
- **Describe** how diarrhea can be life threatening.
- **Discuss** how food allergies can affect health.
- **Identify** a common cause of food intolerances.
- **List** things you can do to reduce your chances of getting a food-borne illness.



[Chapter menu](#)

[Resources](#)



Food and Digestive Problems

- **Heartburn** is caused by stomach acid leaking into the esophagus. It feels like a burning in your chest.
- Heartburn is caused by overeating high-fat foods, and by stress and anxiety.
- Avoiding high-fat foods will help prevent heartburn.





Food and Digestive Problems

- **Ulcers** are open sores in the lining of the stomach or intestines. They can cause pain after eating.
- Ulcers are caused by bacterial infections. Stress and an unhealthy diet can make ulcers worse.
- Ulcers can be treated with antibiotics.





Food and Digestive Problems

- **Flatulence** is caused by a buildup of gas produced by bacteria in the large intestine when you eat certain indigestible foods.
- **Diarrhea** refers to frequent watery stools. Prolonged diarrhea can cause severe and dangerous dehydration.
- **Constipation** is difficulty in having bowel movements. Constipation can be prevented by exercise, drinking lots of water, and eating a high-fiber diet.





Food Allergies

- A **food allergy** is an abnormal response to a food that is triggered by the body's immune system.
- True food allergies are relatively rare.
- If you think you may have a food allergy, consult a doctor for diagnosis.
- The best way to prevent an allergic reaction is to avoid foods to which you are allergic.
- People with serious food allergies may need to carry epinephrine injections to prevent fatal reactions.





Food Intolerances

- **Food intolerances** are conditions that involve bad reactions to food other than specific reactions of the immune system.
- **Lactose intolerance** is a reduced ability to digest the sugar lactose, found in dairy products.





Food-Borne Illness

- A **food-borne illness** is an illness caused by eating or drinking a food that contains a toxin or disease-causing organism.
- Common symptoms of food-borne illness include nausea, vomiting, and diarrhea.
- Food-borne illnesses are often mistaken for stomach flu.
- Most food-borne illnesses can be treated with rest and lots of fluids.
- If symptoms are severe, you should see a doctor.





Food-Borne Illness

- **Most food born illnesses can be prevented by proper selection, storage, handling, and cooking of food.**
 - **Replace and wash dishcloths frequently**
 - **Keep your refrigerator at 41° F**
 - **Wash hands, utensils, and surfaces with warm, soapy water between each step**
 - **Cook food to recommended temperatures**



Brain Food Video Quiz



Click below to watch the Brain Food Video Quiz that accompanies this chapter.

[Brain Food Video Quiz](#)

You may stop the video at any time by pressing the **Esc** key.



[Chapter menu](#)

[Resources](#)

End of Chapter 8 Show



[Chapter menu](#)

[Resources](#)

Quotes About Character



“If you stand straight, do not fear a crooked shadow.”

—Chinese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“One falsehood spoils a thousand truths.”

—African Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man cannot be comfortable without his own approval.”

—Mark Twain



[Chapter menu](#)

[Resources](#)

Quotes About Character

“Our reverence is good for nothing if it does not begin with self-respect.”

—Oliver Wendell Holmes



[Chapter menu](#)

[Resources](#)

Quotes About Character



**“When the character of a man is not clear to you,
look at his friends.”**

—Japanese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What lies behind us and what lies before us are small matters compared to what lies within us.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A good name, like good will, is got by many actions and lost by one.”

—Lord Jeffrey



[Chapter menu](#)

[Resources](#)

Quotes About Character



“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“He that respects himself is safe from others; He wears a coat of mail that none can pierce.”

—Henry Wadsworth Longfellow



[Chapter menu](#)

[Resources](#)

Quotes About Character



“The reputation of a thousand years may be determined by the conduct of one hour.”

—Japanese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Dreams are the touchstones of our character.”

—Henry David Thoreau



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man’s character is his fate.”

—Heraclitus



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What you do speaks so loud that I cannot hear what you say.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Abstinence is the surety of temperance.”

—Plato



[Chapter menu](#)

[Resources](#)

Quotes About Character



“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”

—William Shakespeare



[Chapter menu](#)

[Resources](#)

Quotes About Character



“No change of circumstances can repair a defect of character .”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“The way to gain a good reputation is to endeavor to be what you desire to appear.”

—Socrates



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Do what you know and perception is converted into character.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Rather fail with honor than succeed by fraud.”

—Sophocles



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is higher than intellect.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“To know what is right and not do it is the worst cowardice.”

—Confucius



[Chapter menu](#)

[Resources](#)

Quotes About Character



“It takes less time to do a thing right, than it does to explain why you did it wrong.”

—Henry Wadsworth Longfellow



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Nature magically suits a man to his fortunes, by making them the fruit of his character.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“That soul that can be honest is the only perfect man.”

—John Fletcher



[Chapter menu](#)

[Resources](#)

Quotes About Character



“One does evil enough when one does nothing good.”

—German Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“There is no pillow so soft as a clear conscience.”

—French Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Don't forget to love yourself.”

—Soren Kierkegaard



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is the indelible mark that determines the only true value of all people and all their work.”

—Orison Swett Marden



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”

—John Ruskin



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Fame is vapor, popularity an accident, riches take wing, and only character endures.”

—Horace Greeley



[Chapter menu](#)

[Resources](#)

Quotes About Character



“You can easily judge the character of a man by how he treats those who can do nothing for him.”

—James D. Miles



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.”

—William Penn



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Our deeds determine us, as much as we determine our deeds.”

—George Eliot



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is the result of two things: mental attitude and the way we spend our time.”

—Elbert Hubbard



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man without character is like a ship without a rudder.”

—Karl G. Maeser



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is much easier kept than recovered.”

—Thomas Paine



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is power.”

—Booker T. Washington



[Chapter menu](#)

[Resources](#)

Quotes About Character



“An individual step in character training is to put responsibility on the individual.”

—Robert Baden-Powell



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is a by-product; it is produced in the great manufacture of daily duty.”

—Woodrow T. Wilson



[Chapter menu](#)

[Resources](#)