Lesson: What Is Body Image?

YOUR BODY IMAGE

1. Which of the following changes is likely to happen to teens?
   a. growing taller
   b. developing more muscle mass
   c. gaining weight
   d. All of the above

2. What is body image and why is it important?

3. If you feel ________________ with yourself and your body, you will be
   more likely to have ________________ when faced with new challenges.

4. If you feel ________________ with your body, you may want to
   ________________ how your body looks.

5. Why is a healthy body image especially important for teens?

WHAT IS A HEALTHY BODY IMAGE?

6. To have a healthy body image is to ________________ and feel
   ________________ about your body.

7. People with healthy body image do not constantly ________________
   themselves to other people.

WHAT IS AN UNHEALTHY BODY IMAGE?

8. How do people with an unhealthy body image feel about their body?
   a. comfortable
   b. confident
   c. uncomfortable
   d. proud
Directed Reading continued

9. People who have an unhealthy body image
   a. often compare their bodies to other peoples' bodies.
   b. are very unhappy with their appearances.
   c. may not see themselves accurately.
   d. All of the above

10. What are some effects of having an unhealthy body image?

Lesson: Building a Healthy Body Image
THE MEDIA AND YOUR BODY IMAGE
11. Give four examples of the media.

12. The media often show females who are unusually ____________________
    and males who are unusually ____________________.

FAMILY, FRIENDS, AND BODY IMAGE
13. Teens face many ____________________ and ____________________ changes.

14. When you go through periods of change, you may be sensitive to the
    ____________________ others may make about your
    ____________________

"I" STATEMENTS
15. What is one of the best things you can do when someone teases you about
    your appearance?

16. What is an "I" statement?
Lesson: Eating Disorders

UNHEALTHY EATING BEHAVIOR

17. Why do some people who have unhealthy body images want to change their eating habits?

__________________________________________________________________________

18. What are three types of unhealthy eating behaviors?

__________________________________________________________________________

__________________________________________________________________________

19. What are three dangerous effects of unhealthy eating behaviors?

__________________________________________________________________________

__________________________________________________________________________

OVEREXERCISING

20. What is overexercising?

__________________________________________________________________________

21. Why do some people overexercise?

__________________________________________________________________________

22. What are three negative consequences of overexercising?

__________________________________________________________________________

__________________________________________________________________________

WHAT IS AN EATING DISORDER?

23. What is an eating disorder?

__________________________________________________________________________
24. What are three causes of eating disorders?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

25. What are some physical effects of eating disorders?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

26. What are some emotional effects of eating disorders?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

27. Who can develop an eating disorder?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

28. What are three types of eating disorders?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

ANOREXIA NERVOSA

29. Anorexia nervosa includes
   a. self-starvation.
   b. unhealthy body image.
   c. extreme weight loss.
   d. All of the above

30. People who have anorexia nervosa often have low
    and are scared of becoming even though they may
    be very

31. People who have anorexia nervosa themselves or
    eat only food that is low in and
32. How do some people with anorexia nervosa hide their weight loss?

33. What could happen to a person who has anorexia nervosa if he or she does not get help?

BULIMIA NERVOSA

34. Eating large amounts of food at one time is called _____________________.

35. What are two things that a person who has bulimia nervosa might do after eating a large amount of food?

36. The act of ridding the body of food is called _____________________.

37. What are four possible consequences of bulimia nervosa?

BINGE EATING DISORDER

38. People who have binge eating disorder feel as though
   a. they can’t stop themselves from eating.
   b. they are never hungry.
   c. they want to exercise all the time.
   d. they need to vomit after every meal.

39. Most people who have binge eating disorder also suffer from
   a. extreme weight loss.
   b. fatigue.
   c. headaches and nausea.
   d. depression.
40. Binge eating disorder is a disease in which a person but does not.

41. People who have binge eating disorder may become _______________________.

42. What are some health problems associated with obesity?

GIVING AND GETTING HELP

43. Why is it important to talk to an adult if you think someone has an eating disorder?

Lesson: Managing Your Weight

YOUR HEALTHY WEIGHT RANGE

44. What is the first step in managing your weight healthfully?

45. What is a healthy weight range?

46. The ____________________ is a calculation that can help you find your healthy weight range.

WHAT AFFECTS YOUR WEIGHT?

47. What are five factors that may affect your weight?
KEEPING A HEALTHY WEIGHT

48. Balancing a healthy ___________________ with ___________________ will help you keep a healthy weight.

49. Your body uses the food you eat for ___________________.

50. If you eat more food than your body needs, you will ___________________.

51. If you eat less food than your body needs, you will ___________________.

WHY DO YOU EAT?

52. What are three situations that may affect how much you eat?

__________________________

__________________________

__________________________

EATING HEALTHFULLY

53. What are some diet choices you can make to keep a healthy weight?

__________________________

__________________________

__________________________

STAYING PHYSICALLY ACTIVE

54. Why is it important to be physically active?

__________________________

__________________________

55. What are five ways you can stay physically active?

__________________________

__________________________

__________________________

__________________________

__________________________