

NAME \_\_\_\_\_

HOUR \_\_\_\_\_

## CHAPTER 6 STUDY GUIDE

1. Obesity is \_\_\_\_\_.
2. Anorexia nervosa has consequences close to \_\_\_\_\_ and \_\_\_\_\_.
3. A \_\_\_\_\_ lifestyle and eating \_\_\_\_\_ leads to obesity.
4. It is important to drink plenty of water before and during a heavy workout because keeping hydrated prevents \_\_\_\_\_.
5. The number of \_\_\_\_\_ a person takes in each day should be unaffected by \_\_\_\_\_.
6. List 3 key strategies for weight management.
  - 
  - 
  -
7. \_\_\_\_\_ is the ratio of \_\_\_\_\_ to \_\_\_\_\_.
8. Compared to an adult of appropriate weight, an underweight adult will have (list 2)
  - 
  -
9. What will happen if you take in more calories than you burn?
10. List 3 nutrient dense foods.
  - 
  - 
  -
11. Keeping hydrated during a workout prevents \_\_\_\_\_.

12. What two stages of life do you need to most nutrients/calories?

- 
- 

13. Which should be taking in more calories and adult or adolescent?

14. Are liquid diets a safe way to lose weight? Yes or No

15. Do vegetables, whole grains, and fruits provide all the nutrients an animal does? Yes or No

16. Being overweight and obese can strain the \_\_\_\_\_.

17. Do genetics play a factor in a person's weight? Yes or No

18. Is body comp the same as body weight? Yes or No

19. \_\_\_\_\_ is when you binge eat and then purge.

20. Can eating disorders be fatal? Yes or No

21. The use of anabolic steroids can have serious side effects. Yes or No

22. \_\_\_\_\_ eat only foods that come from plant sources.

23. \_\_\_\_\_ is said to be the best source of nutrients for infants.

24. Herbal supplements are considered "natural" and safe to consume. Yes or No

25. When should athletes carb load?

26. Fad diets are popular and seem to work over time. Yes or No

27. \_\_\_\_\_ is what you think about your body.

28. \_\_\_\_\_ is the restoring of lost body fluids. Yes or No