

Skills Worksheet

Directed Reading

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?

Directed Reading *continued*

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?

Directed Reading *continued*

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
_____.

Directed Reading *continued*

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.

Directed Reading *continued*

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?

Directed Reading *continued*

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?
- _____
- _____
- _____
- _____

Answer Key

Directed Reading

LESSON: WHAT IS BODY IMAGE?

1. d
2. Body image is how you see and imagine your body. It is important because your body image can affect all aspects of your life.
3. comfortable; confidence
4. uncomfortable; change
5. A healthy body image is important for teens because having a healthy body image helps teens face situations and challenges with confidence and also helps teens to be emotionally healthy. It is especially important for teens because this is a time when teens' bodies are changing in many ways. Having a healthy body image can help teens to deal with these changes in positive, healthy ways.
6. accept; good
7. compare
8. c
9. d
10. People with unhealthy body images may avoid spending time with other people, trying new things, or being active in class, which may hurt their grades. People with unhealthy body images may drastically change their eating habits, which may be dangerous.

LESSON: BUILDING A HEALTHY BODY IMAGE

11. TV, magazines, movies, music videos
12. thin; muscular
13. emotional; physical
14. comments; appearance
15. respond with an "I" statement
16. An "I" statement tells someone how you feel by using a statement that begins with the word *I* instead of the word *you*.

LESSON: EATING DISORDERS

17. to become thinner or more muscular; to be accepted or popular

18. skipping meals; eating only certain foods; eating large amounts of foods at one time; using diet pills; following unhealthy diets; following fad diets
19. can affect growth; can affect development; can affect learning; can affect the ability to learn; can develop into eating disorders
20. Overexercising is when a person exercises harder or for a longer period of time than is healthy.
21. Some people overexercise in order to lose weight, because they are concerned about their weight, because they feel the need to be better at athletics, or because they may feel depressed.
22. injury, feeling tired all the time, can lead to an eating disorder
23. An eating disorder is a disease in which a person has an unhealthy concern with his or her weight and body shape.
24. low self-esteem; emotional problems; poor or unhealthy body image
25. dangerous digestive problems, heart failure
26. depression, anxiety
27. Anyone can develop an eating disorder. Men, women, adults, children, and people of all races and cultures can develop eating disorders.
28. anorexia nervosa, bulimia nervosa, binge eating disorder
29. d
30. self-esteem; fat (overweight); thin
31. starve; fat; calories
32. by wearing baggy clothes or many layers of clothes
33. kidney problems, heart problems, death from starvation
34. bingeing
35. eliminating food by taking laxatives; eliminating food by vomiting
36. purging
37. nutritional deficiency; gum decay; tooth decay; swollen jaw; swollen cheeks; stained teeth
38. a
39. d
40. binges; purge