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Chapter 11: Weight

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CHAPTER 11 Managing Weight
and Eating Behaviors
Managing Weight and Eating
Behaviors Chapter 11 *A teen
with a positive body image
is happy with most aspects

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of his or her appearance. *A claim of effortless weight loss is a characteristic of a fad diet. *Weight cycling is NOT classified as an eating disorder. *Using laxatives

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weight Flashcards ... -
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"Gaining Weight." As you
read, fill in the circles
with useful tips from the
lesson. Fill in the
overlapping area with advice

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that is useful for everyone trying to maintain a healthy weight. BIG Idea Maintaining a healthy weight helps you protect your health and prevent disease. Losing Weight Gaining Weight 1. Predict What would happen if

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...

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National Institute of Health

68.8% of American adults are
overweight & 35.7% of

American adults are obese

35.5% of adult men and 35.8%

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of adult women are obese
what percentage of American
adults are overweight? 68% 1
pound of fat is equal to...
3,500 calories Body
composition fat-free mass
(lean body mass) and body
fat [...]

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Answers

Match. Gravity. Created by. nnylfnayr. Terms from "Glencoe Health" Chapter 11. Taken from glossary. Terms in this set (17) metabolism. the process by which the body breaks down substances and gets energy from food.

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Answers

body mass index. BMI; a
measure of body weight
relative to height ...

CHAPTER 11

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Chapter 11- Managing Weight
& Eating Behaviors. Freshman
Health period 4 & 8- Mr.

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Answers

Hamill. The calorie Connection. Calories are units to measure energy in food. Energy Balance- the balance between calories consumed and calories burned . A surplus in calories consumed= weight gain. Burn

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Answers

more calories than consumed=
Weight loss. An equal
balance= Weight Maintaining.
Metabolism. Metabolism: The
...

Chapter 11 Managing Weight

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Answers

Health Ch. 11: Managing
Weight and Eating Behaviors

...

Chapter 11 Lesson 1
Maintaining a Healthy Weight
Your Energy Balance

Directions: Burning calories
or reducing the number of

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calories that you consume can help you lose weight. If you consume more calories than you burn, you will gain weight. Conversely, if you consume fewer calories than you burn, you will lose weight. It takes about 3,500

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Chapter 11: Managing Weight
and Eating Behaviors ...

Chapter 11: Managing Weight
and Eating Behaviors. Terms
from "Glencoe Health"

Chapter 11. Taken from

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Answers

glossary. STUDY. PLAY.

metabolism. the process by which the body breaks down substances and gets energy from food. body mass index.

BMI; a measure of body weight relative to height.

overweight. heavier than the

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standard weight range for
your height . obese. having
an excess of body fat ...

Chapter 11: Managing Weight
and Eating Behaviors ...

Chapter 11 Managing Weight
and Eating Behaviors. STUDY.

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Flashcards. Learn. Write.

Spell. Test. PLAY. Match.

Gravity. Created by.

sblake35. 1. Maintaining a

Healthy Weight 2. Body Image

and Eating Disorders 3.

Lifelong Nutrition. Terms in

this set (38) metabolism. A

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set of chemical reactions through which an organism builds up or breaks down materials as it carries out its life processes ...

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Chapter 11 Managing Weight and Eating Behaviors

View Notes - book ch 11 - managing_weight_and_eating_disorders from PSYC 4357 at University of Texas, Arlington. 11 Managing

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Lesson 1 Maintaining a
Healthy Weight BIG Idea

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Ch. 11 - Managing Weight and Eating Behaviors by Cara ...

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Answers

Chapter 11: Managing Weight and Eating Behaviors Lesson 1: Maintaining a Healthy Weight A. The Calorie Connection calories than found in food, If you consume are units used to measure the calories than

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Answers

you take in, you will
weight. weight. If you use
your body needs, you will is
called in and those you The
balance between the calories
you 1 ...

Chapter 11- Managing Weight

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& Eating Behaviors

Chapter 11 Student Activity

Workbook 147 Lesson 2 Body

Image and Eating Disorders

Chapter 11 Eating Disorders

Directions: Paula is

preparing a report that

discusses eating disorders.

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Answers

Unfor-tunately, her computer crashed while she was making the outline for the report.

Reorganize Paula's notes by placing the statements from the list under the

11 Managing Weight and

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Answers

Eating Behaviors

chapter 11 lesson 1. the ability to manage weight in healthful ways requires an understanding of the methods used to determine a healthy weight range and the factors that impact an individual's

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food needs.

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_and_eating_disorders - 11

...

Glencoe Health Chapter 11
Managing Weight and Eating
Behaviors LESSON 2 Body

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Answers

Image and Eating Disorders

Physical Change Affect

Lesson Home . Main Idea Fad

Diets Fad diets are neither

safe nor reliable ways to

lose weight. People on fad

diets may lose weight

temporarily, but they

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usually regain it after
going off the diet. Glencoe
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LESSON 2 ...

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18af](https://www.stuvia.com/doc/1261286/2b9cd376e6330ffbfcae8d18af)