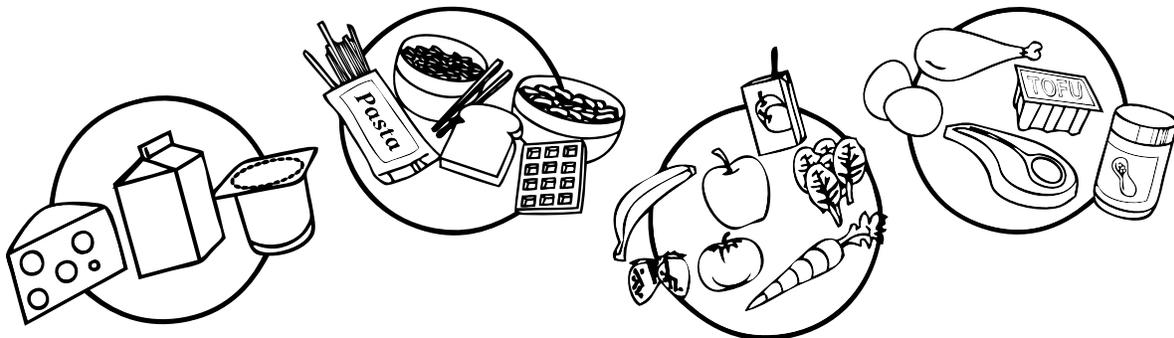


# Test Your Knowledge

Answer TRUE or FALSE to the following statements:

Name: \_\_\_\_\_

	True	False
1. Sports dieting is a healthy way to achieve athletic goals.	<input type="checkbox"/>	<input type="checkbox"/>
2. The more protein you eat, the bigger your muscles will be.	<input type="checkbox"/>	<input type="checkbox"/>
3. Body weight is mostly determined by heredity.	<input type="checkbox"/>	<input type="checkbox"/>
4. Most people who use steroids do so to enhance athletic performance.	<input type="checkbox"/>	<input type="checkbox"/>
5. Positive self-talk, being confident and connecting with people who make you feel good are ways to increase self-esteem.	<input type="checkbox"/>	<input type="checkbox"/>
6. Some media messages tell us that we can never be too thin.	<input type="checkbox"/>	<input type="checkbox"/>
7. Weight loss diets are healthy.	<input type="checkbox"/>	<input type="checkbox"/>
8. Healthy eating means eating only low fat foods.	<input type="checkbox"/>	<input type="checkbox"/>
9. Anorexia Nervosa only occurs in females.	<input type="checkbox"/>	<input type="checkbox"/>
10. Significant weight loss, preoccupation with food, feeling cold, and fatigue are some signs of Anorexia Nervosa.	<input type="checkbox"/>	<input type="checkbox"/>
11. Binge eating disorder is a type of dysfunctional eating.	<input type="checkbox"/>	<input type="checkbox"/>
12. Purging does not result in any nutrient imbalances.	<input type="checkbox"/>	<input type="checkbox"/>
13. Obsessing about food all the time is an example of dysfunctional eating.	<input type="checkbox"/>	<input type="checkbox"/>
14. Binge eating followed by purging, vomiting or using laxatives and weight fluctuation are some signs of Bulimia Nervosa.	<input type="checkbox"/>	<input type="checkbox"/>



Region of Peel Healthy Department, Toronto Public Health, York Region Health Services, Discovery Healthy Eating! A Teacher's Resource for Grades 1-8, 2000.

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# Test Your Knowledge Answer Sheet for Teachers



**1. Sports dieting is a healthy way to achieve athletic goals.**

a. False

Sports dieting, especially if it excludes or over-emphasizes one food group, is not healthy. A balanced eating pattern which follows *Canada's Food Guide to Healthy Eating* is recommended for overall good health for everyone.

**2. The more protein you eat, the bigger your muscles will be.**

a. False

Exerting a force against a muscle builds muscle (e.g., weight lifting, walking and cycling). The body needs protein every day to build and repair tissue. Excess protein will not automatically be converted into muscle tissue; rather, excess Calories from protein can be converted into fat tissue.

**3. Body weight is mostly determined by heredity.**

a. True

Different body shapes and sizes are among the things that make each person unique. Because body shape and size are determined by genetics, many heavy children will never be "thin". However, they can be healthy, active people who feel good about themselves. Being comfortable with one's body is an important step in developing a good sense of self.

**4. Most people who use steroids do so to enhance athletic performance.**

a. False

Steroids are now being used more for body image concerns in males than for athletic performance. They are not healthy for either purpose. Numerous health hazards are associated with the use of steroids such as hair loss, acne, increased irritability and aggressiveness and a bloated appearance.

**5. Positive self-talk, being confident and connecting with people who make you feel good are ways to increase self-esteem.**

a. True

Self-esteem is the confidence and satisfaction a person has in them self. When you have a healthy self-esteem you feel more positive about your body. It is important to think about the things that you like about yourself beyond physical appearance (e.g., being a good softball player, being a good friend). It is important not to focus on the individual parts of your body but to focus on your body as a whole.

**6. Some media messages tell us that we can never be too thin.**

a. True

The media can be a powerful influence on how people see themselves. The media often delivers messages that "thin is in" and that a large body shape is unacceptable. Often these messages create false images of what people should look like and glamorize unhealthy images.

**7. Weight loss diets are healthy.**

a. False

Weight loss diets are unhealthy, especially for adolescents who are still growing. When you are on a weight loss diet you cannot obtain the proper nutritional requirements and the amount of food needed by the body to function properly. When dieting, you become preoccupied with food, weight and body shape. To reach and maintain a healthy weight, adopt healthy eating practices, enjoy physical activity and promote a positive body image.



## Test Your Knowledge Answer Sheet for Teachers



### 8. Healthy eating means eating only low fat foods.

a. False

Healthy eating means making a variety of food choices from Canada's Food Guide to Healthy Eating including both low and high fat foods. Foods such as vegetables, fruits, whole grains, milk, cheese, meat, and beans make up a healthy eating pattern. Healthy eating also includes eating when you are hungry and stopping when you are full.

### 9. Anorexia Nervosa only occurs in females.

a. False

Both males and females can develop Anorexia Nervosa, although eating disorders tend to affect females in their teenage years most often. It is estimated that 5% of those suffering from eating disorders are male.

### 10. Significant weight loss, preoccupation with food, feeling cold, and fatigue are some signs of Anorexia Nervosa.

a. True

There are many signs and symptoms of Anorexia Nervosa that affect the body and can be dangerous; these are just a few common examples.

### 11. Binge eating disorder is a type of dysfunctional eating.

a. True

Binge eating disorder involves eating large amounts of food in a short period of time, usually alone, without being able to stop when full. The overeating or bingeing is often accompanied by feeling out of control and followed by feelings of depression, guilt, or disgust.

### 12. Purging does not result in any nutrient imbalances.

a. False

One of the negative healthy effects of purging is electrolyte imbalance. Vomiting is one form of purging. Other negative health effects of vomiting are severe tooth decay, broken blood vessels in the face and eyes, blurred vision, and kidney and liver damage.

### 13. Obsessing about food all the time is an example of dysfunctional eating.

a. True

Dysfunctional eating includes everything from dieting to Anorexia Nervosa. People can develop many different eating and weight problems that vary in severity. The body has a natural way of letting us know how much food to eat. The emphasis should be on trusting the body's messages to eat when hungry and stop when full.

### 14. Binge eating followed by purging, vomiting or using laxatives and weight fluctuation are some signs of Bulimia Nervosa.

a. True

Bulimia Nervosa involves a cycle of eating large quantities of food (bingeing), followed by purging through vomiting or using laxatives. This disorder occurs in approximately 3% of adolescents, most of whom are female.

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