

Adventures in Food and Nutrition! © 2012

Chapter 4: Weighing Your Choices

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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-
-
-

Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
-
-
-
-



anorexia nervosa

An eating disorder that causes people to starve themselves.

- FOLD -

01 of 11 E-Flash Cards



binge eating

An eating disorder that involves the rapid eating (or chewing and spitting out) of thousands of calories in a short time.

- FOLD -

02 of 11 E-Flash Cards



bulimia nervosa

An eating disorder that causes people to binge and purge themselves.

- FOLD -

03 of 11 E-Flash Cards



calorie balance

Eating the same number of calories as you burn.

- FOLD -

04 of 11 E-Flash Cards

fad diet

A quick weight loss diet that doesn't usually work and can be harmful to health.

- FOLD -

05 of 11 E-Flash Cards



healthy weight

The weight that is right for a person's age and height.

- FOLD -

06 of 11 E-Flash Cards



obese

Having an excessive amount of body fat.

- FOLD -

07 of 11 E-Flash Cards



purge

To rid the body of food by vomiting or abusing laxatives.

- FOLD -

08 of 11 E-Flash Cards

underweight

A body weight that is much lower than a healthy weight.

- FOLD -

09 of 11 E-Flash Cards



vital functions

Body processes that keep you alive.

- FOLD -

10 of 11 E-Flash Cards



weight control

Keeping your body at a healthy weight.

- FOLD -

11 of 11 E-Flash Cards



- FOLD -