

**ACTIVITY**

### When Eating Goes Wrong

**Directions:** Fill in the missing word or words in the sentences below.

1. Unhealthy behavior involving food that often involves an emotional problem is called \_\_\_\_\_.
2. A person with anorexia nervosa eats \_\_\_\_\_.
3. A disorder involving bingeing and often purging is called \_\_\_\_\_.
4. An eating disorder can cause severe health problems that include \_\_\_\_\_.
5. Eating disorders are most likely to occur in the \_\_\_\_\_ age group, especially among \_\_\_\_\_.
6. One of the warning signs of an eating disorder is \_\_\_\_\_.

**Directions:** Answer the following questions on the lines provided.

7. Why is it often hard to tell that someone has an eating disorder?  
\_\_\_\_\_  
\_\_\_\_\_
8. What is a warning sign of a binge eating disorder?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Why is it important to get help quickly for a person with an eating disorder?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ACTIVITY**

**Food for Sickness and Health**

**Directions:** Complete each of the sentences below on the line provided.

1. Offering sick people soup, juice, and water is a way of making sure that they get plenty of \_\_\_\_\_.
2. Before you bring food to people who are sick in bed, you should make sure that they are \_\_\_\_\_.
3. To make food more appetizing to sick people, prepare nutritious food and make it look \_\_\_\_\_.
4. When you eat with a sick person, you should be \_\_\_\_\_.
5. When a sick person has a poor appetite, it can help to fix meals that are \_\_\_\_\_.
6. To prevent the spread of illness, the dishes, cups, napkins, and utensils used by the sick person should be \_\_\_\_\_.

**Directions:** On the line next to each of the symptoms described below, write *intolerance* if the symptom is caused by a food intolerance and *allergy* if it is caused by a food allergy.

- |       |   |
|-------|---|
| _____ | 7. Gas pain after eating grain foods containing gluten        |
| _____ | 8. A rash after eating eggs                                   |
| _____ | 9. Breathing problems after eating peanuts                    |
| _____ | 10. Diarrhea and gas after eating high-lactose dairy products |
| _____ | 11. Itching and headache after eating shrimp                  |

**Directions:** Name two ways you can enjoy dairy products even if you have a lactose intolerance.

\_\_\_\_\_

\_\_\_\_\_

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**Food to Control Illness**

**Directions:** Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- |       |   |
|-------|---|
| _____ | 1. A person with diabetes has trouble controlling blood levels of <i>proteins</i> .   |
| _____ | 2. <i>Insulin</i> , a body chemical, helps sugar move through the blood to the cells. |
| _____ | 3. Being <i>overweight</i> increases your risk of developing diabetes.                |
| _____ | 4. People who have diabetes need to <i>get lots of rest</i> .                         |

**Directions:** Match each description in the left column with the correct term from the right column. Write the letter of the correct term in the space provided. Do not use any term more than once.

Modified Diet	Medical Condition
5. _____ low-fat, low-cholesterol diet	A. digestive problems
6. _____ low-sodium diet	B. high blood cholesterol
7. _____ high-fiber diet	C. difficulty chewing
8. _____ soft diet	D. high blood pressure and kidney disease

**Directions:** On the lines provided, write your answer to the following question.

9. What are two reasons that it is important to consider food when you take medicine?
- \_\_\_\_\_
- \_\_\_\_\_