

Activity 46

Eating Disorders and Body Image

Eating disorders are extreme eating behaviors that can lead to sickness and even death. Some people with eating disorders have an unrealistic image of themselves, seeing themselves as overweight when they are in fact very thin.

Part I Directions: Write a term from the box next to the correct definition below.

anorexia nervosa	bulimia nervosa	binge eating disorder
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Definitions	Terms
<p>1. Disorder that involves bouts of extreme over-eating followed by vomiting or using laxatives to get rid of the food.</p>	<p>1.</p>
<p>2. Disorder that involves an extreme urge to lose weight by starving oneself.</p>	<p>2.</p>
<p>3. Disorder in which a person cannot resist food and cannot control his or her eating habits.</p>	<p>3.</p>

Part II Directions: Be the very best “you” by following a healthy diet and by exercising regularly. Complete the following tips for keeping a healthy body image.

- _____ **4.** Educate yourself on ? diets.
- _____ **5.** Keep a ? attitude about yourself.
- _____ **6.** Discuss questions about your body with your ? or another trusted adult.
- _____ **7.** Make a commitment to ? daily.
- _____ **8.** Resist ? images of body types.
- _____ **9.** Think of controlling your weight as a ? act.
- _____ **10.** Avoid going on a ? diet that promises quick weight loss.

Activity 47 Safety in the Kitchen

The goal of kitchen safety is to prevent food contamination. You can do this by following a few simple procedures when handling and preparing food.

Directions: Check your understanding of kitchen safety by answering the following questions.

1. What is the most deadly form of food poisoning?

2. Where are E. coli bacteria most commonly found?

3. Where are salmonella bacteria commonly found?

4. What actions can you take to prevent salmonella bacteria contamination?

5. What can you do to prevent hot, perishable foods from spoiling?

6. What can you do to prevent cold, perishable foods from spoiling?

7. How can you prevent packed lunch foods from spoiling?

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8. How can you prevent leftovers from spoiling?

9. How should you prepare leftovers that you plan to freeze?

10. What action should you take after cutting raw meat on a cutting board?

11. What's the safest way to thaw frozen foods?

12. What should you do with a spoon that you have used for tasting food?

13. What action should you take if you spill something on the floor?

14. What should you do if you find a bulging or damaged can in the pantry?

15. Why do you need at least two different towels in the kitchen?

Activity 48

Accident Prevention in the Kitchen

The most common kitchen accidents are falls, burns, fires, cuts, and electric shocks. Good, safe work habits could prevent most kitchen accidents.

Directions: The sentences that follow are all concerned with preventing accidents in the kitchen. Complete each sentence with the missing word or words.

Falls

- _____ 1. Stand on a short ? to reach high or hard-to-reach items.
- _____ 2. Turn pot and pan handles toward the ? of the stove.
- _____ 3. Keep cupboard doors and drawers ? when not in use.

Burns

- _____ 4. Use dry ? when removing hot foods from the stove.
- _____ 5. When cooking, remove pan lids by tilting them ? from you.

Fires

- _____ 6. In case there is a fire, keep a fire ? in the kitchen where you can reach it quickly and safely. Make sure you know how to use it.
- _____ 7. When cooking, avoid wearing clothing with long, loose-fitting ? .
- _____ 8. To prevent a fire, keep all ? objects such as paper bags, kitchen towels, and curtains away from the stove.
- _____ 9. If you have food cooking, you should not ? the kitchen.
- _____ 10. If a grease fire starts, ? the flames with a tight-fitting lid.

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Cuts

- _____ **11.** ? knives are safer than dull ones.
- _____ **12.** Always use a cutting ? when cutting foods.
- _____ **13.** Wash knives and other sharp objects ? from other utensils.
- _____ **14.** Store knives in a knife ?.
- _____ **15.** Never pick up broken ? with your bare hands.
- _____ **16.** Sweep broken glass into a ?.

Electric Shocks

- _____ **17.** Avoid using any appliance that has a frayed or ? cord.
- _____ **18.** Make sure your hands are ? before you use electrical equipment.
- _____ **19.** Disconnect appliances by pulling out the plug, not by tugging on the ?.
- _____ **20.** Keep portable appliances ? when you are not using them.