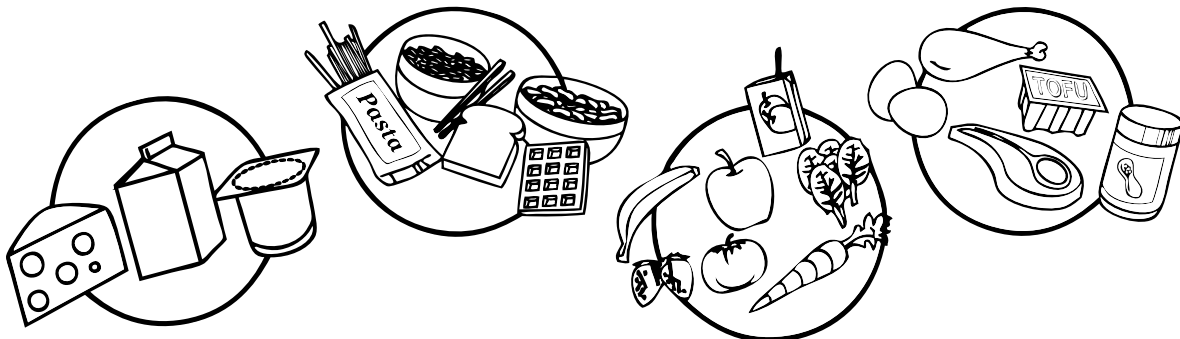


Test Your Knowledge

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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