

Study Questions Chapter 9

For the next few questions, read the **first few paragraphs** of chapter 9 as well as the section called **“The Problems of Too Little or Too Much Body Fat”**.

1. Which does the text say you have the greatest likelihood of controlling?
 - a. Your body weight
 - b. Your behavior

2. The text says that being overly thin is a disadvantage for people living with: (Select all that apply.)
 - a. Famine
 - b. long-term hospitalization
 - c. wasting diseases
 - d. cancer

3. Oregon’s obesity rate in the first part of the **1990 (or 1991)** was:
 - a. 20-24%
 - b. 15-19%
 - c. 10-14%
 - d. less than 10%

(As of **2005**, Oregon’s obesity rate was in the 20-24% range.)

4. Which seems to be especially dangerous with regard to risk of diabetes, stroke, hypertension and coronary artery disease?
 - a. Subcutaneous fat in the abdominal area
 - b. Visceral fat in the abdominal area
 - c. They are equal

5. BMI (Body Mass Index) is calculated by comparing your weight to your
 - a. Height
 - b. Waist circumference

6. Describe at least **TWO** consequences of prejudice against obesity mentioned in the text. ” (Keep in mind that there is sometimes social prejudice toward people who are naturally very thin.)

For the next few questions, read the section called **“The Body’s Energy Balance”**.

7. (Fill in the blank.) A way to speed up your BMR is to make endurance and strength-building activities a daily habit so that your body composition becomes as _____ as possible. That's because that tissue is more metabolically active than fat tissue.

8. MATCHING: Study the **Table** in our text called “**Factors That Affect the BMR**”. Match the situation with whether it raises BMR or whether it lowers BMR. On Moodle, you will just be asked one of them.
- Being 40 instead of 25
 - Being tall instead of short
 - Being pregnant
 - Having a lean body composition
 - Having a fever
 - Being under stress
 - Being moderately cold all the time
 - Being calorie-deprived
 - Having high levels of thyroid hormone
9. Which foods can elevate BMR (beyond the effect of any food on BMR) and promote weight loss?
- | | |
|---------------|------------|
| a. Grapefruit | c. Both |
| b. Herbs | d. Neither |
10. Read the section called “**Body Weight versus Body Fatness**”. A person’s threshold for fat content is set by _____

For the next two questions, read the section called “**The Mystery of Obesity**”.

11. Select the TRUE statement:
- a. The stomach’s capacity can adapt to small meals.
 - b. The stomach’s capacity can adapt to large meals.
 - c. Both of these are true.
 - d. Neither of these are true. The stomach’s capacity does not adapt.

For the next few questions, read the section called “**How The Body Loses and Gains Weight**”.

12. Thanks to _____, a healthy person starting with average body fat can live totally without food for as long as about 6-8 weeks.
13. The limit for living totally without food is about 2 months because _____ tissue (like the heart) continues to be degraded and new proteins (like enzymes) can not be assembled.
14. Imagine that you are a 40-year-old American (either male or female) with about 30 pounds of extra weight that is mostly fat. Now read the section called “**Achieving & Maintaining a Healthy Body Weight**”. What did you read that is most helpful to you (as that imaginary person)? Include the page number where you read that information.

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Read **Controversy 9** (at the end of Chapter 9), "**The Perils of Eating Disorders**".

15. What are the three parts of the "female athlete triad"? (Select all that apply.)
- stronger bones
 - bulkier muscles
 - greater endurance
 - abnormal eating behavior
 - amenorrhea (menstruation stops)
 - weakening of bones increasing risk of osteoporosis
16. People with anorexia may continue to starve themselves despite being desperately hungry. A reason for this could be because of what **Controversy 9** says. It says that malnutrition is known to affect brain function. What other aspect of the body does the text say malnutrition can affect?

The following questions are from the lecture outline.

17. Looking **Lecture 9A**: Chapter 9, both ghrelin and leptin are _____ hormones.
- Carbohydrate
 - Lipid
 - Lipase
 - Peptide
 - Pepsin
18. According to **Lecture 9A**: Chapter 9, which may be associated with certain mental health disorders?
- low levels of serotonin
 - high levels of serotonin
 - Both are associated.
 - Neither are associated.
19. According to **Lecture 9A**: Chapter 9, it has been suggested that the brain of a person with anorexia may have ___creased serotonin activity.
- Increased
 - Decreased
20. Look at **Lecture 9B**: PBS FRONTLINE presentation called, "Fat". This presentation says that for at least 2,000 years, the Pima people lived and farmed along the Gila River in what is now southern Arizona. But in the early years of the twentieth century, what does the presentation say changed?
- a war between white settlers and the Pima people destroyed farmland
 - white settlers diverted the upper waters of the Gila river and the Pima's irrigation canals ran dry
 - an infectious disease decimated the native population
 - none of the above
21. **Lecture 9B**: PBS FRONTLINE presentation called, "Fat" says that five hundred miles to the south, there's another Pima Community of just _____ people whose ancestors separated from the main tribe and migrated here nearly a thousand years ago.

22. **Lecture 9B**: PBS FRONTLINE presentation says that _____ of urban children in China are obese.
23. In the **Lecture 9B**: PBS FRONTLINE presentation, how old does Lynn McAfee say she was when she was on her first diet? _____
24. This **Lecture 9B**: PBS FRONTLINE presentation describes a study in which 24 children between the ages of 5 and 8 are given 4 photographs and asked to choose one which they wouldn't like to be their friend as much as the other three. The photograph of which child was the most unpopular child by far?
- the photograph of a child using a wheelchair
 - the photograph of a child who has lost her hair through cancer treatment
 - the photograph of a child from a nation they would have had no contact with
 - the photograph of a fat child
25. Take a look at the FORUM for Week **8** (last week). Do you find one posting done by you? _____
26. **MYSTERY QUESTION**. For this one, have your Ch. **9** lecture notes in front of you. You will be asked 1 or more questions about one of the blanks or the questions asked and answered in Lecture **9A**.