Name: _____

Does Dieting Work?

Answer the following TRUE or FALSE statements.

	True	False
1. Weight loss dieting is good for you.	☐	☐
2. Most dieters keep off the weight they lose.	☐	☐
3. A person's metabolism slows down when they are on low Calorie diets.	☐	☐
4. Like height, our weight is mostly determined by our genetics.	☐	☐
5. A diet that recommends eating only fruits and vegetables is healthy.	☐	☐
6. I should never eat "sometimes" foods.	☐	☐
7. Weight loss diets can isolate us socially.	☐	☐
8. Body fat is bad for you.	☐	☐
9. Weight loss diets can lead to eating disorders.	☐	☐
10. Slimmer people are always healthier than heavier people.	☐	☐
11. The goals of healthy eating are to lose weight and to be slim.	☐	☐

Now convert each false answer into a true statement and provide an explanation (use back of page to record answers).

For example: Healthy eating means only eating low fat foods.
False
True statement: Healthy eating means eating a variety of foods.
Explanation: Healthy eating means choosing a variety of foods from *Canada's Food Guide*.
It is the overall pattern of foods eaten and not any one food, meal or even a day's meals.

Does Dieting Work?
Answer Sheet for Teachers

1. **Weight loss dieting is good for you.**
   False. Weight loss dieting is not good for you because it has many unhealthy physical and psychological effects. For example, dieting increases your chance of becoming malnourished, being tired, gaining weight and can lead to feelings of low self-esteem when the diet fails.

2. **Most dieters keep off the weight they lose.**
   False. People who go on diets may initially experience quick weight loss due to water and protein losses. However, severely restricting food intake will result in low energy, limited food choices, and boredom. Plus, one will likely regain all the lost weight and more very quickly. Only 5% of all dieters will maintain their weight loss after one year.

3. **A person's metabolism slows down when they are on low Calorie diets.**
   True. Metabolism slows down when Calories are low. This means that your body burns less energy (Calories). It begins to adjust to the chronically low energy intakes and becomes better at storing Calories as fat. So, restricting Calories causes an imbalance in your metabolism.

4. **Like height, our weight is mostly determined by our genetics.**
   True. People come in different sizes and shapes. Height and weight are partly determined by the body type you inherited from your family. Just as some people may wish to be taller or shorter, others may wish to weigh more or less than they do. However, dieting is not a solution to weighing less; in fact, it often causes more problems. Find your own unique healthy weight by eating well and being active. Eat when you feel hungry and stop when you feel comfortably full or satisfied. Enjoy regular meals and snacks and use *Canada's Food Guide* to choose a variety of foods that are nutritious and taste good. Find physical activities that you like and will enjoy on a regular basis.

5. **A diet that recommends eating only fruits and vegetables is healthy.**
   False. Our bodies need nutrients from different types of food. Fruits and vegetables nourish our bodies with lots of vitamins, minerals and dietary fibre. Our bodies also need Grain Products for energy, Milk and Alternatives for calcium and bone health, and Meat & Alternatives for our organs and muscle function. The key is to follow balanced eating habits based on *Canada's Food Guide.*

6. **I should never eat "sometimes" foods.**
   False. Weight loss diets often classify foods as "good" or "bad", but all foods can be included in a healthy eating pattern. There is no such thing as a "bad" food. It is okay to eat all foods including chocolate, cake and cookies as long as they are eaten in moderation. Food should be enjoyed without guilt.

7. **Weight loss diets can isolate us socially.**
   True. Weight loss diets affect us socially as well as physically. People on weight loss diets may become excessively preoccupied with looks and body image. This, in turn, may lead to social withdrawal such as not attending parties or no longer hanging out with friends.

continued on next page

Does Dieting Work?
Answer Sheet for Teachers

8. **Body fat is bad for you.**
   False. Body fat plays an essential role in our bodies. Our bodies need body fat for the proper functioning of cells, membranes, and the nervous system. Women in general have more body fat than men. Women have additional body fat that is gender specific fat. This fat is stored in the breasts, thighs and hips and is needed for female reproductive health such as pregnancy.

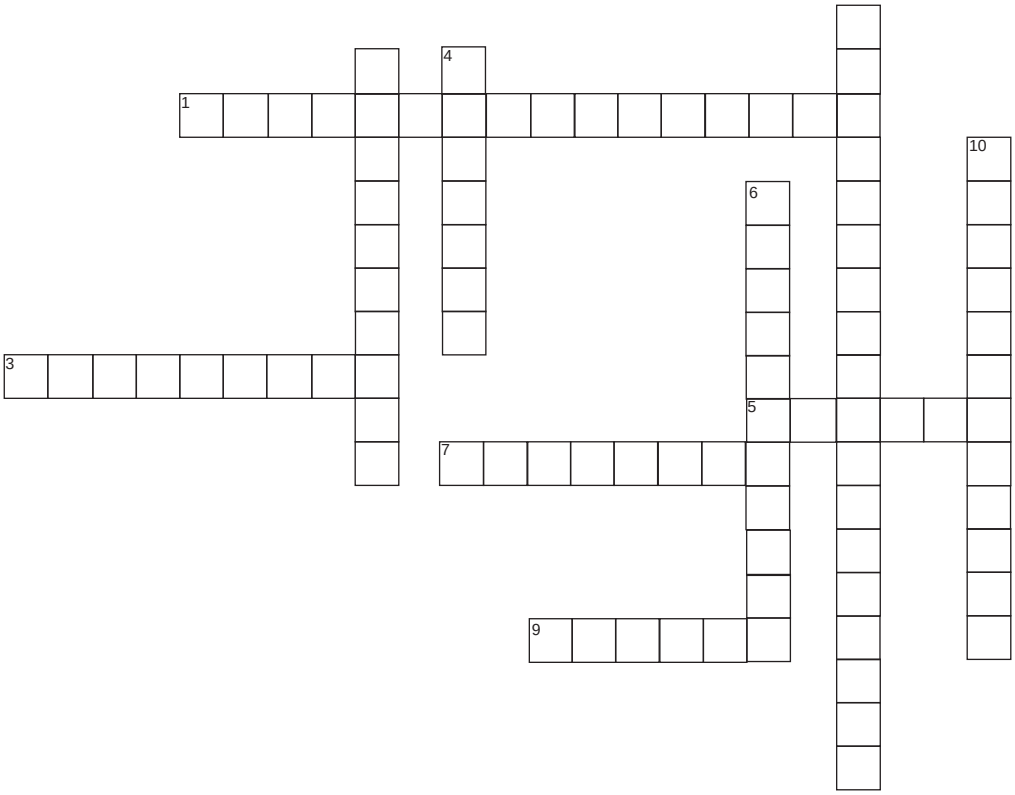
9. **Weight loss diets can lead to eating disorders.**
   True. Although most people who diet don't develop an eating disorder, people diagnosed with eating disorders often describe how dieting was the beginning of their eating problems. Dieting makes a person preoccupied with thoughts of food and weight. Furthermore, people often receive positive comments from others when they lose weight. This positive reinforcement can lead some people to continue dieting and losing weight. They develop a fear of weight gain and their perception of their body size and shape becomes distorted, causing them to see themselves as "fat" even though they're not.

10. **Slimmer people are always healthier than heavier people.**
    False. The idea that thinness equals health is a myth. For example, research has shown that people who are too thin have the greatest risk of early death.

11. **The goals of healthy eating are to lose weight and to be slim.**
    False. Healthy eating and being active will help us feel good about ourselves. We cannot always control our weight, but we can improve our eating and activity habits. It's important to enjoy all foods in moderate quantities and participate in regular physical activity for fun and fitness..

Name: _____

Healthy Body Weight Crossword



Across

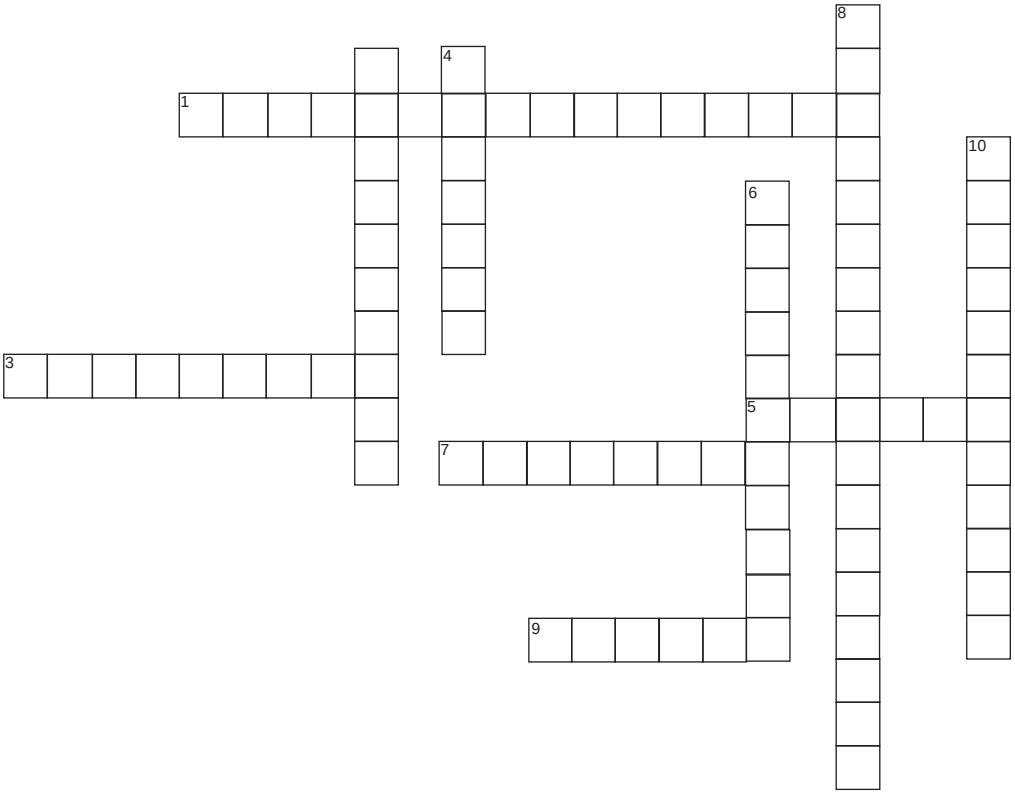
1. Participate in _____ _____ for fun and fitness.
3. Physical activity can make you feel more _____and tone your muscles.
5. Eating when you are _____ and stopping when you are full will help you maintain a healthy body weight.
7. The measure of energy in food._____ .
9. During a growth spurt, growth in height and _____do not always happen at the same time.

Down

2. Our body shapes are largely determined by our _____ parents.
4. *Canada's Food Guide* is an educational tool that can help you choose a _____ of foods for healthy eating.
6. Girls and boys your age go through this_____ _____._____ .
8. One of the heart disease risk factors that you can improve. _____ _____ .
10. Energy from food comes from fat, protein and _____.

Healthy Body Weight Crossword

Answer Sheet for Teachers



Across

1. Participate in **Physical activity** for fun and fitness.
3. Physical activity can make you feel more **energetic** and tone your muscles.
5. Eating when you are **hungry** and stopping when you are full will help you maintain a healthy body weight.
7. Measure of energy in food **Calories** .
9. During a growth spurt, growth in height and **weight** do not always happen at the same time.

Down

2. Our body shapes are largely determined by our **biological** parents.
4. *Canada's Food Guide* is an education tool that can help you choose a **variety** of foods for healthy eating.
6. Girls and boys your age go through this. **Growth spurt**.
8. One of the heart disease risk factors that you can improve. **Physical inactivity**
10. Energy from food comes from fat, protein and **carbohydrate**.

Hunger Scale

Categories	Indicators	
Satisfied	Feeling shaky	Temporarily satisfied with a snack
	No thoughts	Irritable
Thinking of food	May faint	Unable to concentrate
	Low energy	Not ready for a meal - satisfied with nibbles
Hungry	Getting harder to concentrate	Decreased physical coordination
	Not hungry	May feel sleepy
Really Hungry	Thinking of food a lot	Hungry enough to eat a meal
	May eat for something to do if upset or bored	Vague thoughts of food
Starving	Stomach growling	Experiencing a headache
	May have had a meal recently	Nausea, upset stomach
	Making decisions about what to eat	

Source: Every BODY Is A Somebody, Body Image Coalition of Peel, 1997

Hunger Scale
Answer Sheet for Teachers

0 Satisfied

Not hungry
No thoughts of food
May have had a meal recently

1 Thinking of food

Vague thoughts of food
Not ready for a meal
May eat for something to do if upset or bored

2 Hungry

Hungry enough to eat a meal
Temporarily satisfied with a snack
Making decisions about what to eat

3 Really Hungry

Thinking of food a lot
Irritable
Stomach growling
Low energy
Nausea, upset stomach
Getting harder to concentrate

4 Starving

Feeling shaky
Decreased physical coordination
Experiencing a headache
Unable to concentrate
May feel sleepy
May faint

Source: Every BODY Is A Somebody, Body Image Coalition of Peel, 1997

Name: _____

Personal Food Plan

Personal Goal:

Meals	Serving Sizes	Food Group
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Challenges	Solutions

Name: _____

BALANCE YOUR MEAL

Recipe	Existing food groups	Complete meal with…	Healthy adaptations
Example spaghetti with meat sauce	Grain Products Vegetables & Fruit Meat & Alternatives	lean ground beef	
	milk or yogurt		