

Skills Worksheet

## Directed Reading

### Lesson: An Image of Yourself

- \_\_\_\_\_ 1. The way you see yourself, the way you feel about your appearance, and your level of comfort with your body is called your
- a. self-esteem.
  - b. body image.
  - c. body mass index.
  - d. None of the above

#### HOW YOU SEE YOURSELF

2. How do many teens feel about their appearance at one time or another?

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#### HEALTHY BODY IMAGE

3. People who have a healthy body image are comfortable with their

\_\_\_\_\_.

4. Having a healthy body image can help you feel \_\_\_\_\_ in new situations.

#### UNHEALTHY BODY IMAGE

5. People who have an unhealthy body image tend to \_\_\_\_\_ themselves with others.
6. What are two unhealthy behaviors that may result from having an unhealthy body image?

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### Lesson: Influences on Body Image

- \_\_\_\_\_ 7. Who can affect a person's body image?
- a. people on TV
  - b. people in magazines
  - c. friends and family
  - d. All of the above

**Directed Reading** *continued*

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**YOUR FAMILY AND YOUR BODY IMAGE**

**8.** How can your family affect your body image?

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**PEOPLE AT YOUR SCHOOL**

\_\_\_\_\_ **9.** The people you know at school who are your own age are your

- a.** peers.
- b.** relatives.
- c.** cousins.
- d.** ancestors.

**10.** How would a person who has a healthy body image react to a request by his or her coach to gain or lose weight?

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**MAGAZINES**

**11.** Why are many of the pictures of teens in magazines considered unrealistic?

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**TELEVISION AND BODY IMAGE**

**12.** What should you remember if you find that you compare yourself to the people you see on TV?

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**Directed Reading** *continued*

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## **Lesson: Building a Healthy Body Image**

**13.** Most people would like to change something about their body, and sometimes people even think they're not \_\_\_\_\_.

### **WHAT IS NORMAL, ANYWAY?**

\_\_\_\_\_ **14.** Which of the following factors affects how you look?

- a.** ethnicity
- b.** nutrition
- c.** the way your parents look
- d.** All of the above

### **BE REALISTIC**

**15.** What does having a healthy body image mean?

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**16.** One way to improve your body image is to be \_\_\_\_\_ about your body.

**17.** The \_\_\_\_\_ is a tool that can help you find your healthy weight range.

### **EAT WELL, FEEL WELL**

\_\_\_\_\_ **18.** People should eat foods that are low in

- a.** fat.
- b.** sugar.
- c.** salt.
- d.** All of the above

### **MOVE THAT BODY!**

**19.** Dancing and raking leaves are good ways to stay \_\_\_\_\_.

**Directed Reading** *continued*

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**Lesson: Eating Disorders**  
**UNHEALTHY EATING BEHAVIOR**

- \_\_\_\_\_ **20.** Which of the following is NOT an unhealthy eating behavior?
- a.** going on a fad diet
  - b.** eating healthy snacks
  - c.** skipping meals
  - d.** eating large amounts of food at one time

**FAD DIETS**

- 21.** Fad diets do not provide the \_\_\_\_\_ that your body needs to stay healthy.

**WHAT IS AN EATING DISORDER?**

- 22.** People with eating disorders may suffer from depression and \_\_\_\_\_.

**ANOREXIA NERVOSA**

- 23.** What fear do people suffering from anorexia nervosa have?

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**BULIMIA NERVOSA**

- 24.** What is bulimia nervosa?

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**Directed Reading** *continued*

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**25.** The cycle of bingeing and \_\_\_\_\_ is very harmful.

**BINGE EATING**

**26.** Describe binge eating disorder.

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- \_\_\_\_\_ **27.** People who suffer from binge eating disorder
- a.** often become obese.
  - b.** may develop heart problems.
  - c.** may suffer from depression.
  - d.** All of the above

**GIVING AND GETTING HELP**

**28.** Who can you talk to if you have an eating disorder?

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