

LESSON

3

Eating Healthfully

Lesson Focus

To stay healthy, a person needs to eat only as many servings as his or her body needs each day.

Why Learn This?

Eating more or fewer servings than your body needs can be unhealthy.

Vocabulary

portion control
anorexia
calories
energy balance

Portion Control

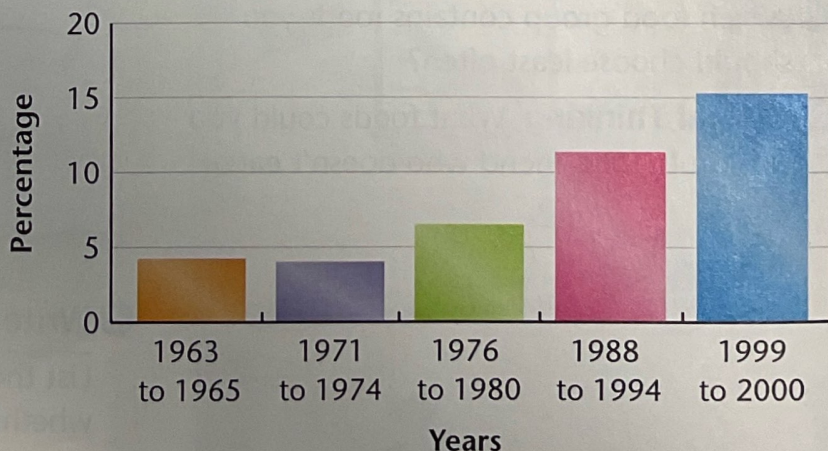
Almost everyone who eats in a fast-food restaurant has been asked this question: “Do you want to supersize that?” Supersizing means adding more food—sometimes a lot more—for a little extra money. Every time you supersize a meal, you are eating two or three or more additional servings of food. The items that are most often supersized are those that you should be eating less of, such as fries, soft drinks, and shakes. These often lack important nutrients.

You need to eat a variety of foods to get all the nutrients your body needs. But you also need to control the size of the portions you eat. **Portion control** means limiting the number of servings you eat and the sizes of the servings. Without portion control, you may gain more weight than is healthy. In the United States, more than 15 percent of preteens are greatly overweight. Being greatly overweight as an adult is called *obesity*. Obesity can double the chances of getting diseases such as diabetes and heart disease.

Did You Know?

In the United States, about 15 percent of ten-year-olds are overweight. In Italy, about 30 percent are overweight.

Overweight 6–11 Year-Olds in the United States 1963 to 2000





Obesity isn't the only problem related to portion control. As they grow, many teenage girls think they are overweight, whether they really are or not. To avoid gaining weight, some eat smaller or fewer servings than their bodies need to stay healthy.

About 5 percent of young women develop a serious eating disorder called anorexia (an•uh•REKS•ee•uh).

Anorexia is excessive dieting and, at times, *self-starvation*. Starvation means not eating at all. Anorexia causes poor general health, low blood pressure, heart problems, bone weakness, and even death.

▲ Low self-esteem sometimes causes young women to "see" themselves as overweight, even when they are not.



COMPARE AND CONTRAST How are serving size and portion control alike? How are they different?

Consumer Activity

Analyze Media Messages

Do advertisements for supersize portions make people want to eat more? Ask ten of your classmates if they supersize meals when eating at fast-food restaurants, and why or why not. Write their responses in a table.

All the foods we eat provide calories for daily activities. ▼

Energy Balance

To keep your body at a healthy weight, you must balance the calories you take in with the calories you use up. **Calories** are a measure of the amount of energy in a food. All three nutrient groups—carbohydrates, fats, and proteins—contain calories. Your body can use these nutrients for energy. Carbohydrates and proteins have the same number of calories—about 4 per gram of food eaten. Fat has about 9 calories per gram.

When you take in more calories per day than you need, your body changes the excess calories into fat, and you gain weight. If you use more calories per day than you take in, your body uses stored fat for energy, and you lose weight. The ideal, called **energy balance**, is to take in the same number of calories as you use. Energy balance keeps you from gaining weight or losing weight. The best way to keep your body at a healthy weight is to combine good eating habits with regular exercise. You will learn more about the benefits of exercise in Chapter 4.



Calories Used per Hour

Activity	Calories Used
Walking	155
Swimming	345
Basketball	430
Running	455

SUMMARIZE What is the best way to keep your weight the same as it is now?

Athletes can usually eat a lot because they use more calories than the average person. ▶



Quick Activity

Calorie Intake and Energy Use Your body burns calories all the time, but some activities use more calories than others. The table shows how many calories a 100-pound person uses doing a variety of activities. Suppose you eat a 750-calorie dessert. Calculate how long you would have to walk or swim to use up those extra calories.

Lesson 3 Summary and Review

1 Summarize with Vocabulary

Use vocabulary from this lesson to complete the statements.

The amount of energy in food is measured in _____. Taking in and using the same amount of food energy is called _____. Gaining or losing weight is often the result of poor _____. Supersizing meals can cause weight gain, which can lead to health problems. Excessive dieting, or _____, is also unhealthy.

2 Why is portion control important?

3 Critical Thinking

What might happen to your muscles if you exercise a lot but don't take in enough calories?



4 COMPARE AND CONTRAST

Draw and complete this graphic organizer to show how obesity and anorexia are alike and different.

Topic:	
Alike	Different

5 Write to Inform—Explanation

Research, then explain why someone shouldn't gain or lose weight too quickly.