

**ACTIVITY # 12****WEIGHING THE FACTS  
ON DIETING****STRUCTURE** Individual**MATERIALS** Handout called: “Weighing the Facts on Dieting”**TIME** 20 minutes**DIRECTIONS** 1. Ask students to complete TRUE or FALSE handout “Weighing the Facts on Dieting” and review correct responses and explanations.**Answers to** *Weighing The Facts on Dieting*

1. False Research indicates that 95% of individuals who diet to lose weight regain the weight within one year.
2. True Set-point theory suggests that every person has a natural weight range that is determined by heredity.
3. False The body fights to stay within a person’s natural weight range. The body’s metabolism slows down when a person restricts caloric intake to slow weight loss.
4. False The reasons people are overweight are complex and not very well understood. The tendency to gain weight varies from one person to another, even when food intake, physical activity and lifestyle are the same.
5. True Most dieters regain the weight once the diet ends. Many end up even heavier than they were before the diet started. This happens because dieting has caused their metabolism to slow down and also because dieters often feel so hungry, deprived and discouraged that they overeat.
6. True Diets may work in the short-term but they rarely lead to permanent weight loss.
7. True Normal eating means choosing a variety of foods that you enjoy. It also means respecting your body’s needs by eating when you are hungry and stopping when you feel satisfied. It means giving some thought to choosing nutritious food without being inflexible and rigid.
8. False Healthy eating includes balancing higher-fat foods with lower-fat foods. Fat is an essential nutrient for health. Higher-fat foods are particularly important for children and adolescents for growth and development.
9. True Dieting usually makes a person preoccupied with thoughts about food and weight. When a person becomes under-nourished, she/he usually begins to experience signs of an eating disorder. (See Signs and Symptoms of An Eating Disorder, p. 99)
10. True Diets are dangerous for anyone, and especially so for young people who are still growing. Health consequences include fatigue, headaches, depression, anxiety, lack of concentration, bone loss, menstrual irregularities, infertility, cold intolerance, hair loss, and many more.



# Weighing The Facts on Dieting

Read each statement. Check mark whether you think it is true or false.

Your class may want to discuss the answers.

	True	False
1. Dieting always leads to permanent weight loss.	<input type="checkbox"/>	<input type="checkbox"/>
2. Every person has their own natural weight.	<input type="checkbox"/>	<input type="checkbox"/>
3. It's easy to lose weight.	<input type="checkbox"/>	<input type="checkbox"/>
4. The only reason people are overweight is because they eat too much.	<input type="checkbox"/>	<input type="checkbox"/>
5. Dieting may cause weight gain.	<input type="checkbox"/>	<input type="checkbox"/>
6. Most diets don't work.	<input type="checkbox"/>	<input type="checkbox"/>
7. Normal eating means eating a variety of foods.	<input type="checkbox"/>	<input type="checkbox"/>
8. Healthy eating means eating only low-fat foods.	<input type="checkbox"/>	<input type="checkbox"/>
9. Dieting can lead to an eating disorder.	<input type="checkbox"/>	<input type="checkbox"/>
10. Dieting may make a person unhealthy.	<input type="checkbox"/>	<input type="checkbox"/>

Now try to imagine what characteristics you associate with being thin.

- If you see a thin person, what kind of person do you think she is?

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- Do you think thin people look happier or more intelligent? Remember to include other characteristics, feelings, abilities etc.

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Adapted from Rice, C. (1989) *Teacher's Resource Kit: A Teacher's Resource Kit for the Prevention of Eating Disorders*. Toronto, Ontario. The National Eating Disorder Information Centre.

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