

Worksheet
Fad Reduction Diets
Lesson 9

FAD REDUCTION DIETS: QUESTION GAME FOR WEIGHT CONTROL

DO YOU KNOW FACTS OR DO YOU FALL FOR FADS?

Answer each statement True or False

- _____ 1. Milk is fattening and should not be included in a reducing diet.
- _____ 2. Meal-skipping is a good way to lose weight.
- _____ 3. Obesity is due to many factors which cause a greater caloric intake than expenditure.
- _____ 4. Grapefruit burns up fat.
- _____ 5. A loss of one to two pounds per week is recommended for safe weight loss.
- _____ 6. High protein foods and fruits have no calories.
- _____ 7. Steam baths are of value in a reducing program.
- _____ 8. A "perfect" meal can be purchased in liquid form.
- _____ 9. For reducing, eat high protein foods for a week; then eat anything you want for a week.
- _____ 10. Exercise is of value in a reducing program.
- _____ 11. The faster you lose weight, the better it is for you. Crash diets are safe for a quick weight reduction.
- _____ 12. Sugar is not as fattening as starch.
- _____ 13. Sugar sweetened, fruit flavored gelatin dessert is non-fattening.
- _____ 14. Water is fattening.
- _____ 15. Toast has the same number of calories as bread.

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- _____ 16. Margarine contains the same number of calories as butter.
- _____ 17. To lose weight and keep it off, you need to form new eating habits.
- _____ 18. Diet pills are an effective way to lose weight.
- _____ 19. People sometimes eat because they're bored or lonely, not because they're really hungry.
- _____ 20. To lose weight, you must not eat any bread, potatoes, or fats.
- _____ 21. The Basic Four are the four food groups needed for health: milk and milk products, meat or meat alternates, fruits and vegetables, breads and cereals.
- _____ 22. The only way to reduce weight substantially is to eat less calories than the body can use up.
- _____ 23. Empty calories are from foods such as sugar which contain only calories and no other important nutrients.
- _____ 24. A calorie is a unit that measures the heat energy or fuel value of food to the body.
- _____ 25. You have to eat special "dietetic" foods to lose weight.