

Achieving a Healthy Body Weight

1. If you were a school dietitian, what would be the main piece of advice would you give to teenagers who want help dealing with their body weight problems?
2. Explain what is meant by set point theory?
3. An adult comes to your office for dieting advice. They are 5'11" (5 feet and 11 inches) tall and weight 230 lbs. How would they be classified on the BMI chart? What would be your advice for changes to their diet?
4. What are the main problems or limitations with the body-weight class system? (does it work well for all people?)
5. Describe two of the other methods for determining if a person is at a healthy body weight. What makes them better or worse than the BMI system?
6. What are some ways of recognizing a possibly dangerous fad diet for controlling your body weight? What are the disadvantages of using them?
7. How does the idea of behavior modification help out with weight management?
8. Are thin or underweight people automatically more healthy than at weight or overweight people?
9. You can't compare apples with oranges, but in the BMI discussion you can compare an apple with a pear. Explain.