**Read and answer:**

**Eating Healthy During Childhood:**

1. **Question:**

Childhood is a critical time to see, to learn, and to practice good eating behaviors. The consequences of unhealthy habits will have long-term negative effects, such as obesity, heart disease, and diabetes. Research shows that poor habits developed in childhood put adults at risk.

Healthy eating contributes to both the physical and emotional health of a student. Providing a child with a healthy diet gives them the best start possible. It is essential to develop healthy eating habits at a young age in order to achieve optimum health as an adult.

Problems Caused by Unhealthy Eating Habits

* A lifestyle that is less active, has a high-fat diet, and is exposed to cigarette smoke leads to an increased risk of heart problems
* If unhealthy eating habits do not change, then as adults they will be at a higher risk for the following:

1. **Psychological problems**, including lack of self-esteem and depression: Poor eating habits can lead to obesity. Being obese affects the way you see yourself and the way other people see you. This can lead to depression and low self-esteem
2. **Breathing disorders**: People who are obese put a strain on their respiratory system. This leads to trouble breathing
3. **Bone and joint problems:** Poor eating habits can lead to these problems for several reasons. Lack of calcium in the diet leads to poor bone development and a deficiency in bone density. If a person becomes obese, the extra weight is hard for the bones and joints to carry
4. **Diabetes**: Type 2 diabetes is more likely to occur in adults over 45, and in people who are overweight
5. **High Cholesterol:** Diet is a main factor in the development of high cholesterol. People who have diets high in fat and cholesterol run the risk of developing cholesterol-related problems later in life, such as heart disease and stroke. An inactive lifestyle also increases the chances that cholesterol will be a problem in the future
6. **Gall bladder disease:** the risk factors for gall bladder disease include obesity and diabetes
7. **High blood pressure (HBP) or hypertension:** This disease is linked to poor eating habits. People diagnosed with high blood pressure are told to decrease their salt intake and to increase the amount of fruits, vegetables, whole grains, and fiber in their diets. HBP is one of the main risk factors for stroke, heart disease, and kidney failure
8. **Stroke:** The risk factor for having a stroke include high blood pressure, diabetes, and obesity. Poor eating habits are a contributing factor for all of these conditions
9. **Heart disease:** the risk factors for heart disease are high blood pressure, high cholesterol, and obesity. Healthy eating habits and an active lifestyle can reduce the risk of heart disease later in life

Your answer:

**Essay: Problems caused by obesity**

1. **Question:**

People who have obesity, compared to those with a normal or healthy weight, are at increased risk for many serious diseases and health conditions.

[Obesity](https://www.webmd.com/diet/obesity/video/obesity-risks) is a term that means you have a body mass index (BMI) of 30 or higher. It makes you more likely to have conditions including:

* [Heart disease](https://www.webmd.com/heart-disease/default.htm) and [stroke](https://www.webmd.com/stroke/default.htm)
* [High blood pressure](https://www.webmd.com/hypertension-high-blood-pressure/default.htm)
* [Diabetes](https://www.webmd.com/diabetes/default.htm)
* Some cancers
* [Gallbladder](https://www.webmd.com/digestive-disorders/picture-of-the-gallbladder) disease and [gallstones](https://www.webmd.com/digestive-disorders/gallstones)
* [Osteoarthritis](https://www.webmd.com/osteoarthritis/default.htm)
* [Gout](https://www.webmd.com/arthritis/arthritis-gout)
* [Breathing problems](https://www.webmd.com/lung/breathing-problems-causes-tests-treatments), such as [sleep apnea](https://www.webmd.com/sleep-disorders/sleep-apnea/default.htm) (when a person stops breathing for short episodes during [sleep](https://www.webmd.com/sleep-disorders/default.htm)) and [asthma](https://www.webmd.com/asthma/default.htm)

**Choose one of the conditions mentioned above and engage in a research inquiry about the topic. In a short paragraph (5-7) sentences, respond to the following inquiries:**

1. What is the illness/ disease? How does it affect the body?

2. At what age can the illness/ disease begin to affect a person?

3. What are other factors that will increase your risk of developing this illness/ disease?

4. Suggest at least 2 strategies for decreasing your risk of developing the illness/ disease.

**Content: Factors Influencing Children's Eating Habits**

1. **Question:**

**Adult Modelling**

One of the ways children learn is by watching others. It is important that adults model appropriate behaviors for children.

Parents need to show their children, through their own actions, how to follow good eating practices. They can show their children how to get a variety of different foods in their diet, and how to balance eating for health and pleasure. Parents can ensure that they pass on a healthy attitude toward eating and enjoying food.

Children are unlikely to develop healthy eating patterns if their parents do not practice them. The role of parents in modelling healthy behavior is critical to children’s development of healthy eating practices. It is important for the overall health of the entire family that all members practice good eating habits.

Beginning with small steps, parents can guide change in the family’s eating practices that will benefit everyone.

**Adult Control of Children’s Eating**

It is better for parents to teach children healthy eating practices than to try to exercise complete control over what they eat.

Parents shouldn’t use food to reward or punish children. They should also avoid rules such as ‘you can’t have dessert if you don’t eat everything on your plate’. Parents are telling their children that healthy food is something to suffer through in order to get the reward of the good food—dessert. This behavior can lead to later problems when the children become older; including eating disorders, such as anorexia, bulimia, and compulsive overeating. Not learning to control your own behavior concerning food can have negative consequences.

It is better to teach children to eat less healthy foods in moderation than to forbid them from eating forbidden foods such as chocolate or cake.

**Your answer:**

**Multichoice - Multiple-answer: Adult modelling**

1. **Question:**

How can adults model healthy eating habits and support the development of  positive eating practices in children?

Select your option:

1. Adults can sit down and eat at the table with their children in order to help children be healthy eaters
2. Adults must keep their own anxieties and concerns about weight hidden from children so that children are not negatively impacted by them
3. When a child says something odd or weird about food, do not panic and assume the worst. Teach them better behaviors about food calmly and patiently.
4. Provide children with opportunities to make choices and decisions about the foods the family eats. Guide them to choose options that are nutritious and enjoyable.

Answer:

**Childhood Obesity**

1. **Question:**

Childhood obesity is becoming a serious issue in the industrialized world. The World Health Organization (WHO) has called childhood obesity an “epidemic”.

There are many factors that contribute to childhood obesity, including:

* overeating
* lack of exercise
* high-fat meals and snacks
* social behaviors and practices children learn at home

The food preparation habits of adults can also have a negative impact on their children’s weight. If children are constantly eating foods high in fat, then they learn to crave them.

Obese children experience physical, social, and emotional problems because they are overweight. If they continue to be overweight as adults, these problem become life-long ones.

Healthy living involves a wide variety of factors. No matter how well you eat, your level of physical activity has a major impact on your overall health.

Today, children are seen as spending too much time watching TV, playing video games, and using the computer. People are less physically active and obesity rates are rising in both the adult and child populations.

Obesity is a serious medical problem due to multiple factors:

* Genetic
* Environmental
* Behavioral
* Social

All these factors play a role in determining a person’s weight.

It is important for parents to model an active lifestyle, as well as to actively participate with their children. The entire family’s health will benefit from a healthier lifestyle.

Early eating problems can lead to eating disorders later in life.

Childhood eating conflicts and unpleasant mealtime experiences are risk factors for the development of eating disorders later in life.

**Anorexia**

-May develop as children grown and learn to reward and punish themselves with food

-People diagnosed with anorexia starve themselves in an attempt to be slim

-For some people, eating disorders are about control, which may be the result of learning from power struggles over food when they were younger

**Compulsive Overeaters & Bulimics**

-People diagnosed with these disorders gorge on foods they crave

-This may result from parents who were too restrictive with their children’s food habits and eating practices

-Compulsive overeaters do not recognize their body signals of fullness and eat much more than they need to be healthy

-Bulimics overeat and then force their bodies to get rid of the food in an attempt to control their weight. They may make themselves vomit or take laxatives in order to get rid of the food

Parents need to promote positive body eating experiences and develop healthy eating practices in their children to provide them with a good start in life and the best chance of a healthy future

**True/false: Obesity in Children**

1. **Question:**

In the past, many people thought that obesity was simply caused by overeating and under-exercising due to a lack of will power and self-control. Today, doctors recognize that obesity is a serious medical problem due to a multitude of factors.

**Research has shown that television viewing has been associated with obesity in children of all ages.**

What do you think?

TRUE or FALSE: