

Teachers Name: _____ Class: _____

Your Name: _____

Today's Date: _____

Total Points Possible: 20**Time: 43 minutes****You on a Diet****Quiz**

Instructions:

1. Print out these questions and obtain a copy of the DVD from the LSC front desk.
2. Watch the video and write the answers to the questions on the answer sheet that you printed.
3. **WHEN YOU COMPLETE THIS QUIZ PLEASE RETURN THE COMPLETED ANSWER SHEET TO THE LSC FRONT DESK.**

Summary: Dr. Mehmet Oz and Dr. Michael Roizen transform the bodies of four New Yorkers - in just 90 days - as they struggle to lose inches from their waistlines while living busy lives and fighting against unhealthy eating habits. Learn about your body's fat-storing and fat-burning systems and understand how your brain, stomach, hormones, muscles, heart, genetics and stress levels interact biologically to determine your true body size.

Vocabulary:

Omentum (noun): fat storage area around the belly*Ex) People with large bellies are storing a lot of fat in their omentum.***BMI (Body Mass Index)** (noun): weight in relation to height*Ex) Some of the people in the video have a BMI (Body Mass Index) of around 50%. In other words, about half of their weight is fat. A healthy BMI for women is 25-30%.***Canola** (noun): a cooking oil extracted from a variety of rapeseed (a plant) developed in Canada*Ex) Sources of healthy oils include flax seed oil, fish oil, olive oil, and canola oil.*

Questions to Answer:

1. Dr. Mehmet Oz and Dr. Michael Roizen target American's biggest city, New York, to take on American's the biggest problem. What is this problem?

Answer the question here:

2. According to Dr. Oz, which is more important - waist size or weight?

Answer the question here:

3. A calorie is a unit of food energy. How many calories did Jodi Hazan eat for her breakfast? Why do you think there are so many calories in this meal?

Answer the question here:

4. A recent discovery has shown that the most dangerous fat is stored around the

waist. The simple goal of the Waist-Management program is to achieve and maintain a healthy waist size. What are healthy waist sizes for men and women?
Fill in the blanks: A healthy waist size for men is _____ or below. A healthy waist size for women is _____ or below.
5. Dr. Mehmet Oz and Dr. Michael Roizen believe their plan “Waist-Management” needs to be taught early in life. What is the reason?
Answer the question here:
6. What is the key to “Waist-Management?” Give an example of this. Why do you think it is important?
Answer the question here:
7. Hy·per·ten·sion (noun) is high blood pressure. Cho·les·ter·ol (noun) is a solid compound in the blood that can block blood flow. Both of these things can lead to heart disease. Michelle Bouchard’s father had his first heart attack at age 40 and died at age 52. What can people do to reduce hypertension and cholesterol and prevent heart disease? (List at least 2 things- worth 2 points)
Answer the question here:
8. According to Dr. Roizen, what 2 ingredients that are commonly found in packaged foods, should be avoided? (These 2 ingredients should <u>not</u> be found among the first 5 ingredients listed on the ingredients list on the package.)
Answer the question here:
9. When Jodi changed her food shopping choices what kinds of food did she buy? What are Rachel Chaitan new habits?
Answer the question here:
10. What is the key to long-term dieting?
Answer the question here:

11. Jodi's walking has become a passion. What are the benefits of walking? (List 2)
Answer the question here:
12. Rachel sees something so shocking that it may change the way she eats. What did she see and why was it so shocking?
Answer the question here:
13. What are the four steps of "Waist-Management?"
Answer the question here:
14. What is the new motivation that Rachel's father has provided for her?
Answer the question here:
15. What do you think are the benefits of "Waist-Management?"
Answer the question here:
16. In this video people got very emotional about their experiences with the Waist-Management program. Explain why you think people get emotional.
Answer the question here:

Created by: Jinkyung Seo Date: December 22. 2011
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