

Are you ready to take a fun quiz?

Try to answer the following questions. Be careful - some of them are tricky. Discuss the reasons for your answers with the students in your group and write them down in the space provided.



1. People in fashion magazines (e.g. YM, Seventeen) and on TV look that way in real life.

True False

2. Having fat on your body is normal.

True False

3. Going on a fad diet is dangerous, especially for kids.

True False

4. Healthy children come in many shapes and sizes.

True False

5. Physically trying to change yourself with too much exercise, or cutting out important food groups, could interfere with normal growth.

True False

6. Not making fun of people can help everyone feel better about their body size and shape.

True False

1.....

2.....

3.....

4.....

5.....

6.....

# Answers



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6. Not making fun of people can help everyone feel better about their body size and shape.

True False

1. False. Pictures of fashion models are scanned into a computer. Computer editing tools are then used to remove blemishes and wrinkles from the skin as well as inches from legs or arms. In some cases, a picture might include someone's face superimposed onto another person's body.

2. True. Stored fat normally serves as the back-up fuel system and aids in the absorption of important nutrients and vitamins your body needs.

3. True. Children need a variety of food nutrients to feed their growing bodies. Fad diets can make people feel hungry in between meals or lose concentration and energy, all of which interfere with learning and taking part in fun activities.

4. True. A person's size and shape are partly determined by genetics. Eating healthily and being active are important goals for children of all shapes and sizes. It's not the shape you are that counts but rather the shape you're in.

5. True. Physically trying to change yourself by not eating can stunt growth (e.g. how tall you are) by interfering with muscle and bone growth.

6. True. No one likes to be teased about his or her size or shape. Standing up for a friend or not joining in when someone else is being teased can help stop teasing. Everyone has unique strengths no matter what their size or shape!