**Unit 8: Nutrition and Obesity**

**-Balanced diet** provides for optimal growth and development.

**-Unbalanced diet** causes problems with maintenance of body tissues, the brain and nervous system, and bones and muscles.

**- A balanced diet means eating food from all of the four basic food groups:** the **milk** group, the **meat** (and meat substitute) group, the **fruit and vegetable** group, and the **grain** group.

-Unbalanced diet + inactivity => Obesity

**-Obesity** is a condition in which excess fat has accumulated in the body.

*=>When a person’s weight is 20% over the normal bodyweight for height and age, they are considered* ***obese****.*

-Excessive amounts of fat in the body tissues are associated with the following **health problems:**

* Stroke
* High blood pressure
* High cholesterol
* Respiratory problems
* Type II diabetes
* Heart disease
* Osteoarthritis
* Gall bladder disease

**Treatments for obesity:**

Diet, behavior therapy, drugs, surgery.

**Other eating-related disorders:**

* Anorexia nervosa .
* Bulimia Nervosa
* Pica