**Worksheet B**

**Match each word on the left with its definition on the right.**

1. Buzzword

2. Anorexia

3. Malformation

4. Insomnia

5. APGAR score

6. Bulimia

7. Intravenous feeding

8. Depression

9. Hypertension

10. Inspiration

A. An illness in which a person has a very great fear of becoming fat, and so they make themselves vomit after eating

B. A mental state in which you are sad and feel that you cannot enjoy anything, because your situation is so difficult and unpleasant

C. A medical condition in which a person has very high blood pressure

D. a feeling of enthusiasm you get from someone or something, which gives you new and creative ideas

E. a part in a person’s body which does not have the proper shape or form since birth

F. Foods which are given to sick people through their veins, rather than their mouths. The person receives nutritional formulas containing salts, glucose, amino acids, lipids and added vitamins.

G. a word or expression that has become fashionable in a particular field and is being used a lot by the media

H. illness in which a person has an overwhelming fear of becoming fat, and so refuses to eat enough and becomes thinner and thinner

I. a symptom of any several sleep disorders, characterized by persistent difficulty falling asleep or staying asleep despite the opportunity

J. A method to quickly and summarily assess the health of newborn children immediately after childbirth. (**A**ppearance, **P**ulse, **G**rimace, **A**ctivity, **R**espiration)

**Worksheet C**

**True / False**

**Check (V) true or false after you read the text “Pregorexia”**

****

|  |  |  |
| --- | --- | --- |
|  | True | False |
| 1. Traditionally, “Diet while pregnant” has been regarded as common sense.
 |  |  |
| 1. In Hollywood, as soon as pregnant actresses have given birth, they return to their pre-pregnancy weight.
 |  |  |
| 1. Pregnant women may get started on “Pregorexia” by image of celebrities who look thin while pregnant and immediately after giving birth.
 |  |  |
| 1. To be hot in Hollywood, women must starve themselves thin.
 |  |  |
| 1. Starving, over-exercising or vomiting while pregnant is typical type of eating disorder.
 |  |  |
| 1. Experts suggest that dieting during pregnancy can cause low-weight babies, who in turn will have a high risk of obesity later in late.
 |  |  |
| 1. “Pregorexia” can put only the mother at risk.
 |  |  |
| 1. Today, Experts suggest that women of normal weight gain between 20-25 pounds during pregnancy. ( 1pound = 0.4536kg) That number was recently lowered from the old notion of anywhere from 25-35 pounds.
 |  |  |
| 1. Hypertension, anxiety, depression, insomnia, chronic pain is not related to the expectant mom with an eating disorder.
 |  |  |

**Article A**

|  |
| --- |
| [**Pregorexia, the Pregnant Woman’s Eating Disorder**](http://www.britannica.com/blogs/2009/06/pregorexia-the-pregnant-womans-eating-disorder/)Perhaps you have heard of it. It’s the new “buzz word” surrounding eating disorders. Reports are that it has been inspired by images of thin, yet pregnant, celebrities along with famous figures who lose their baby weight within a matter of a few weeks.Pregorexia is actually not new. And it’s not really a medical term, but more of a pop-psychology look at eating disorders.  An anorexic woman may still be anorexic, even when pregnant; a woman with bulimia may continue to have symptoms while she is expecting.Although “pregorexia” is used by the entertainment world to catagorize women who have a “baby bump” yet watch their weight to an extreme degree, there is nothing remotely entertaining about starving oneself, over-exercising or purging while pregnant. As a matter of fact, an eating disorder like this can put both the mother and baby at risk. Hypertension, anxiety, depression, insomnia, vaginal bleeding, chronic pain, hospitalization and intraveneous feeding are partial risks for the expectant mom with an eating disorder, and here is a sobering look at what could result for her child:Higher rates of miscarriage; infant mortality; premature birth; low birth-weight; low APGAR scores; malformations (including cleft lip and palate); smaller head circumference; respiratory problems; failure to thrive; delayed development; cognitive, sensory, and physical defects; disturbed feeding behaviors; depression.So although some might say that “thin” is the new “pregnancy fit,” birth defects and women’s health risks say differently. Plan on gaining at least 25-35 pounds when you are pregnant.Thin and pregnant is not the new “normal” for expectant mothers. “Mommy makeovers” (surgery right after pregnancy to restore a women’s pre-baby figure) are not the new “spa day.”Having a healthy baby far outweighs the importance of being a haute-coture-clad mom-to-be. I’ll take the inspiration of a beautifully healthy baby over “thin-spiration” anyday.\*          \*          \* |

**Worksheet D**

Your name: Partner’s name:

**Ask your partner how to be a healthy mom without post-partum depression.**

|  |
| --- |
|  |

**Worksheet A**

Your team: Total Score:

Stag-Deflation = Stagnation + Deflation

1 Pregorexia= +

2 Futarchy= +

3 Obamanation= +

4 Staycation= +

5. Greyjing= +

6. Phelpsian= +

7. Recessionista= +

8. Frugalista= +

9. Twi-Hard=

10. Edupunk= +

11. D.W.T = + +

(hint: D.U.I)

12. T. B.T. F = + + +

(hint: T. G. I. F)