Focus Questions

1. You have been asked by a middle school health teacher to discuss danger signs related to eating disorders in young people. Explain to them the types, symptoms, causes, and treatment options. What would you warn these young people about and how would you help them prevent the ego deficiencies and cognitive disturbances often associated with these disorders?

2. Describe strategies that parents can use to help prevent obesity in their children. If they become obese, what are the strategies that work for losing weight? Make sure you address specific cognitive and behavioral changes.

3. Become one of the Sleep-Wake Disorders. Describe the symptoms you create, possible causes, and treatments that you would like to avoid because they work. Then explain to your host, strategies for getting a good night’s rest.