



MISSION REPORT RECEIVED!

From: Mission Control
To: Astronaut Wesley

Based on your fuel choices the MyPyramid rocket ship landed on Planet Power. Everyone at Mission Control is very pleased with your fueling choices. Review your mission status report below.

FOOD

| | |
|-------------------|--|
| ✓ Grains: | Congratulations! You reached optimal levels. |
| ✓ Vegetables: | Congratulations! You reached optimal levels. |
| ✓ Fruits: | Congratulations! You reached optimal levels. |
| ✓ Milk: | Congratulations! You reached optimal levels. |
| ✓ Meat & Beans: | Congratulations! You reached optimal levels. |
| ✓ Fuel Tank: 1820 | Just the right amount of fuel! |

ACTIVITY

| | |
|---------------|--|
| ✓ Minutes: 60 | Congratulations! You reached optimal levels. |
|---------------|--|

MEALS

| | |
|--------------|---|
| ✓ Breakfast: | Well Done! You remembered to fuel up on breakfast! |
| ✓ Lunch: | Well Done! You remembered to fuel up on lunch! |
| ✓ Dinner: | Well Done! You remembered to fuel up on dinner! |
| ✓ Snack: | When you pick a snack, always try and choose a healthy one! |

GO BACK AND TRY AGAIN?

START OVER?

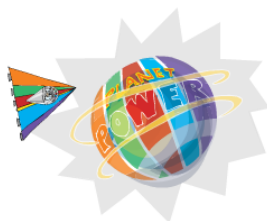
QUIT TO MAIN MENU

VIEW YOUR CERTIFICATE!

PRINT YOUR MENU!

**MyPyramid Mission Control
Certificate of Commendation to
Junior Astronaut**

Wesley



for piloting the MyPyramid rocket ship successfully to
Planet Power by making healthy food and physical activity choices

- Whole grain toast is a great source of grains.
- 100% juice is a very good and healthy choice.
- All fish is a great choice for your protein and it has Omega 3.
- Don't choose foods with too many fats.

Anorexia and Bulimia

3 side effects of each

Anorexia

- Malnutrition (Your body isn't getting enough nutrients to work properly)
- Loss of muscles
- Low blood pressure

Bulimia

- It can affect your heart (Heart muscles weakened, irregular beats etc.)
- Can affect your stomach (Pain, can rupture, delayed emptying etc.)
- Dehydration (Your body doesn't get enough liquids which can cause you to get very sick)

List 3 ways to prevent each

Anorexia

- Teach children at a young age positive body images.
- Make sure diets are responsible and make sure they don't exercise to extreme levels.
- Don't tease someone about their body image because they may be sensitive.

Bulimia

- Learn to love your body for what it is.
- Complement a person on their talents/ strengths and not their body.
- Avoid looking at sports magazines or commercials with a person that has the "ideal" body image.

List 2 ways to get help

Anorexia

- Talk to someone. Talk to someone about your problem with trying to lose weight. It may be embarrassing but you need to let it out.
- Seek professional help. Advice from a professional can get you on your way back to a healthy diet.

Bulimia

- Stay away from people, places, and activities that trigger the temptation to binge or purge. Avoid looking at magazine with strong or athletic people on it, spend less time with friends that eat and drink a lot and stay away from websites for weight loss.
- Admit you have a problem. Admit that your relationship with food is distorted.

Results:

Name: Wesley

Correct Answers: 9

Incorrect Answers: 0

Correct Answer Rate: %100

Total Points Earned: 9

Maximum Possible Points: 9

Points Earned Rate: %100

Quiz Taken: 2012-05-15 12:47:05

IPAddress: 142.22.16.52

[Try Again](#)