CHAPTER 12

REVIEW 12.1: Hunger and Eating Behavior

Sitting in her afternoon psychology class, Erica regrets skipping breakfast and lunch.

As a biology major, she knows that her hunger pangs, caused by stomach 1_____________________,
signal increased secretion of two chemical messengers, or
2_____________________
and
3_____________________
from the pancreas
4_____________________
from her empty stomach.

Erica is having trouble keeping her eyes open during class (even though Professor Straub is a stimulating lecturer),

because
the increased secretion from her pancreas reduces the level of her body’s energy fuel,
5_____________________, in the bloodstream.

However, Erica’s brain isn’t sleeping through class.

In fact, her brain’s 6_____________________
______________________ has been secreting the
hunger-triggering hormone 7_____________________.

and so
a very hungry Erica heads home for a large bowl of pasta. She finally feels full, a sensation triggered
by activity in the brain’s 8_____________________,

After eating, Erica weighs herself: She’s 5’6” tall and weighs about 118 pounds, well below the 130-pound normal weight for her height,

but
she feels fat and, vowing to lose some weight, she takes a laxative, a clear symptom of a(n)
9_____________________.

Erica’s obsession with her weight has a few possible explanations:

One might be a 10____________________ (negative/positive) self-evaluation.

Or
she may have internalized and become obsessed with her Western
11____________________’s “thin ideal.”

Another possibility is that
she may be
12____________________ susceptible to eating disorders.

Answers may be found in the Appendix at the end of this booklet.