



Losing It

Activity 3: Grades 5-8 and 9-12

Frontiers Pop- Quiz



STUDENT :

TEACHER :

1. How did the weight-loss volunteers keep track of their progress?
 - a. E-mails to Alan Alda
 - b. Hand-written charts
 - c. Video diaries
 - d. Weekly meetings with the producers
2. What type of surgery did Amy and Rodney have to help them lose weight?
3. True or False: Dr. Walter Willett says that adding "good" fat back into our diets will help us lose weight and be healthier.
4. What weight-related hormone did Dr. Jeffrey Friedman discover?
 - a. Cortisol
 - b. Leptin
 - c. Peptide
 - d. Dopamine
5. In what area of the brain are hormone signals processed?
6. True or False: Dr. Jeffrey Friedman believes our bodies may actually resist weight loss.
7. What do people on the Weight Watchers program count each day?
8. During gastric bypass surgery, what organ is made smaller?
 - a. Stomach
 - b. Heart
 - c. Large intestine
 - d. Esophagus
9. True or False: Most dieters regain their weight after losing it.
10. What medication was Alan able to stop taking after he lost weight?

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 - a. E-mails to Alan Alda
 - b. Hand-written charts
 - c. Video diaries**
 - d. Weekly meetings with the producers
2. What type of surgery did Amy and Rodney have to help them lose weight?
(Gastric bypass)
3. True or False: Dr. Walter Willett says that adding "good" fat back into our diets will help us lose weight and be healthier.
(True)
4. What weight-related hormone did Dr. Jeffrey Friedman discover?
 - a. Cortisol
 - b. Leptin**
 - c. Peptide
 - d. Dopamine
5. In what area of the brain are hormone signals processed?
(The hypothalamus)
6. True or False: Dr. Jeffrey Friedman believes our bodies may actually resist weight loss.
(True)
7. What do people on the Weight Watchers program count each day?
(Points)
8. During gastric bypass surgery, what organ is made smaller?

- a. **Stomach**
- b. Heart
- c. Large intestine
- d. Esophagus

9. True or False: Most dieters regain their weight after losing it. **(True)**

10. What medication was Alan able to stop taking after he lost weight?
(Blood-pressure pills)

NOTE: Only teachers may enter 100% correct quizzes into the FRONTIERS Contest. FRONTIERS will draw one entry randomly after each program. The selected student will receive a [Walkalong Glider](#), signed by [Tyler and Paul MacCready](#). Send all correct quizzes in one envelope, along with teacher's name, grade and course, school name and address, where the students watched the show (home or school), and the students' favorite segment. Mail to: FRONTIERS Quiz, Chedd-Angier Production Company, 70 Coolidge Hill Rd., Watertown, MA 02472.