

Reading-As-You-Go Questions

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| <p>1. What are instincts? How do evolutionary psychologists explain the influence of instincts on our behavior? (pg. 328-329)</p> | <p>5. Draw the pyramid associated with Maslow's hierarchy of needs. Then, given a real-life example for each theory. (pg. 330-331)</p> |
| <p>2. Explain drive-reduction theory and give an example of your own, not in the textbook? (pg. 329)</p> | |
| <p>3. When is our drive strongest? (pg. 329)</p> | |
| <p>4. Explain optimal arousal theory and draw a diagram to support your explanation. (pg. 329-330)</p> | |
| | <p>6. What happened when rats stomachs were removed? Did they still eat/get hungry? (pg. 332-333)</p> |
| <p>7. How do glucose and insulin work together to help trigger hunger? (pg. 333)</p> | |

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| <p>8. Hunger has been connected to the hypothalamus, noting two distinct hypothalamic centers that influence hunger. Explain the role of each: (pg. 333)</p> <p>I. Lateral Hypothalamus</p> <p>II. Ventromedial Hypothalamus</p> | <p>11. How does culture influence hunger and taste preferences? (pg. 335-336)</p> |
| <p>9. Explain how the following hormones contribute to the functioning of hunger: (pg. 334)</p> <p>I. Ghrelin</p> <p>II. Obestatin</p> <p>III. Leptin</p> <p>IV. PYY</p> | <p>12. What is anorexia nervosa? (pg. 337)</p> |
| <p>10. What is set point theory? Give an example. (pg. 335)</p> | <p>13. What is bulimia nervosa? (pg. 337)</p> |
| | <p>14. Explain the biopsychosocial influences that contribute to eating disorders. (pg. 338-339)</p> |

Terms to **define** as you read, night #1 (these words may not be addressed directly in the reading as you go questions, so they should be defined here, accompanied with an example or picture:

- Motivation (pg.328) -**
- Basal-metabolic rate (pg. 335)-**
- Binge-eating disorder (pg. 337)-**

Reading-As-You-Go Questions

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| 15. What factors predispose some people to become and remain obese? (pg. 340-341) | 18. How do genetics influence body weight? (pg. 344) |
| 16. Describe two studies that investigated the social effects of obesity. (how society impacts obese people). You must state the purpose, results, and major take aways for each. [pg. 341-342] | 19. Describe two studies that investigated the social influences contributing to obesity. (state purpose and results, and major take aways for each) [pg. 341-342] |
| 17. Explain why it may be difficult for an obese person to regulate or lose weight, from a physiological stand point. Answer MUST include a discussion of the nature of fat cells , set point and metabolism . (pg. 342-344) | 20. Brainstorm some ways to combat obesity in our society and explain how they would help, OR design a weight loss plan for someone who's battling obesity and if just starting their weight loss journey. (You can use the back of this paper to address this question) |