



15

Reinforcement

SENSE AND NONSENSE

Are you a wise consumer or are you susceptible to quackery? The purpose of this questionnaire is to help you determine how knowledgeable you are about quackery.

Read the statements. Circle S if the statement makes sense; circle N if the statement is nonsense or partially nonsense. When your teacher provides the correct answers, check your answers and record the total number of correct answers. Then find your score on the rating chart on the next page. Circle your rating.

Sense	Nonsense	Statement
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| S | N | 1. If a story or advertisement is printed in a book or magazine, it is safe to assume it is true because it is officially printed. |
| S | N | 2. Crunches are especially good for losing fat from the abdominal region. |
| S | N | 3. If you run a rolling pin up and down on your hips, it will break up fatty deposits and help you to lose fat. |
| S | N | 4. Lying on a vibrating table is a good way to lose fat. |
| S | N | 5. Doing abdominal crunches can help reduce the level of fat in all parts of the body. |
| S | N | 6. One way to lose fat around your waist is to wear an inflated “sauna” belt around your waist while you are going about your daily activities. |
| S | N | 7. You can usually lose weight without increasing physical activity or eating fewer calories. |
| S | N | 8. Soaking in baths can help you lose excess fat. |
| S | N | 9. Fitness books written by physical education teachers are more likely to give safe, reliable information than books written by movie stars who have attractive bodies. |
| S | N | 10. Health and fitness products endorsed by athletes are better to buy than those not endorsed by athletes. |
| S | N | 11. If a person on television claims to be a doctor and recommends a product, it must be safe and effective. |
| S | N | 12. Certain drugs and food supplements can make weight loss safe, quick, and effortless. |
| S | N | 13. You should avoid buying products advertised as “miraculous,” “secret remedy,” and “new breakthrough.” |
| S | N | 14. A good way to build muscles is to take anabolic steroids while working out with weights. |
| S | N | 15. Taking a protein powder several times a week will help you build strength faster. |
| S | N | 16. If you eat a balanced diet, you do not need to take vitamin and mineral supplements. |
| S | N | 17. If you want to lose weight, it is a good idea to buy some pills at the drug store to suppress your appetite. |
| S | N | 18. Health products that are advertised are likely to be of higher quality and more effective than those that are not advertised. |
| S | N | 19. Health and fitness products must be proven effective before being sold through the mail or in a store. |
| S | N | 20. Most models, actors, and entertainers stay in top condition by using health products they endorse. |