

Day 1:

**Intro Activity:** Have students read “**The Day Off**” and answer the questions that follow to get them to think about eating habits. Discuss their answers and lead them to the topic of eating disorders. Defined as...

Eating disorders are a group of serious conditions in which you're so preoccupied with food and weight that you can often focus on little else. The main types of eating disorders are anorexia nervosa, bulimia nervosa and compulsive eating disorder, known as binge eating or obesity.

**View:** The YouTube clip about Eating Disorders and have students fill out the True or False statements while they watch it. Discuss and go over answers afterwards.

[http://www.youtube.com/watch?v=isb2W1\\_8Urk](http://www.youtube.com/watch?v=isb2W1_8Urk)

**Statements Include:**

1. Eating disorders have a lot to do with control. (True)
2. Eating disorders are harmless to the body. (False)
3. Eating disorders are like an addiction or disease. (True)
4. Eating disorders are just a phase people go through and will eventually get over. (False)
5. Both males and females can be victims of eating disorders. (True)
6. Eating disorders can be fatal. (True)
7. Eating disorders can affect all ages; children, teens and adults. (True)
8. You can always tell someone has an eating disorder just by their appearance. (False)
9. People can have more than one eating disorder. (True)
10. Thinking about food all the time is a symptom of eating disorders. (True)

## Day 2:

**Intro:** Review the ABC's or three basic types of eating disorders...

- A=Anorexia
- B=Bulimia
- C=Compulsive Eating

**Discuss & Notes:** Have students take notes about the eating disorders from the power point.

**Review Activity:** Divide students into 4 groups and send them to a kitchen area with a white mini-board divided into A-B-C sections and an envelope containing slips describing characteristics of each eating disorder. Students are to place characteristic slips into appropriate section. When done, have teacher evaluate for correctness. Remove any slips that are incorrect and re-check when they've changed their answers.

When totally correct, give students a handout of the A-B-C grid and have them write the characteristics into the correct section to use as their notes.

Bring them back to their seats to discuss these characteristics in more depth and answer any questions they may have about eating disorders.

## Days 3 & 4

**Picture Analysis Project:** Using the information about the ABC eating disorders from notes, PPT, and clips, students will create a WORD document or GLOG titled "Picture Analysis. See guide sheet for details.

**ANOREXIA**

**Restricting foods**

**Distorted body image**

**Lose 15-20% of ideal body weight**

**May compulsively exercise**

**Obsessed with desire to be thin and fear becoming fat**

**Possible hair loss, brittle bones, organ damage and death**

**BULIMIA**

**Extreme over-eating with high fat/calorie foods known as bingeing**

**Purge foods typically by vomiting or laxative abuse**

**Appear to be of normal body weight**

**Possible tooth erosion, and esophagus/stomach problems**

**Often visit restroom right after eating large quantities of food**

**Secretive bingeing and hoarding of junk foods**

**COMPULSIVE EATING**

**Regularly eat large quantities of food at one time**

**Eat quickly until uncomfortably full**

**Typically weigh >30% or more of ideal body weight    Excess body fat**

**Lack of control over eating habits and exercise**

**Possible effects are weight gain, high blood pressure, heart disease & diabetes**

**ANOREXIA**

**BULIMIA**

**COMPULSIVE EATING**

