

The Day Off

Several friends had gathered at Jim's house during the day off from school last week. It was 12:30 and Dan suggested, "Let's order some pizza for lunch!"

"Don't you want my mom to make something for us?" asked Jim. "Oh no," said, Dan "Why give your mom extra work—and besides according to my Foods teacher, pizza is a meal in a slice!"

"Annie said, "I'm not hungry—I ate before I came." Dan said, "Annie, you never eat." "Yes I do", said Annie, "I have to watch what I eat or I'll get fat. I can't eat more than 500 calories a day so I write down everything I eat to be sure that I don't eat more than I should. And I take a vitamin pill every day because I learned that vitamin means VITAL FOR LIFE."

Bea was all for ordering the pizza. Dan asked Bea how she was able to stay so thin and yet she ate as much as the fellows. "Oh," said Bea, "I just take a few Ex-Lax or force myself to vomit if I eat too much. I love to eat, but like Annie, don't want to be fat."

Mark said that he wanted a couple of Twinkies and potato chips in addition to the pizza. "Make sure you order several.....you know I can eat at least six slices by myself!"

"Well Joanie, are you in favor of the pizza?" asked Dan? "Oh sure," Joanie answered. "You know how I enjoy food—I'll just do some extra running and exercising tonight."

Answer the following questions:

1. Which of the girls had poor or unusual eating habits?
2. Explain why you think they were poor or unusual.
3. Which of the boys had poor or unusual eating habits?
4. Explain why you think they were poor or unusual.

Answer the following true/false while viewing the Eating Disorders Clip...

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