

Eating Disorders and Body Image

Name: MASTER KEY

Eating Disorders

Appetite: to want food, a preference or a craving
a desire of the mind

Hunger: urgent need for food or weakened condition brought on by lack of food
is a feeling in the body

Eating Disorder: to turn to food or away from food to help them escape
from their problems

Directions- Eating Disorder Yes or No?- Read each scenario and decide if they have an eating disorder

1) No disorder Every day after school, Jonathan runs in the house and dashes for the freezer. He can't wait to have that dish of chocolate chip ice-cream. As soon as he is finished, out the door he goes to play basketball in the neighborhood.

2) Yes Bulimia Disorder Mary is a 13 years old. She is at normal weight. Tonight, she sat down at the table and ate a huge dinner. As a matter of fact, she ate more than her dad did. She topped her meal off with a huge serving of ice cream and cookies. But as soon as she was finished, she went into the bathroom, closed the door, and made herself vomit.

3) Yes Compulsive disorder Joseph is 12 years old and he weighs 130lbs. He is always eating. Sometimes, his mom even catches him raiding the refrigerator late at night when he's supposed to be sleeping.

4) No, poor diet Every day for lunch Carmen has a peanut butter and jelly sandwich, potato chips, cookies, and a granola bar. Every day after school, she has ice cream for her snack. She doesn't eat again until dinner. She doesn't like to eat green vegetables, but she sure loves fried chicken and potatoes heaped with butter. After dinner, she always has dessert.

5) Yes Anorexia disorder Maria is always looking at fashion magazines. She really would like to look like all of those beautiful models. Her mother has been noticing that she isn't eating very much lately, although she's been trying to cover up her weight loss with oversized clothes that appear fashionable.

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Healthful Reasons for Eating	Unhealthful Reasons for Eating
<ul style="list-style-type: none"> • Hunger • proper growth and development • lower risk of health problems including heart disease, cancer, high blood pressure • healthy looking skin and hair • strong teeth and bones • energy 	<ul style="list-style-type: none"> • stress • low self-esteem • looking for a sense of control • look fashionable • appealing advertisement • loneliness • guilt • abuse • boredom

	Compulsive Eater (Binge Eater)	Anorexia	Bulimia
Definition	<ul style="list-style-type: none"> • Eats when not hungry • consumes large amounts of food 	<ul style="list-style-type: none"> • An intense fear of becoming fat and put themselves on strict diets 	<ul style="list-style-type: none"> • binge and then vomit
Signs	<ul style="list-style-type: none"> • may eat alone • hide food in room • eats late night to hide disorder 	<ul style="list-style-type: none"> • Avoid family and friends • won't eat a lot of food if any • may over exercise 	<ul style="list-style-type: none"> • eats then goes to bathroom • exercise for hours
Health Consequences	<ul style="list-style-type: none"> • <u>obesity</u> - being excessively overweight • heart disease • high blood pressure • Type 2 diabetes • cancer 	<ul style="list-style-type: none"> • lack of vitamins <ul style="list-style-type: none"> - pale, dry skin - brittle nails and hair • stop menstrual period • damage body organs • may need therapy and hospitalization 	<ul style="list-style-type: none"> • heart problems • kidney damage • rot teeth • many months of therapy

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Reasons for developing an eating disorder

<p>Body Image</p> <p>the way you see and feel about how you look</p>	<p>Where do you think the pressure comes from that causes people to want to be very thin?</p> <p>TV models in magazines peer pressure</p>	<p>What does the media tell us about our body image and how our bodies are supposed to look?</p> <p>thin muscular tall tan straight hair young</p>
<p>Stress</p> <p>the way your body responds to any kind of demand or threat</p>	<p>What are some pressures we have in life and why might someone turn to food?</p>	
<p>Self-Concept</p> <p>the way you feel and think about yourself; the way you look at yourself</p>	<p>How can someone's self-concept change for better and worse?</p> <p>Better- look to friends/family for support and help</p> <p>Worse- look to drugs, alcohol, food for relief from problems</p>	

