

## Eating Disorders

### Quick Write #1

How are teens' body images portrayed in magazines and other media? Are they realistic?

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Body Image is \_\_\_\_\_

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### Healthy Weight

- Your \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ determine your healthy weight.
- Maintaining a healthy weight is important for \_\_\_\_\_.

### It's NOT about the number

- A few \_\_\_\_\_ pounds now will \_\_\_\_\_ and \_\_\_\_\_ throughout your teen years.
- \_\_\_\_\_ many times will turn into \_\_\_\_\_ later.
- \_\_\_\_\_ weight now will usually catch up after getting \_\_\_\_\_ stops.

### In Reality.....

- Most teens \_\_\_\_\_ need to \_\_\_\_\_ or \_\_\_\_\_ weight.
- In fact, \_\_\_\_\_ can interfere with \_\_\_\_\_ and \_\_\_\_\_.

### Benefits of a Healthy Weight

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_

BMI

\* \_\_\_\_\_ - a way to assess your body size, taking your height and weight into account.

Calculate your BMI

1. Multiply your weight by 0.45.       $0.45 \times \underline{\hspace{2cm}} =$
2. Multiply your height (in) by 0.025.       $0.025 \times \underline{\hspace{2cm}} =$
3. Square that answer (multiply it by **it Self**)
4. Divide your answer in Step 1 by the answer in Step 3

What is your BMI? \_\_\_\_\_

Nutrition and Physical Activity

- To stay a \_\_\_\_\_ weight, you must take in the \_\_\_\_\_ number of calories \_\_\_\_\_ that are used for energy.

Get It Off

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Eating Disorders \_\_\_\_\_

- Can be triggered by many \_\_\_\_\_ factors, including \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- Are serious
- Can be \_\_\_\_\_
- Require \_\_\_\_\_ help

## Types of Eating Disorders

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Anorexia

- An eating disorder in which a person has an \_\_\_\_\_ fear of \_\_\_\_\_ and \_\_\_\_\_ herself or himself.
- \_\_\_\_\_ in \_\_\_\_\_ American women suffer from anorexia.
- Health Consequences of Anorexia
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - Without treatment, \_\_\_\_\_% of people with anorexia will \_\_\_\_\_.

## Bulimia

- An eating disorder in which a person \_\_\_\_\_ eats large amounts of food and then \_\_\_\_\_ until nothing is left.
- \_\_\_\_\_ in \_\_\_\_\_ American women suffer from bulimia
- Bulimic Behavior
  - People with bulimia know they have a problem, but \_\_\_\_\_.
  - \_\_\_\_\_ in private, eat regular with others
  - Have a \_\_\_\_\_ place for food.
  - Think about food \_\_\_\_\_ and plan eating \_\_\_\_\_.
  - Excuse themselves after eating to \_\_\_\_\_.
  - \_\_\_\_\_ and \_\_\_\_\_ excessively between binges.
  - Steal \_\_\_\_\_ to purchase food or steal \_\_\_\_\_.
- Health Consequences
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Binge Eating**

- When a person eats \_\_\_\_\_ amounts of food without even thinking.
- Health Consequences

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**LET'S COMPARE**

ANOREXIA	BULIMIA	BINGE EATING
***	***	***
***	***	***

**Quick Write #2**

In general, do you feel that you make choices to maintain a healthy weight for your body type, stage of growth, and height? Explain.

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What are the dangers?

- \_\_\_\_\_ - deficiency for energy, nutrients, and protein
- \_\_\_\_\_ - lack of fluids or restriction of carbohydrates and fats
- \_\_\_\_\_ - natural energy affected in nerves, muscles, joints, and bones.
- \_\_\_\_\_ - wasting away of muscle
- \_\_\_\_\_
- Osteoporosis
- \_\_\_\_\_
- Cancer
- \_\_\_\_\_
- Infertility
- \_\_\_\_\_
- Easily bruised skin
- \_\_\_\_\_
- Anemia
- \_\_\_\_\_
- Hair loss
- \_\_\_\_\_
- Swelling
- \_\_\_\_\_
- Reflux
- \_\_\_\_\_
- Lanugo

What are the causes?

- Inside Influences
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Outside Influences
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

Mental or Physical?

- Mental + Physical = Health
- Not \_\_\_\_\_ your body with respect has a lot to do with what is going on \_\_\_\_\_ your head
  - \_\_\_\_\_
  - \_\_\_\_\_
- Eating Disorders are the # \_\_\_\_\_

Facts

- \_\_\_\_\_ is the \_\_\_\_\_ most common chronic (long lasting) illness among adolescents.
- \_\_\_\_\_ % of those who have eating disorders are between the ages of \_\_\_\_\_ and \_\_\_\_\_.
- \_\_\_\_\_ % of girls between the ages of \_\_\_\_\_ and \_\_\_\_\_ see themselves as overweight.
- \_\_\_\_\_ % of 13-year olds have attempted to \_\_\_\_\_ weight

### Sad Facts

- \_\_\_\_\_% of 1<sup>st</sup>-3<sup>rd</sup> grade girls want to be thinner
- \_\_\_\_\_% of 10 year olds are afraid of being fat.

### Websites to visit

- [www.something-fishy.org](http://www.something-fishy.org)
- [www.edreferral.com](http://www.edreferral.com)
- [www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

### Application

Write a short poem or slogan celebrating healthy body weight. You may do this in your group.

**Video 4**

# ***Starving for Control***

## **Preview**

1. What might cause someone to develop an eating disorder?

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## **Explore**

2. How would you respond to Lauren, who said, "Everyone I saw who was thin was happy."? Be specific in your response.

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3. What did the expert mean when she said that eating disorders are about wanting to gain some control in one's life?

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4. When Michael felt that he "wasn't good enough for anything," he decided to lose weight. Suggest three other things Michael could have done instead to address this feeling.

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5. What factors contribute to the high death rate for people with eating disorders compared to the death rate for people with other mental disorders?

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**Video 4: Starving for Control** (continued)

6. Why do you think people who are aware that their behavior is unhealthy, such as Becca, wait so long to ask for help?

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7. Use Megan's story to explain why some mental health experts classify eating disorders as impulse control disorders.

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**Wrap-Up**

8. How could you help a friend with an eating disorder?

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**Connect to Your Life**

9. What three things did you learn from the video about dealing with eating disorders?

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## Body Image: Extreme Measures

What prompted Julies eating disorder?

\_\_\_\_\_ to \_\_\_\_\_ % of us struggle from an eating disorder.

Eating disorder can cause

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are the 3 facts they give you about eating disorders and young children?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Outside Influences

What did another weight lifter offer Patrice? What does this drug do?

What drug did Trey White take?

What are the pros and cons of steroids? Side effects?

### Self Image

Cheryl - height \_\_\_\_\_ weight \_\_\_\_\_

How did Cheryl become overweight?

What did Cheryl do about people teasing her for being overweight?

Cheryl Hayworth is known as what?

## Managing your weight control

### Fat

Why is fat important to our body and how is it measured?

What happens when you reach adulthood in comparison to childhood?

What happens to fat cells as you lose weight?

What is America's number 1 killer?

### Body Fat Percentage

What are our bodies mostly made up of?

An acceptable percentage for women should be? \_\_\_\_\_ For men? \_\_\_\_\_

Losing weight requires \_\_\_\_\_.

### Blood

What is blood made up of?

What is cholesterol? What happens if there is too much?

What type of fat causes high cholesterol?

What happens if fat deposits get into the blood vessel wall?

## Diets

How can you lose weight?

What percentage of carbohydrates, fat and protein should you have for the best diet?

The bagel with cream cheese has how many calories? \_\_\_\_\_ Bran Muffin? \_\_\_\_\_

How many calories does the quarter pounder, fries and soda have? \_\_\_\_\_

How many teaspoons of sugar does the 16oz glass of soda have? \_\_\_\_\_

Calories? \_\_\_\_\_ Taco salad with soda \_\_\_\_\_

## Tips for Dining Out

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Insulin Resistance

What happened to Reed? How much weight did she gain? Over what period of time?

At the age of 15 how much did Reed weigh?

What was discovered about Reed?

What will happen to Reeds pancreas over time?

What was Reed diagnosed with?

What is Reed eating now?

How much weight did she lose after a year of her diet change?

### **Working Out**

Why is it important to switch machines and not always work out on the same machine?

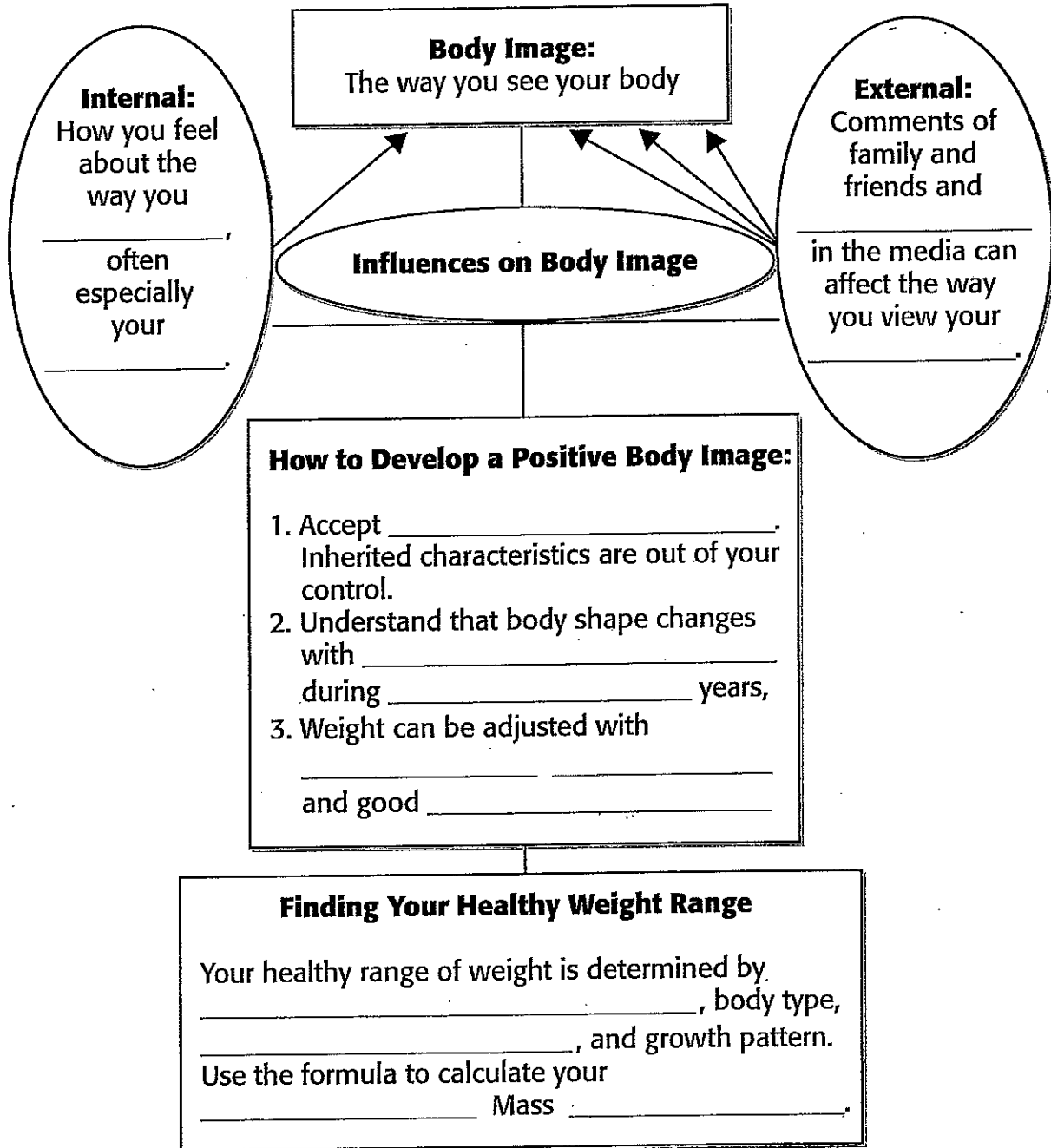
How many calories does a moderate 30 min aerobic class burn? \_\_\_\_\_

What does strength training do?

The more muscle mass you build the more \_\_\_\_\_ you'll burn.

# Concept Mapping Activity 4-5

Directions: Complete the concept map on body image, using terms and phrases from your textbook.

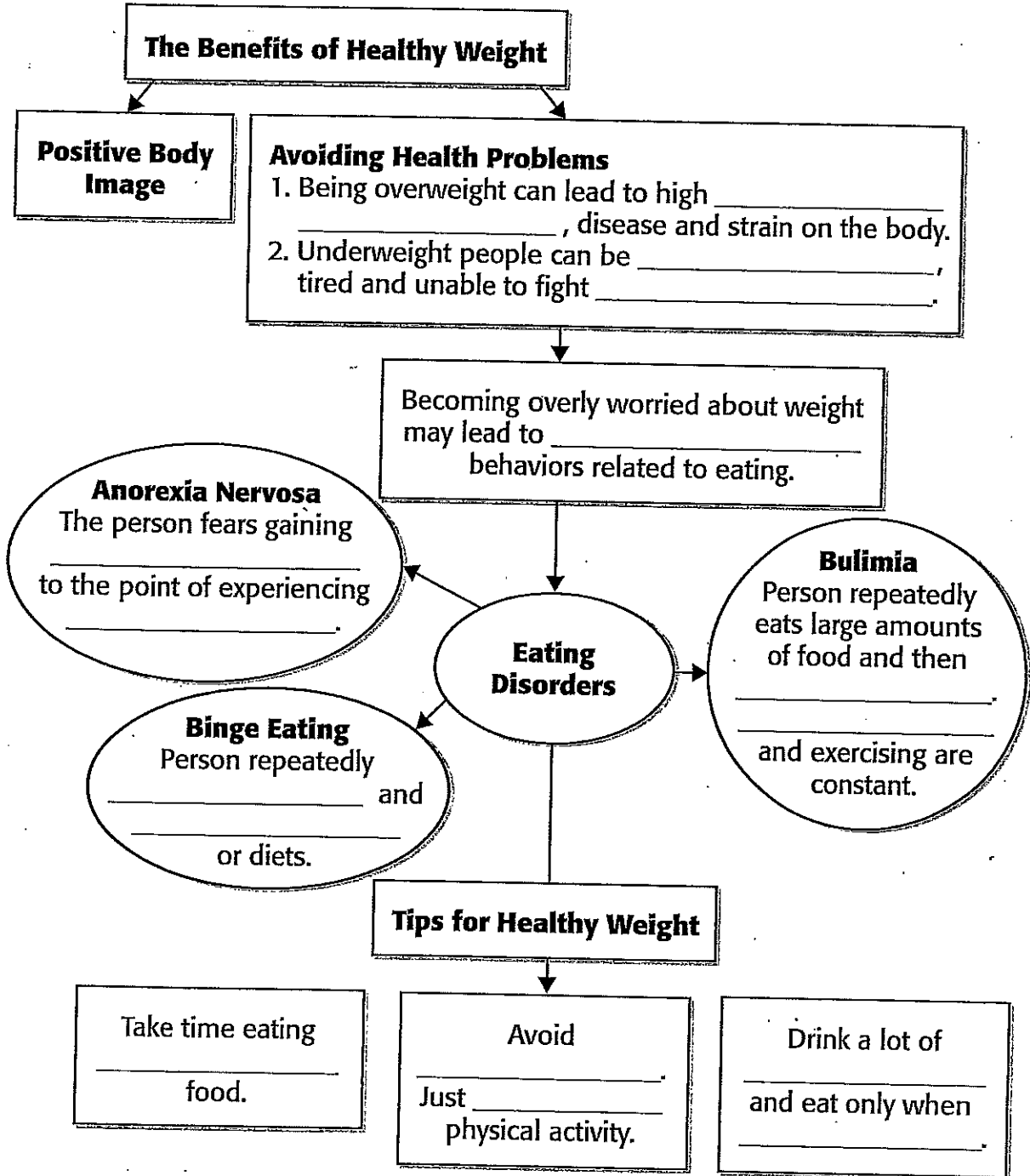


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# Concept Mapping Activity 4-6

Directions: Complete the concept map on the benefits of a healthy weight, using terms and phrases from your textbook.

**Lesson 6**



## Reteaching Activity 4-6

### Risks Related to Weight

Being underweight or overweight can sometimes cause serious problems for people. Some of the possible problems are physical. In addition, when a person feels bad about how he or she looks, psychological effects like depression can develop.

**Directions:** Complete the chart below. The first column lists the possible problems. In the middle column, write the physical and psychological effects of each problem. In the last column, list some solutions to the problem. Refer to pages 131–135 in your textbook.

**Lesson 6**

Problems related to weight	Effects	Solutions
1. Being overweight		
2. Being underweight		
3. Anorexia nervosa		
4. Bulimia nervosa		
5. Binge eating		

Name: \_\_\_\_\_ Period: \_\_\_\_\_

## **Eating Disorders**

An **eating disorder** is a mental disorder that reveals itself through abnormal behaviors related to food.

**Anorexia Nervosa** is when a person doesn't eat enough food to maintain a healthy body weight

### **Health Risks**

- A person with anorexia can starve to death
- In some cases, a lack of essential minerals causes the heart to suddenly stop, leading to death

### **Possible Causes**

- A lack of a chemical that regulates mood
- Low self-esteem
- A strong desire to please others

### **Treatment**

- Doctors, nurses, and dietitians work together to stop the weight loss and change a person's eating habits
- At the same time, mental health experts work with the patient and family members to address the underlying emotional problems

**Bulimia**- when a person goes on uncontrollable eating binges, followed by purging, or removing, the food from their bodies

### **Health Risks**

- Most people with bulimia may suffer from dehydration, kidney damage, and a lack of necessary vitamins and minerals

### **Possible Causes**

- Bulimia may begin in connection with a diet, but a person soon becomes unable to stop the cycle of bingeing or purging

### **Possible Signs of Bulimia**

- Unable to control eating binges
- Eating too much food too quickly
- Eating in private
- Cycles of weight gain and loss
- Bathroom visits right after eating
- Hoarding or storing food

### **Treatment**

- People who have bulimia are aware of what they are doing, but they are unable to control their behavior

## **Binge Eating Disorder**

- People with binge eating disorder regularly have an uncontrollable urge to eat large amounts
- They usually do not purge after a binge

### **Treatment**

- People with binge eating disorder need help in learning how to control their eating
- They often need to address underlying emotional problems



## Eating Disorders Test Review Sheet

Test Format

6 Matching

4 Multiple Choice

5 True/False

5 Fill in the Blank

Define:

Anorexia Nervosa

Bulimia

Body Image

Binge Eating

Body Mass Index

Eating Disorders

What are the benefits of a healthy weight?

What is the relation between calories and weight in terms of losing and gaining?

What factors can trigger an eating disorder?

What are some side effects of the eating disorders? (anorexia, bulimia, binge eating)

What happens with extra weight as a little kid? Do they out grow it? Will they always be heavy?

How does dieting effect growth and development?

Which eating disorders do people know they have a problem but will try to hide it?

Which eating disorders are people oblivious to having?

Know which eating disorders make people lose or gain weight.

What happens to your fat cells as you lose/gain weight?

What is the relationship between lean muscle and calories?

What is our blood made up of? (3 things)

