

Chapter 8

Lesson 5 Eating Disorders

Objectives

- **Identify** three examples of unhealthy eating behaviors.
- **Explain** how overexercising is related to eating disorders.
- **Identify** three eating disorders.
- **Describe** how you would give or get help for an eating disorder.



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Start Off Write

How can exercising too much be bad for you?



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Unhealthy Eating Behavior

- **What Are Some Unhealthy Eating Behaviors?**
Unhealthy eating behaviors include limiting yourself to eating only certain foods, skipping meals, or eating large amounts of food at one time.



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Unhealthy Eating Behavior

- **Effects of Unhealthy Eating Behaviors** Unhealthy eating behaviors can affect a person's ability to learn, can disrupt his or her growth and development, and can have damaging effects on his or her overall health.
- The next slide lists some risk factors related to unhealthy eating behaviors.



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Why Teens Develop Unhealthy Eating Behaviors

Low self-esteem
Fear of becoming overweight
Poor skills for coping with stress
Unhealthy body image
Pressure from friends or family to be thin
Feelings of helplessness



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Overexercising

- **What Leads to Overexercising?** The fear of becoming overweight and the stress of wanting to have perfect bodies cause many teens to exercise too much, or overexercise.
- **Dangers of Overexercising** People who overexercise may get injured easily. In addition, they may suffer from extreme tiredness and feelings of sadness or hopelessness.



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What Are Eating Disorders?

- **Eating Disorders** An eating disorder is a disease that involves an unhealthy concern with one's body weight and shape.
- **Symptoms of Eating Disorders** Some common symptoms of people who have eating disorders include constantly talking about their weight, their bodies, or food.



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Anorexia Nervosa

- **What Is Anorexia Nervosa?** Anorexia nervosa is an eating disorder that involves self-starvation, an unhealthy body image, and extreme weight loss.
- **Getting Treatment** Teens who have anorexia nervosa must receive medical help. If left untreated, these people may develop long-term problems with their stomach, bowels, kidneys, and heart.



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Some Symptoms of Anorexia Nervosa



Characteristics of a Healthy Person

- ▶ Shiny, healthy hair
- ▶ Healthy skin
- ▶ Strong nails
- ▶ Ability to maintain a healthy weight
- ▶ Energetic

Symptoms of Anorexia Nervosa

- ▶ Dry, dull hair and hair loss
- ▶ Dry skin
- ▶ Brittle nails
- ▶ Large weight loss over a short period of time
- ▶ Abdominal pain
- ▶ Growth of fine body hair
- ▶ Feels cold all the time
- ▶ Feels faint, or light-headed



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Bulimia Nervosa

- **What Is Bulimia Nervosa?** Bulimia nervosa is an eating disorder in which a person eats a large amount of food and then tries to remove the food from his or her body.



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Bulimia Nervosa

- **Symptoms** A person who has bulimia nervosa may do one or more of the following:
 1. spend a lot of time thinking about food
 2. steal food
 3. go to the bathroom immediately after eating
 4. throw up after eating
 5. hide food
 6. exercise excessively



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Binge Eating Disorder

- **What Is Binge Eating Disorder?** Binge eating disorder is a disease in which a person cannot control how much he or she eats.
- **Binge Eaters** Binge eaters are at risk for the health problems associated with obesity. They are at risk for high cholesterol, high blood pressure, diabetes, gall bladder and heart disease, strokes, and some forms of cancer.



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Giving Help

- **Talking with a Friend** What can you do if you think a friend has an eating disorder? Talk to your friend privately.
- **Go to a Trusted Adult** Your friend may refuse to get help. If so, ask for help from an adult, such as a parent, teacher, counselor, or a school nurse.



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Encourage a friend who is exhibiting these signs to get professional help.

Signs of an Eating Disorder

- Dieting
- Pretending to eat
- Hiding or throwing away food
- Exercising for long periods of time
- Constantly talking about or worrying about food
- Wearing thick or baggy clothes to hide a very thin body
- Always complaining about the way that he or she looks



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Getting Help

- **Tips to Finding Help** Here are some steps to follow if you or someone you know needs help:
 1. Find an adult you trust.
 2. Speak to the trusted adult privately.
 3. Tell the person your concerns clearly.



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The adult you choose to tell will likely want to help you. This table may help you start the conversation.

Giving and Getting Help for an Eating Disorder

"I need your help. I am afraid that I have an eating disorder. Once I start eating, I can't stop. I'm not even always hungry when I eat."

"I need your help. I am afraid that my friend _____ has an eating disorder. I know that he/she has been throwing up after lunch almost every day."



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Lesson 6 A Healthy Body, A Healthy Weight

Objectives

- **Describe** what affects your healthy weight range.
- **Describe** the balance between energy input and energy output.
- **Identify** and describe fad diets.



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Lesson 6 A Healthy Body, A Healthy Weight

Start Off Write

How do you find your healthy weight range?



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Lesson 6 A Healthy Body, A Healthy Weight

Finding Your Healthy Weight Range

- **What Is a Healthy Weight Range?** Your healthy weight range is an estimate of how much you should weigh depending on your height and body frame.
- **Body Mass Index** Your BMI, or body mass index, is a calculation that can help you determine your healthy weight range.



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Lesson 6 A Healthy Body, A Healthy Weight

Keeping a Healthy Energy Balance

- **What Is an Energy Balance?** Your energy balance is the balance between the Calories you get from food and the Calories you use for normal body processes and for physical activity.
- **Cause of Weight Gain** If you eat more food than your body can use for your daily activities, you will gain weight.



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Lesson 6 A Healthy Body, A Healthy Weight

Fad Diets

- **What Are Fad Diets?** Fad diets are diets that promise you quick weight loss with little effort.
- **Characteristics of Fad Diets** Most fad diets require you to buy special products, such as pills or shakes. Fad diets often require you to avoid many foods that contain essential nutrients.



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