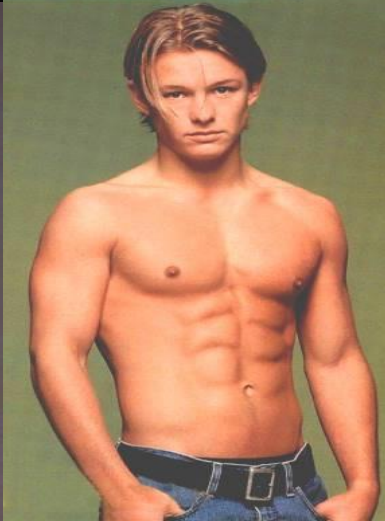
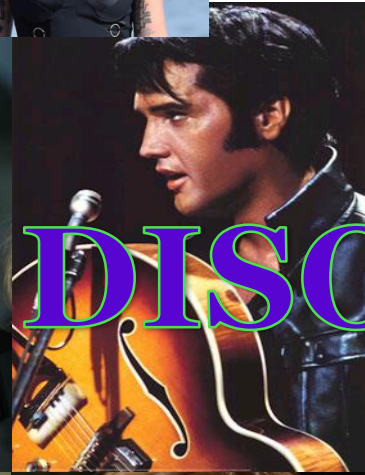


What do all these people have in common?



EATING DISORDERS!

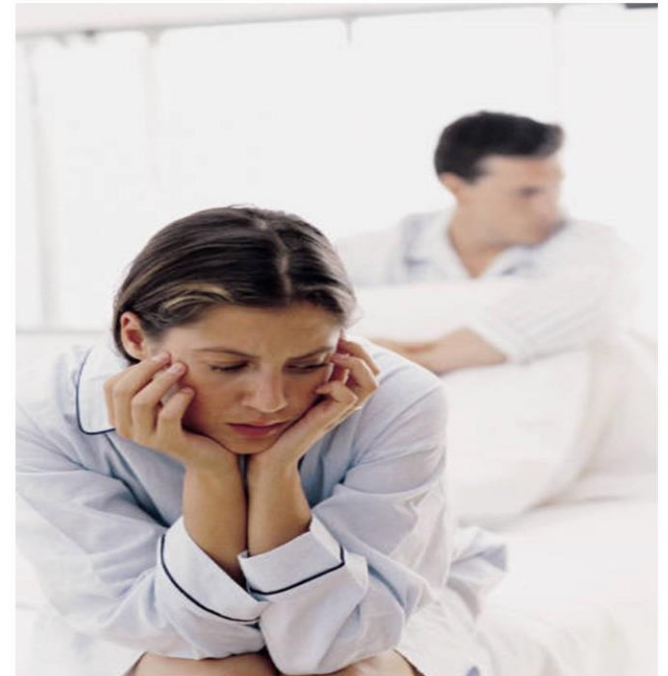


When food becomes an enemy...

- ❖ To understand what is meant by eating disorder
- ❖ To understand that there are different types and what they are
- ❖ To understand that help is available for prevention and treatment of eating disorders

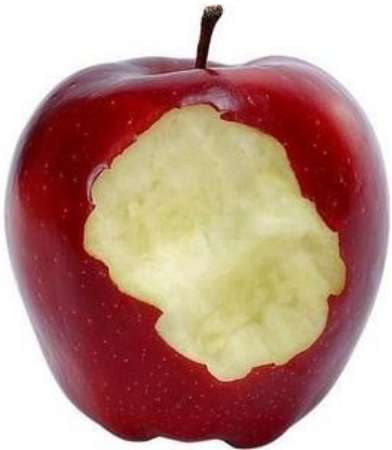
Does it matter if someone doesn't like the way they look?

- Why?
- What could it lead to?



One of the worst aspects of poor body image is that it can sometimes lead to eating disorders.

- What are eating disorders?
- Can you list any types of eating disorders?



[Click here](#)



- **Myth #1:**

You have to be underweight to have an eating disorder.



- People with eating disorders come in all shapes and sizes. Many individuals with eating disorders are of average weight or are overweight.



- **Myth #2:**

Only teenage girls and young women are affected by eating disorders.



While eating disorders are most common in young women in their teens and early twenties, they are found in men and women of all ages.



-
- **Myth #3:**

People with eating disorders are vain.



- It's not vanity that drives people with eating disorders to follow extreme diets and obsess over their bodies, but rather an attempt to deal with feelings of shame, anxiety, and powerlessness.



Myth #4:

Eating disorders aren't really that dangerous.

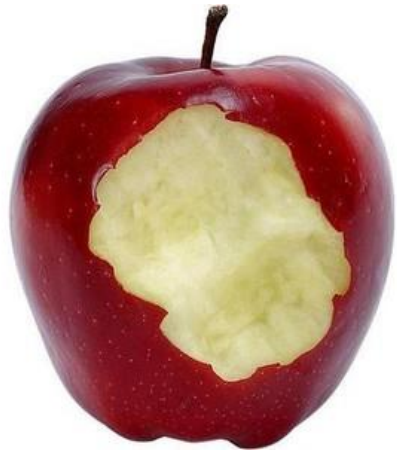


All eating disorders can lead to irreversible and even life-threatening health problems, such as heart disease, bone loss, stunted growth, infertility, and kidney damage.



An eating disorder is a psychological disorder, characterized by an abnormal relationship with food.

- How many people in the UK have eating disorders ?



200,000

1,000,000

500,000

2,000,000



Is it only girls who get eating disorders?



What are the three main eating disorders in the UK?

- **anorexia nervosa**
- **bulimia nervosa**
- **binge-eating disorder (BED).**

Do you know any information about these already?



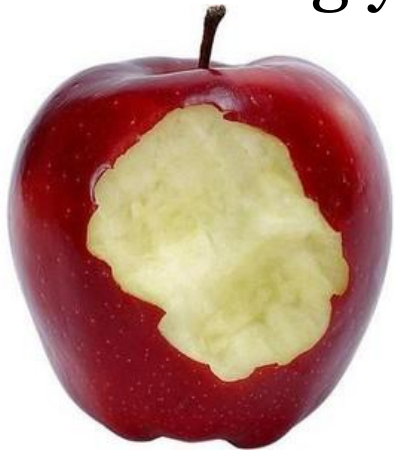
This is reality for some people...



[Click here
for anorexia
recovery
story](#)

In groups...

- Your class needs to be split into 6 groups.
 - Group 1 and 2 - focus on anorexia nervosa.
 - Group 3 and 4 - focus on bulimia nervosa.
 - Group 5 and 6 - focus on binge-eating disorder.
-
- You need to create a presentation on your topic using your information packs.



What is it / definition?

What are the
symptoms?

Eating disorder
Type =

Who does it effect?

What are the effects
on the body and mind?





Beat is a charity which is there to help people who suffer from any form of eating disorder. Anyone can contact Beat and they can also access information from their website about getting help.

They have a helpline for people over 18, the contact details are:

0845 634 1414

help@b-eat.co.uk

Monday to Friday 10:30am - 8:30pm

Saturdays 1:00pm - 4:30pm

Sunday ~ Closed

Bank Holidays 11:30am - 2:30pm

Samaritans 0845 790 9090 and Childline 0800 1111 offer 24 hour support

And they also have a helpline called Youthline for people aged 25 and under

0845 634 7650

TXT: 07786 20 18 20

fyp@b-eat.co.uk

[Online 1-2-1](#)

Monday to Friday 4:30pm - 8:30pm

Saturdays 1:00pm - 4:30pm

Sunday ~ Closed

Bank Holidays 11:30am - 2:30pm

beat endeavours to respond to all e-mails within 7 days.



Have we...

- ❖ Understood what is meant by eating disorder?
- ❖ Understood that there are different types and what they are?
- ❖ Understood that help is available for prevention and treatment of eating disorders?

Complete at least 3 of these sentences

Name

Date

Class 9



- Today I learnt...
- What surprised me was.....
- Right now, I am feeling.....
- I would like to ask a question about....
- The most useful part of this lesson was....
- The new word I learnt today is...
- What I would useful was...

