

What is a diet?

# Essential Standard

8.NPA.3 - Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.

# Clarifying Objective

- 8.NPA.3.1 - Identify media and peer pressures that result in unhealthy weight control (eating disorders, fad dieting, excessive exercise, smoking).

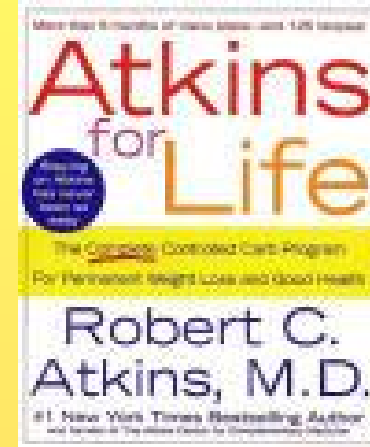
# Statement of Objectives:

- *Now that you have seen these images and analyzed what they have in common, today we will identify media and peer pressures that can result in unhealthy weight control. By the end of today's lesson, you will be able to deconstruct common media techniques as healthy or unhealthy influences.*

# Startling Stastics

- Three to eleven year olds own an average of 10 Barbies (and all the clothes).
- Women have spent \$50,000 in plastic surgery to look like Barbie.
- Mattel makes 1.2 billion dollars a year selling Barbie.
- Three billion women do NOT look like supermodels-only 3% do.
- The average woman wears a size 12-14 and weighs 144 pounds.

# What do all these things have in common and why?



*What might you notice about Barbie if she were a real person standing here in the classroom?*



# Barbie



If Barbie were real...

Height = 7'3"

Weight = 110 lbs.

Hips = 33"

Waist = 18"

Bust = 39"



# HOW WOULD A REAL WOMAN LOOK WITH BARBIE'S PROPORTIONS?



Barbie  
(not to scale)



Libby



Libby, 5ft 6in  
tall, with  
Barbie's  
proportions



Libby with  
a waist of 28in  
and Barbie's  
proportions

# The REAL Barbie . . .

- would have to crawl to support her top-heavy frame.
- would only have room for a radius OR an ulna in her arms.
- would only have room for a tibia OR a fibula in her legs.
- would only have room for an esophagus OR a trachea in her neck (she could either eat OR breathe . . . we guess she must just breathe)
- would wear a size 3 children's shoe
- would have a severely distorted face (like the pictures of aliens), due to the almost triple average size of her head.

# Unhealthy Methods of Weight Control

- *Body image and dieting are so important within the American culture (especially among young women) that many people choose unhealthy ways of controlling their weight.*

# Eating Disorders:

- **Anorexia nervosa** is an eating disorder in which an individual's food intake is severely minimal and therefore life-threatening.
- Another life-threatening eating disorder known as **bulimia** (also called bulimia nervosa) is characterized by bingeing (eating large amounts of food) and purging (vomiting or using laxatives to get rid of the food).

## General Information About Anorexia and Bulimia

- Most victims of anorexia and bulimia choose to decrease food intake or purge because they **have a strong fear of gaining weight or becoming fat.**
- The risk factors associated with the two eating disorders are caused because of a **lack of nutrients in the body.**
- Risk factors include metabolic imbalances that usually result in **fatigue, irregular heartbeat, thinning of the bones, and cessation of menstruation.**
- Participants in some of the performing arts and athletes can also become victims of an eating disorder because leanness and weight classifications are emphasized in these sports.
- The conditions **usually require medical intervention** for sustained recovery.

# Fad Dieting:

- a. People are attracted to fad dieting because they **want to lose weight fast**.
- b. The main problems with fad diets are that the **results are only temporary** for those who later go off of the diet and,
- c. if an individual continues the diet for too long, his or her **health can be affected tremendously**.
- d. Fad diets can have negative effects on health because most of the diets **lack important nutrients** or whole food groups and thereby cause individuals to be nutritionally imbalanced.
- e. The most popular fad diets introduced by media decrease caloric intake, use blood type to determine diet, or include diets that emphasize only eating one food group.

- f. Most people cannot stay on fad diets very long because they are too restrictive. After one goes off a fad diet, all the lost weight plus more is usually regained. Moderation in diet and exercise are far better choices than fad dieting.

# Excessive Exercise:

- a. Young people may get the message from the media that one must exercise in order to be thin and happy.
- b. Some may over-exercise because of low self-esteem and they may believe that to be thin is a prerequisite to being attractive and happy.
- c. Some become “addicted” to exercise, use exercise as an escape, and become over-competitive and preoccupied with fitness.
- d. They may even experience withdrawal if exercise has to be discontinued.



- e. Exercising too much can cause bone and muscle mass depletion, stress fractures, tendonitis, loss of concentration, blood pressure that is too high or too low, decreased immunity, and even loss of consciousness.
- f. Excessive exercise may distract a person from other important areas of their lives: friends and family, academic achievement, and time to oneself.
- g. Experts in sports medicine or athletic training can help a young person determine whether exercise has become excessive.

# Smoking:

- Young people may have the perception that smoking helps reduce or control eating or weight for several reasons:
  - Recognition that the drugs in tobacco smoke reduce appetite and may affect metabolism.
  - Media messages about cigarettes that promote concepts of weight control.
  - Perception that tobacco use and eating provide “pleasure of handling” and oral satisfaction.

- The reality is that people who quit smoking usually gain a small amount of weight.
- One reason is that food tastes so much better as the sense of taste and smell return.
- Keep in mind that one would have to be at least 60 pounds overweight for it to compromise health the way that smoking does.
- Not beginning to smoke in the first place is the best option.
- If one has already begun to smoke, there are ways to reduce the likelihood of weight gain as quitting is attempted:
- Stock up on low-fat and low-calorie snacks (such as crunchy fruits and vegetables and sugar-free candy and gum) to have something to do with your hands (and mouth)!
- Substitute exercise for smoking.

# Guided Practice:

- Divide students into small groups and distribute a pair of scissors, glue and a few magazines to each group.
- Instruct students to make a collage using pictures and quotes from the magazine that suggest they use unhealthy means of weight control.
- Have each group share its collage with the class and explain why they chose the items in the collage.

# Independent Practice:

- Have students write a short story about a teenager who experiences external pressure to control his/her weight in an unhealthy manner. The stories must contain the following:
  - Origin of the pressure (magazines, TV commercials, friends, athletes, extra curricular activities, teen celebrities)
  - What kind of messages did the character in the story receive?
  - What actions resulted from the pressure (positive or negative)?
  - Include methods of coping with this type of external pressure.

# Closure:

- *Today we have discussed pressures one might receive from friends and media to control weight by unhealthy means. We have also discussed the idea of a realistic weight and how to cope with unrealistic expectations of media and peer pressure.*