

WHAT IS NORMAL EATING?



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.3.2 - Differentiate the signs, symptoms, and consequences of common eating disorders from more healthy eating behaviors.

STATEMENT OF OBJECTIVES

- *During this class we have discussed healthy eating. We will now look at what happens when one has a distorted idea about food and at the common eating disorders that can result. You will be able to describe signs, symptoms and consequences of common eating disorders from more healthy eating behaviors. You will also know about some resources if you suspect a friend or family member has an eating disorder.*

NORMAL EATING IS . . .

- being able to eat when you are hungry and continue eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it—not just stop eating because you think you should.

NORMAL EATING IS . . .

- being able to use some moderate constraint in your food selection to get the right foods, but not being so restrictive that you miss out on pleasurable foods.

NORMAL EATING IS . . .

- giving yourself permission to eat sometimes because you are happy, sad, bored, or just because it feels good.

NORMAL EATING IS . . .

- three meals a day most of the time but it can also be choosing to **munch along**. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful when they are fresh.

NORMAL EATING IS . . .

- ① **overeating at times**; feeling stuffed and uncomfortable. It is also **undereating at times** and wishing you had more.

NORMAL EATING . . .

- trusts your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention but keeps its place as only one important area of your life.

IN SHORT, NORMAL EATING IS FLEXIBLE.

- It varies in response to your emotions, your schedule, your hunger, and your proximity to food.

I Thought I Had to Be Perfect

Where did so many of us get that notion?

Did we get it from parents who hoped we would make up for all the empty spaces in their own lives?

From teachers who took for granted everything we did right and focused on our every mistake?

From religious leaders who told us the story of how Adam and Eve broke one rule and were punished forever?

Do women get that message of perfection from movies and fashion ads, from actresses and models with figures they can't hope to match?

Do men get it from relentless pressure to sell more, to earn more, and a society that makes fun of the losers in the Super Bowl for being only the second best football team in the world?

How good do we have to be?



Harold Kushner, *Parade Magazine*

THEY SHOULD CONSIDER THE FOLLOWING

- *Who is the speaker in the poem? What is his message?*
- *What pressures are identified in the poem? How do these pressures relate to the life of teens such as you?*
- *What meaning do you think the author was trying to convey?*
- *Does this poem make you think of a personal experience? If so, what?*
- *How does this poem make you feel? Explain.*

Eating Disorders

Causes of Eating Disorders

Anorexia
Information

Effects of Anorexia

Bulimia
Information

Effects of Bulimia

Binge Eating
Information

Effects of Binge Eating

EATING DISORDERS



THREE MAIN KINDS OF EATING DISORDERS

- Anorexia

- Bulimia

- Binge Eating Disorder



ANOREXIA

- a. Drops weight to about 20% below normal
- b. Denies feeling hungry; self-starvation
- c. Obsession with food
- d. Exercises excessively (hours per day)
- e. Very thin, but feels fat
- f. Conflict with family and friends about eating
- g. Often has depression, anxiety

BULIMIA

- Binge (eats huge amounts of food in short period of time) and purge (vomiting, laxatives, diuretics)
- Has excuses to go to the bathroom immediately after meals
- Withdraws from social activities

BULIMIA

- ① May over-exercise
- ① Feel depressed, helpless
- ① Weight often normal

BINGE EATING DISORDER (COMPULSIVE OVEREATING)

- Binge (huge amount of food in short period of time) at least twice a week, continues over a period of time—at least 6 months, and causes distress or problems in the person's life
- Usually binges alone and cannot stop when full; eats large amounts of food even when not hungry

BINGE EATING DISORDER

- Feels out of control and then depressed, guilty, or disgusted
- Gains weight excessively; often overweight

CAUSES OF EATING DISORDERS

- a. Eating disorders start about 11 – 14 years (may start as early as 7)
- b. No single cause; still are not sure of all causes
- c. May not feel good inside so a person tries to change outside
- d. Low self-esteem

CAUSES OF EATING DISORDERS

- e. Depression or stress and lack of feeling of control
- f. Sports that emphasize weight (such as wrestling or ballet)
- g. Families (may have eating disorders or overly emphasize weight)
- h. Media pressure to be thin, attractive

EFFECTS OF EATING DISORDERS



ANOREXIA

1. Without treatment, can cause death
2. Loss of menstrual cycle
3. Heart, liver and kidney damage
4. Low blood pressure, pulse, and breathing rate

ANOREXIA

5. Hair loss and brittle fingernails
6. Feel cold (even in warm weather)
7. Headaches, dizziness, and concentration difficulties
8. Withdrawal and depression

BULIMIA

1. Loss of potassium which can lead to heart problems, death
2. Tooth decay
3. Swollen glands in face (chipmunk cheeks)

BULIMIA

4. Stomach pain
5. Stomach and kidney damage
6. Withdrawal and depression

BINGE EATING DISORDER

1. Overweight (which can make it difficult to get around and increases risk for chronic diseases such as heart disease and diabetes)
2. Breathing and sleep difficulties due to overweight
3. Withdrawal and depression

INDEPENDENT PRACTICE:

- Direct students to research the way our society's view of the ideal body has changed over time and ask them to write the findings of their research. Have them answer the questions:
 - *How has society's view of an ideal body changed over time and how has it contributed to eating disorders?*
 - *What other factors contribute to eating disorders?*
 - *What is one way to prevent eating disorders?*

CLOSURE:

- *You have done a superb job of explaining how someone may become out-of-control with respect to eating. You are also aware of resources needed by someone at risk of developing an eating disorder.*