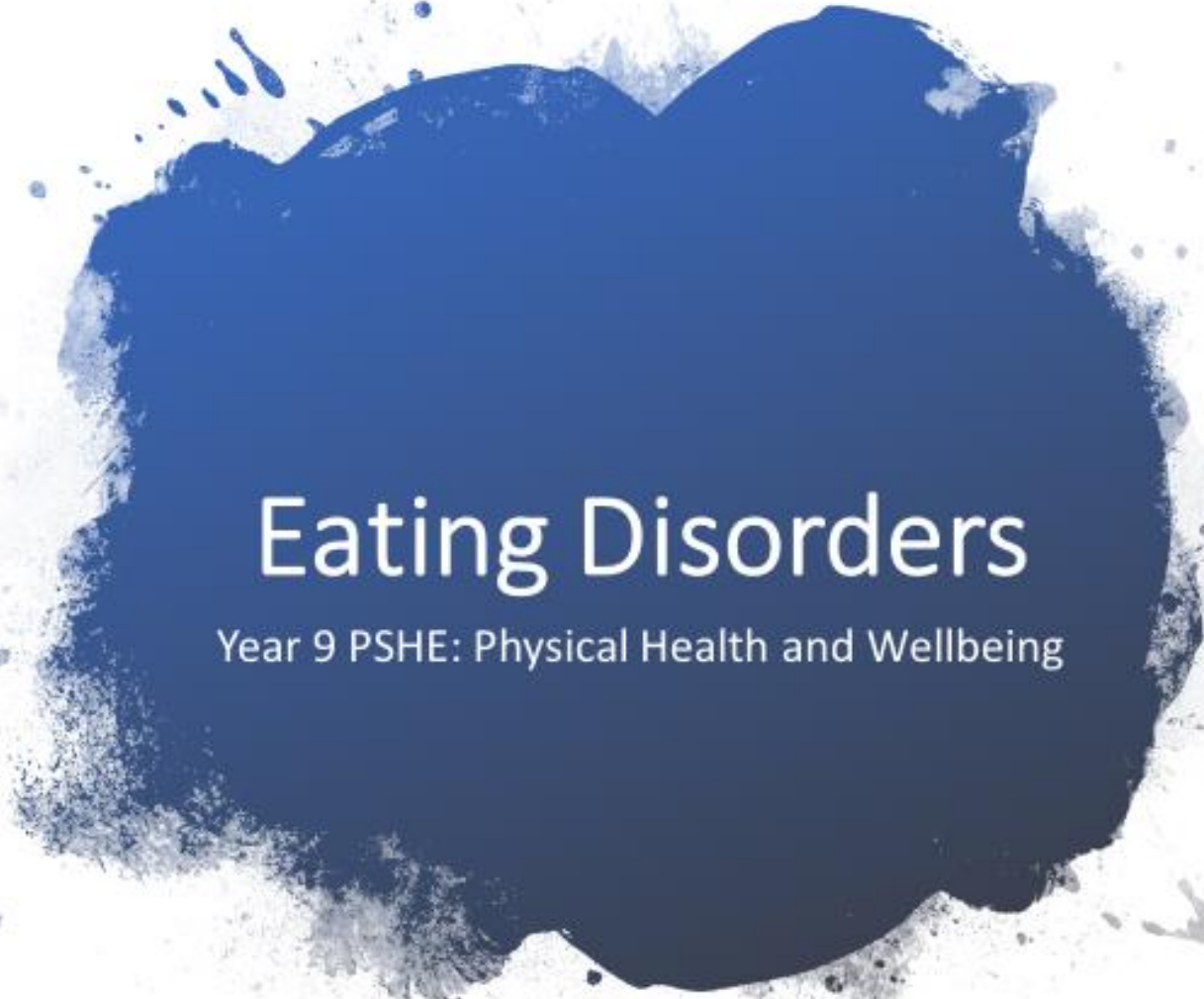



Eating Disorders

Year 9 PSHE: Physical Health and Wellbeing



Eating Disorders & Identifiable Symptoms



ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I know about the main eating disorders										
I know where to refer someone for help with an eating disorder										
I know some of the identifiable symptoms to look out for with eating disorders										



Complete a baseline assessment of where you think you are at for this lesson
(Discussion or complete sheet)



I'm not
confident at all



I'm getting
more
confidence



Confident



Very
confident

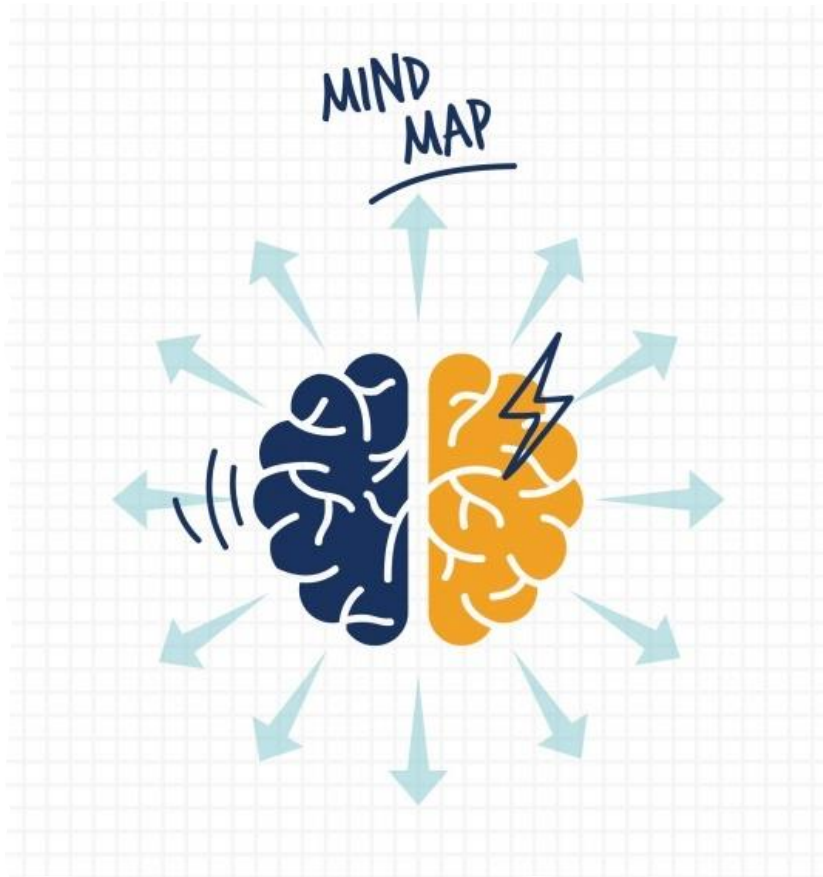


Super
confident

Objectives

- To understand the complexity of eating disorders and their possible causes
- To understand what help is available for prevention and treatment of eating disorders

Mind-Map prior knowledge



- What is an eating disorder?
- Can you name any?
- What do you think could be the causes?

What is an eating disorder?

This is when someone develops an unhealthy attitude to food, and it can take over their life and make them ill.

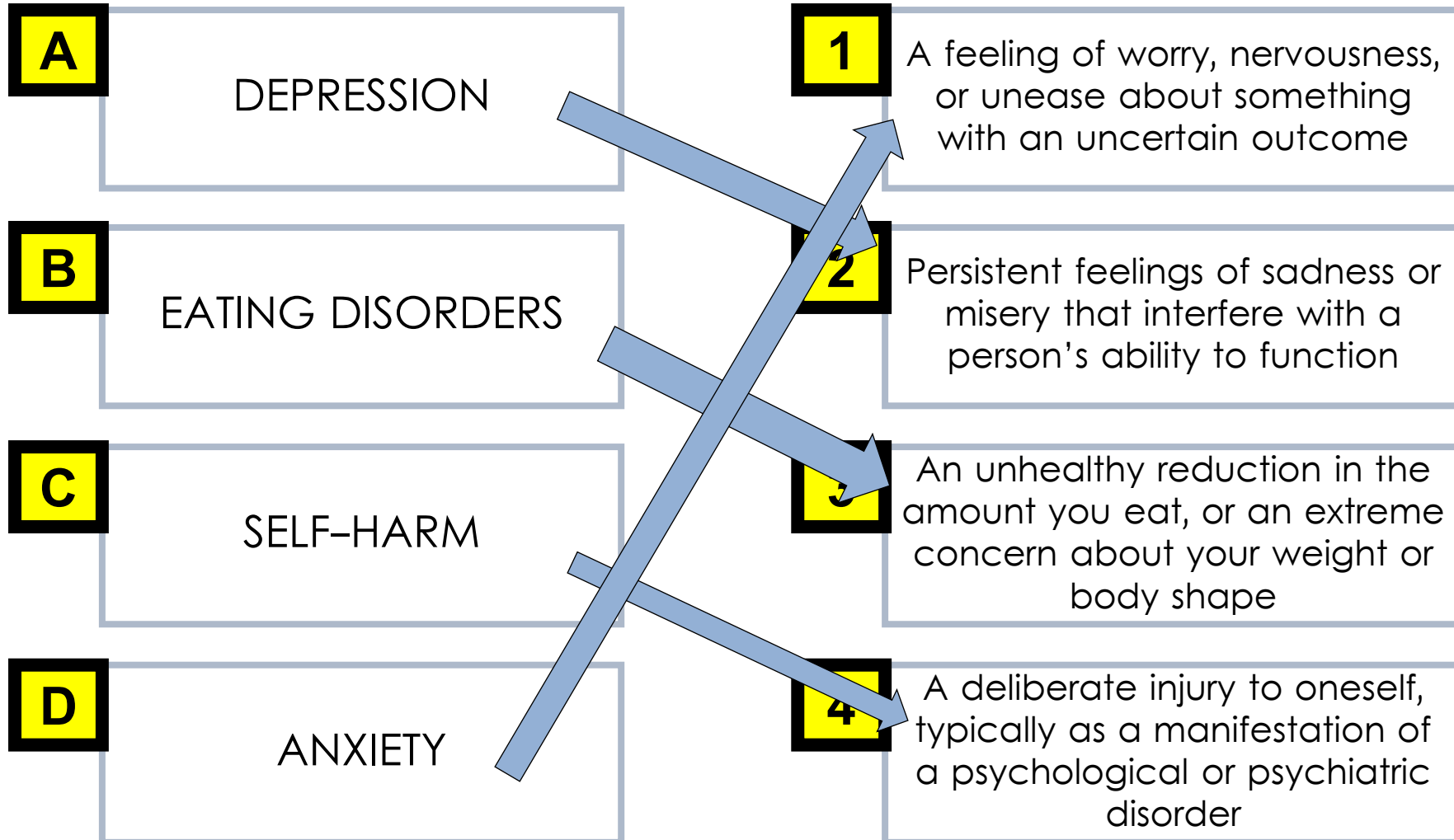
There are different kinds of eating disorder including anorexia, bulimia and binge-eating disorders.

Each type will have its own symptoms, but usually involves eating too much or too little, becoming obsessed with body shape or weight.

What causes someone to develop an eating disorder will vary from person to person. Often an eating disorder will also be a mental health condition.

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

LINK THE TERM TO THE DEFINITION



How Do Eating Disorders Actually Work? ft. Kati Morton

https://www.youtube.com/watch?v=CJWR5m_z5FE

Add to your mind
map key pieces of
information

Anorexia Nervosa

- This is an eating disorder where people severely limit or avoid food in an effort to become slimmer, and/or lose weight.
- A person with anorexia tries to keep their weight low by not eating enough food. Often such people will have a distorted body image leading to them feeling fat even when they are getting very thin. They may also over-exercise to an extreme degree, losing muscle as well as body fat through lack of eating.
- A diagnosis of anorexia nervosa comes when a person loses 15% of their normal body weight. Doctors then treat both the physical and mental aspects of the condition.

Anorexia Nervosa

- There are around 700000 people suffering with anorexia nervosa in the UK. Most are young girls and the typical age is between 15-19. There are also around 70000 boys with anorexia nervosa.
- Many people with anorexia nervosa deny themselves food, choose to eat alone, avoid snacking, and drink only water. Others will go to great lengths to burn calories to work off what they have eaten.

An account of anorexia nervosa from Emma Wolf: 'An Apple a Day'

'Its when we are all together [my family] that I feel most trapped by my illness. I want to join in. I want to share the fun and eat with them but it's been so long. I've forgotten how. Gripping my mug of black coffee more tightly, I feel distinctly no part of the family, [if they offer me a slice of cake I feel awkward, and if they don't both to offer me any I feel angry.] I want to be part of all that rowdy, pleasurable eating and I can't.'

How would it feel to be Emma, her parents, her friends, her wider family?

Bulimia nervosa

- This is a combination of binge-eating and then taking measures not to put on weight. This can mean it is a more difficult condition to spot than anorexia nervosa.
- People with this condition still eat food but are afraid they will put on weight. As a result they will use different methods to avoid keeping the calories. This can often include 'purging' [making themselves sick], 'fasting', or using laxatives.
- Purging can lead to damage to teeth, gums, mouth and throat as stomach acid is often regurgitated with the food. This leads to tooth decay, gum disease, throat infections and mouth ulcers.

Dealing with an eating disorder – Jack's story

- <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--gcse-dealing-with-an-eating-disorder/zhpknrd>



Checking for understanding

1. What is meant by an eating disorder?
 2. Name 2 eating disorders we have looked at so far
 3. What can lead to someone having an eating disorder?
 4. What does 'purging' mean?
 5. What is the typical age range for someone to suffer from Anorexia?
-

Binge Eating Disorder

<https://www.youtube.com/watch?v=1Bkm7BxaXMo>

From the clip,
write down 5 key
things about this
disorder

Treatment for eating disorders



Eating disorders are addictive, and so any treatment will need to treat the habit as well as the condition.



Forcing someone to follow a diet plan is not enough on its own. In the long term this will not address the reasons why someone has a disorder.



It is more important that the person tries to develop a more healthy relationship with food, and it is unlikely they will manage to do this on their own.

5 ways to help someone with an eating disorder

<https://www.youtube.com/watch?v=LrtD5HLovqY&list=PLAB41960D35357E06&index=9>

From the clip – explain 5 possible ways to help someone who has an eating disorder.

Seeking support...

**SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND
HERE:**

- ☐ Talk to your GP or local Doctor
- ☐ To find services in your area: helpfinder.beateatingdisorders.org.uk
@BeatEDSupport
- ☐ VISIT [WWW.NHS.UK/LIVE-WELL](https://www.nhs.uk/live-well) (ADVICE TO HELP YOU MAKE THE
BEST CHOICES ABOUT YOUR HEALTH AND WELLBEING)