Eating Disorders

Learning Objectives
- I can define disordered eating and types of eating disorders (7.1t)

Teacher Notes
- This lesson will include pauses for student thinking and discussion. Pause the video as instructed for student input.
- Students will participate in a word unscramble application. Students will need enough space to stand up and spell the vocabulary terms in class.

Lesson Steps: Video Outline: 7.1t Eating Disorders Video

Step 1 Introduction
- Pre-Assessment
  - What is body image? How can you develop a positive body image?
- The video lesson will discuss body image, eating disorders and the main types of eating disorders as well as treatment options.

Step 2 Activity
- Word Unscramble: Students will be given individual letters that spell out a vocabulary term. Students will work together, one group at a time to take the individual letters and spell out the vocabulary term by moving into position in a line.

Step 3 Closure
- Exit Ticket: What is the relationship between body image and eating disorders?

Assessments
- Pre: Lesson will introduce topic, engage learners, and access prior knowledge
- Post: In word unscramble students will define vocabulary terms by working together to identify words associated with the topic. Teacher will observe students to determine their level of understanding.
Extensions/Connections/Applications

- Modification: If students are having a difficult time collaborating to unscramble their word the teacher can offer “hints” to increase their success.

- Extended learning opportunity: have students research local eating disorder resources or tips for how to identify if someone is suffering from disordered eating.

Resources/References

- Health Smart VA
- McGrawHill Education: Glencoe Teen Health
- 7.1t Eating Disorders Slides

Handouts

- Word Unscramble Vocabulary Term List
  - Write individual letters on paper or post-it notes for each student. “Pro-tip” draw a shape on the paper for each letter for terms that go together so they don’t get mixed up.
Word Unscramble Vocabulary Term List

Body Image

Anorexia Nervosa

Eating Disorder

Bulimia Nervosa

Binge Eating Disorder