



## Grade 8 Sample Lesson Plan: Healthy and Unhealthy Weight Management

### SOLs

Identify eating disorders and describe the dangers of engaging in unbalanced and unsafe diet practices to gain or lose weight.

Compare healthy and risky approaches to weight management.

Analyze the impact of family and personal influences on eating habits and attitudes toward weight management.

Examine the causes and effects of compulsive behaviors, such as eating disorders.

### Objectives/Goals

- Students be able to recognize the differences between healthy and unhealthy approaches to weight management. Students will be able to identify eating disorders and understand the importance of help-seeking and early intervention.

### Procedure

- Educators are encouraged to review the educator's resource page of the National Eating Disorders Association (NEDA) prior to providing any lessons on eating disorders: <https://www.nationaleatingdisorders.org/educators-and-coaches>. Educators are encouraged to promote early identification, help seeking, and treatment for eating disorders and other damaging compulsive behaviors.

### References

- National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/educators-and-coaches>

- NEDA Educator's Toolkit  
<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- CDC Lesson - Body Image Ad Decoder  
[https://www.cdc.gov/bam/teachers/documents/body\\_image\\_ad.pdf](https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf)
- CDC Lesson – If These Dolls Were Real People  
[https://www.cdc.gov/bam/teachers/documents/body\\_image\\_dolls.pdf](https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf)
- Discovery – When Food Becomes an Enemy  
<https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Frontline FAT Teacher's Guide – Obesity -Habits,- Weight Loss  
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher's Guide – Lesson 1, Weight-Stereotypes-Eating Disorders  
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Girls Health – Body Image and Media  
<https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Girls Health - Eating Disorders  
<https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
- Glencoe Online Learning Center - Unit 1, Lesson 4 - Analyzing Influences on Health  
<http://www.warrenkyschools.org/userfiles/2798/Classes/16329/lesson04.pdf>
- Kids Health Eating Disorder Teachers Guide Grades 9-12  
<https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eatingdisorders.pdf>
- Mission Nutrition: Self Esteem Lesson 3 – Media Awareness – Grades 6-8  
<http://www.missionnutrition.ca/eng/educators/6to8.html>
- National Eating Disorder Association (NEDA) Coaches and Teacher Resources  
<https://www.nationaleatingdisorders.org/educators-and-coaches>
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior  
<https://science.education.nih.gov/supplements/nih7/healthy/guide/lesson2.html>
- PE Central Body Image and Eating Disorders Lesson  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFh>  
<http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- Purdue Extension – Middle School Healthy Body Image Lesson Activity

2: Mixed Messages- Living in a Supersized World

<https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>

- “Hearing Between the Lines” - PBS In the Mix  
<http://www.pbs.org/inthemix/educators/lessons/self-image2/>