PSHEE

**Emotional health**

Learning Objectives: Unit 3 Part 2

* What are eating disorders?
* What is anorexia nervosa?
* How does anorexia nervosa affect the body?
* What is bulimia nervosa?
* How does bulimia nervosa affect the body?

Task

1. Read slide 3,

 What are the 3 main eating disorders?

Do you know anything about them?

2. Read slide 4,

What is anorexia nervosa?

How does it usually start?

3. Read slide 5,

How do anorexic people see themselves?

What fear do they have?

4. Complete interactive slide 6

How does it affect your body?

5. Read slide 7

What do you think of the image of Isabelle Carro?

Do you think it would encourage young people or discourage them?

6. Read slide 8,

What is bulimia?

How do bulimics get rid of food after bingeing?

7. Read slide 9,

Why is bulimia difficult to detect?

8. Look at interactive slide 10,

How does Bulimia affect the body?

9. Look at interactive slide 10,

Complete the table:

|  |  |  |
| --- | --- | --- |
| Possible signs of anorexia | Possible signs of anorexia or bulimia | Possible signs of bulimia |
|  |  |  |

10. Look at interactive slide 11

All work must be completed and emailed to your teacher