Lesson Plan

OBESITY HAS MANY FACES

Content

1. Teacher's Lecture

Obesity is a very common and dangerous disease today. You already know the health consequences it can have when left untreated. But before we proceed with the lesson, let's remind ourselves what obesity actually is:

Obesity is a chronic whole-body disease that occurs when we regularly consume more calories than we need. In such a situation, there is an increase in body fat tissue and body weight. If this situation persists for some time, it can lead to various disorders in our body and we become susceptible to diseases such as diabetes or heart diseases.

Now, I have a question for you - what do you know about the causes of obesity?

Children respond… (e.g., lack of exercise, consumption of sweets and snacks...)

Teacher supplements Children's responses.

I asked you this question at the beginning because often overweight individuals are subjected to mistreatment by people around them. They assume from the start that if someone is obese, they surely brought it upon themselves. They assign them very hurtful labels - fat, lazy, weak, etc.

However, there are many disorders and diseases that cause weight gain despite the correct lifestyle of the individual.

On the infographic, we have the following examples of causes of obesity:

• Genetic syndromes such as Prader-Willi syndrome, Bardet-Biedl syndrome, Down syndrome,

• Brain diseases affecting parts of the hypothalamus,

• Hormonal disorders, such as polycystic ovary syndrome or hypothyroidism,

• Medications used, for example, antidepressants.

These are the causes of so-called secondary obesity - i.e., obesity caused by a specific disease.

But that's not all. The infographic also includes difficult personal life situations as causes.

There can be many causes of obesity. And although our incorrect dietary habits and low level of physical activity are the main factors responsible for gaining weight, we never truly know the history of an obese person, whom we sometimes automatically judge as lazy and weak.

As you can see, there are several diseases and genetic syndromes that often contribute to a patient's weight gain. The ones you just learned about are just examples. I would like to draw your attention to the point concerning the personal life of an obese person. Do you know why, for example, in the case of difficult family situations, children may gain weight?

Children respond…

Teacher:

Eating can sometimes be a way to cope with difficult emotions. Often, from childhood, we are taught that:

• Eating is a way to express our joy in pleasant moments in life - for example?

Children respond…

Teacher:

• When we have a birthday, pass a difficult exam, or someone's name day, it's our habit to eat something delicious together, like a birthday cake or ice cream to celebrate the end of the school year.

• Food can be an easy way to improve a bad mood - sometimes we hear from adults: "Had a tough day? Let's go to the bakery, buy something tasty, and your mood will immediately improve."

And through such patterns, we develop a habit of eating when we experience various emotions. When someone at home is dealing with a difficult situation for a certain period - for example, in relationships with parents or between parents, and additionally cannot talk about how they feel, they start habitually reaching for food. When the situation lasts for a longer period, the path to gaining weight is very straightforward. Try to imagine what a difficult situation such a person is going through. Once again, the conclusion arises - we never know the whole story of an obese person.

1. Task (attachment)

Now that you know that obesity "has many faces," or different causes, I invite you to complete a task. Once again, I encourage you to invite a friend to participate. It's a great opportunity for some fun together!

Teacher:

In our moral education classes, we discuss topics related to equality. We pay attention to the fact that we are all okay, and everyone in this world, regardless of appearance, deserves respect. After what you heard in the lecture, I invite you to prepare a poster with the tree of acceptance - print the outline of the tree from the attachment (it's not necessary, you can also draw it yourself, right?). Prepare various artistic materials - crayons, markers, or paints, or maybe stickers? Let each branch symbolize a certain attitude/thought/action that we can do to show acceptance for people struggling with obesity.

1. Summary and Homework Assignment (attachment)

It is said that in life, rarely is something only black or only white. And that often it's worth noticing the whole range of colors that are between this white and black. This is a metaphor referring to our lesson topic. We can never say for sure that someone is obese because they are doing something wrong - without knowing their entire story. Judging comes easy to us, and with it comes an interesting effect called the halo effect. What it is and whether it also appears in your life, you will find out from the homework assignment. It might be interesting! Find out for yourself.