**LESSON PLAN**

**Eating Disorders**

**Substantive Material:**

1. **Teacher's Lecture** In the previous homeroom lessons, you learned about what your daily diet should look like. You know what is welcomed on your plate every day and what is better to reach for occasionally. You also understand what lifestyle and habits help to take care of your body and healthy development. Finally, you know that despite the popularity of various diets, the healthiest one is rich in all nutrients—diverse and colorful, full of vegetables and fruits.

Sometimes, young people's eating habits start to change significantly for various reasons. They might begin to eat much less than they should. Today, we will talk about eating disorders, their causes, and their effects on health.

**Let's start with a question: Do you know any types of eating disorders?**

Students respond…

**Teacher:** There are three types of eating disorders commonly found among both adults and teenagers:

* + **Bulimia nervosa** - also known as binge eating disorder,
  + **Anorexia nervosa** - known as anorexia,
  + **Binge eating disorder**.

There are also those that do not fit into any of these categories and are called atypical eating disorders.

Today, you will learn briefly about two main eating disorders: anorexia nervosa and bulimia nervosa. These disorders often begin during adolescence, so it is important for you to know the most important things about them.

The course of eating disorders can badly affect the life of a person who suffers from them, facing numerous physical and psychological consequences. These can include severe constipation, heart problems, the appearance and condition of the skin, hair, and nails. In very severe cases, if the person does not receive timely help, it can lead to death.

Eating disorders often develop innocently and very slowly. It may start during puberty, when body weight and shape (especially in girls) undergo significant changes that are hard to accept. The reaction of adolescents to the changes caused by puberty often includes strict dieting, sometimes involving starvation.

**Let's start with anorexia.**

**Teacher asks the students:** Do you know how a person suffering from anorexia behaves?

**Teacher:** Anorexia is a debilitating disease, which, in general, involves limiting the amount of daily food intake. By doing so, the sufferer experiences a significant weight loss, and their BMI drops below 18.5. For someone with anorexia, the appearance of a slim body is of immense importance, often the most important thing in life. A person suffering from anorexia:

* + Limits the amount of food they eat,
  + Has considerable knowledge about the nutritional values of products and precisely counts the calories of their meals,
  + Usually eats small vegetable and fruit meals,
  + Eats very slowly, often dividing food into smaller portions,
  + Avoids high-fat products at all costs,
  + Often drinks coffee, water, or carbonated drinks to suppress hunger,
  + Eats the same meals repeatedly,
  + In some cases, after a period of not eating, consumes larger portions and then tries to remove the food from their body by inducing vomiting or using laxatives,
  + Is very physically active, sometimes performing excessive and exhausting exercises.

**Now look at the infographic, which shows the consequences of anorexia.** As you can see, the negative effects of anorexia affect many organs and body systems of the sufferer. These include:

* + DELAYED DEVELOPMENT
  + INCREASED BONE FRAGILITY
  + HEART ATTACK
  + RECURRING INFECTIONS
  + DIGESTIVE SYSTEM COMPLICATIONS
  + HEART PROBLEMS
  + HEART ATTACK
  + DEPRESSION
  + SEVERE ANXIETY
  + LEARNING AND MEMORY DIFFICULTIES
  + INFERTILITY
  + AMENORRHEA

In the worst cases, it can lead to death due to complications in the whole organism or a suicide attempt.

Let's move on to the second eating disorder, bulimia. Do you know this term? Do you have any knowledge about what it involves?

**Teacher:** A person suffering from bulimia regularly binges, feeling a loss of control over their eating. During these binges, they consume large amounts of food—more than most people could eat at once. To avoid gaining weight, the person tries to purge the food from their body by inducing vomiting. Bulimia involves at least two episodes of binge eating per week for three consecutive months. Like anorexia, for someone with bulimia, body shape and weight are extremely important and have a huge impact on their self-esteem.

In the course of bulimia, the person:

* + Usually maintains a normal weight,
  + Cannot stop eating during binges,
  + To avoid weight gain from binge eating, induces vomiting and sometimes uses laxatives and diuretics,
  + Feels disgusted and repulsed by themselves because of the vomiting,
  + Vomits secretly—sometimes no one knows about their problems for many years.

Bulimia nervosa is associated with many negative health effects. Look at the infographic listing these effects, which include:

* + Deterioration of skin condition (e.g., peeling of the skin),
  + Heart problems,
  + Heart failure,
  + Low blood pressure,
  + Constipation,
  + Digestive disorders,
  + Throat irritation (vomiting),
  + Pancreatitis,
  + Diarrhea,
  + Abscesses and tooth decay.

Psychologically, bulimia can lead to:

* + Suicide attempts,
  + Concentration problems,
  + Anxiety,
  + Depression,
  + Worry, guilt,
  + Behavioral disorders.

Although it might seem that eating disorders mainly involve food issues, they are actually external symptoms of numerous difficulties and problems, including how a person thinks, feels, and deals with daily challenges and stress. Their family situation and relationships with loved ones also play a role. Therefore, support and non-judgmental attitude towards those struggling with eating disorders are crucial. Whether someone can overcome eating disorders on their own depends on the severity of the disorder, its duration, and the person's motivation to change. Often, however, help from a psychologist, psychiatrist, or dietitian is necessary, as it is very difficult to overcome bulimia or anorexia without external support.

Now, I invite you to complete a task. Read the excerpts from the case descriptions of people struggling with eating disorders and then answer the questions. Read the article

<https://www.uzaleznieniabehawioralne.pl/zaburzenia-odzywiania/niewazne-co-wazne-aby-do-pelnaprawdziwa-historia-bulimiczki/>

**Discussion**

**Teacher asks questions:**

* 1. What are your impressions after reading the text? Is there anything that particularly impressed you?
  2. What elements characteristic of bulimia can you identify in the daily account of the author?
  3. What emotions does the author experience during these described days?
  4. How would you support the author if she were your friend?

Write down your answers on a piece of paper. Would you like to discuss them with a classmate? Share your observations with each other.