

DATA DA REALIZAÇÃO DA ATIVIDADE: ____/____/____

ALUNO: _____

ESCOLA: _____

Reading and Comprehension

- Observe o texto abaixo e resolva as questões.

Eating Disorders

Read the following text written by Jacquie Mccarnan and answer the questions on the right.

Usually when you¹ read an article about anorexia and bulimia it's pretty depressing. There are stats about how many people have the disease, how many people don't report it², how many new cases there are, how many girls (and boys too) worry about their weight, how much power the media has on body image...whew!

This article is going to be a bit different.

The image above covers most of the prevalent numbers in the eating disorder realm. Not too many people are completely in the dark about Eating Disorders (ED) anymore. In the last 20 years the amount of information and awareness of ED has improved to the point where almost everyone, in the western world, has heard of Anorexia and Bulimia (and their³ lesser recognized cousins, Binge Eating and Excessive Exercise).

Most often articles on ED focus on these numbers. The ones in the image. The devastating reach of the disease. We feel that there are far too few articles, movies and Facebook pages that focus on recovery and optimism.

The reality of an ED is that people who have one⁴ are society's most ardent followers. They⁵ see what western civilization views as "perfect" and they strive to fulfil that requirement. Sometimes they are so successful that they are actually killing themselves to meet the demand for perfection.

The film, No Numbers - Identity Beyond Measure,⁶ acknowledges these people in a way that no other film has. It⁶ examines the reasons why so many young people find themselves struggling with an eating disorder but it goes far beyond that to examine the roads to recovery.

As much as we would love this film to help people to learn to love themselves the way they are, we are targeting those people that are suffering now. Some are doing it alone, with no support and no treatment. Some likely believe that they are successful at meeting society's expectations.

We want them to see that they do not have to live up to some randomly, media-driven model of perfection. We want to show them how "perfect" comes in a million packages and that finding their way starts with that first step, the step towards self-acceptance.

February is Eating Disorder Awareness Month all over North America and the UK. Throughout the month our goal is to have the film No Numbers - Identity Beyond Measure screened in as many places as possible.

http://EzineArticles.com/?expert=Jacquie_Mccarnan (adapted)



1 - Number who or what the underlined words in the text refers to:

1- you	2- it	3- their
4- one	5- they	6- it

- ☐ The disease
- ☐ The reader
- ☐ The cousins of Anorexia and bulimia
- ☐ People who have an ED
- ☐ An ED (Eating Disorders)
- ☐ The film

2- Link the equivalents:

Arraste o lápis para ligar!

Depressing •	• Lesser
Stats •	• Disappointing
Prevalent •	• Help
Support •	• Statistics
Consciousness •	• Common
Less significant •	• Awareness

3- Check the meanings of the sentences below:

Not too many people are completely in the dark about eating disorders

- ☐ Many people has got the information about the diseases
- ☐ Few people knows about anorexia
- ☐ Everybody has Anorexia or Bulimia

[...] and their lesser recognized cousins, Binge Eating and Excessive exercise.

- ☐ People don't have to worry about these disorders
- ☐ These are also disorders, but less known.
- ☐ These disorders don't exist anymore.

4 - Questions about the text:

a) According to the author there aren't resources that show how to recover and how to be optimistic. The sentence that illustrates this statement is:

- ☐ *We feel that there are far too few articles, movies and Facebook pages that focus on recovery and optimistic.*
- ☐ *Most often articles on ED focus on these number. The ones in the image.*

b) What's the first step to recovery?

- ☐ *Self-acceptance.*
- ☐ *The Search for perfection*

c) which film does the author suggest us to see?

☐

The lovely bones

☐

No numbers - Identity Beyond Measure

d) What is the film about?

☐

People who eats so much that they can't walk or live a normal life.

☐

The reasons so many people struggle with eating disorders and the roads to recovery

5 - Answer the topics for discussion: (Responda os tópicos para discussão - Pode ser em Português)

a) How critical are you of your body? (Quão crítico(a) você é sobre seu corpo?)

b) How far would you go to change how you look? (Quão longe você iria para mudar sua aparência?)

c) What are the dangers of going on eating binges and then vomiting? (Quais são os perigos de comer exageradamente e depois vomitar?)

d) what would you do if a friend of yours had an eating disorder? (O que você faria se um amigo (a) sua tivesse uma desordem alimentar?)