EATING DISORDERS PART 2

1. READ - Read the article, as you read drag the questions (a,b,c,d) to each paragraph (1,2,3,4):

a. What kind of treatment does a person with an eating disorder need?

b. What is an eating disorder?

c. What causes eating disorders?

d. What are some symptoms and behaviour?

Eating Disorders by Angie Roa

PART 1

1. _____

An eating disorder is a serious illness. It is characterized by extreme and dangerous eating behaviour. This can have very serious physical and psychological consequences. This illness affects all kinds of people: young and old, men and women, rich and poor. It is often difficult to know when someone has an eating disorder – you can't always tell by looking at them.

2. _____

Health specialists are not completely sure about the causes of many eating disorders. There are many different reasons, such as bad eating habits, family history, attitudes and emotions, a person's income, and even where they live. However, some things are clear: eating disorders are mainly the result of unhealthy eating habits, the desire for an ultra-thin body and very low self-confidence.

PART 2

3. _____

It is very difficult to find **out if** a person has an eating disorder. However, some **typical** symptoms include losing or gaining weight drastically, vomiting, excessive fatigue and emotional distress. In **addition**, some typical behaviour includes paying excessive attention to body weight and shape, not sleeping well, getting stomach aches and avoiding social situations, especially for eating out.

4. _____

Fortunately, it is possible to treat most eating disorders if they are diagnosed in time. People can be helped if they accept that they have an eating disorder, and get the necessary nutritional and psychological treatment. People with eating disorders should learn to eat well, change bad eating habits and get help from their family. They should also accept their bodies the way they are.

In conclusion, eating disorders are complex illnesses, but treatment is possible. However, people need a trained health specialist to diagnose and treat these disorders.

2. Write the letter (a,b,c,d) of the questions in exercise 1 next to the following paragraph headings:

1. **Introduction**
2. **Causes**
3. **Symptoms**
4. **Treatment**

3. WRITE - **This text describes how Claudia recovered from an eating disorder. Complete the text with the Past simple form of the verbs (a-i)**

A few years ago Claudia (not feel) ᵃ_____ good about her body shape and her weight.
She (decide) ᵇ_____ to go on a diet without any specialist help.
Time (pass) ᶜ_____ and Claudia (continue) ᵈ_____ eating less and less food.
She (start) ᵉ_____ to feel really bad.
She also (avoid) ᶠ_____ her friends when they (have) ᵍ_____ plans to go out. Claudia (feel) ʰ_____ really lonely.
But one day, Claudia had to go to the hospital.
Fortunately, Claudia got medical help. When her mother came to the hospital, Claudia (realize) ⁱ_____ that she was not alone.

4. Choose the correct answer for the questions about Claudia's story:

1. **What caused her eating disorder?**
   A. She didn't feel good about her body shape and her weight.
   B. She wanted to be a super model.

2. **What did she do to deal with her problem?**
   A. She visited a doctor to help her.
   B. She went on a diet without any specialist help.

3. **How did the eating disorder affect her?**
   A. She felt really bad and stopped going out with friends.
   B. She felt really annoyed and started visiting her family and friends.

4. **What kind of eating disorder do you think she has?**
   A. It may be Binge eating.
   B. It may be anorexia.

5. **What will happen if she doesn't talk to her mother?**
   A. If she doesn't talk to her mother, it will be more difficult to recover.
   B. If she doesn't talk to her mother, she won't be on shape again.