

HEALTH MATTERS

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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.

Read the text above and choose the best answer for the following questions.

a. What caused her eating disorder?

b. What did she do to deal with her problem?

c. How did the eating disorder affect her?

d. What kind of eating disorder do you think she has?

e. What will happen if she doesn't talk to her mother?

Completa los siguientes párrafos con las palabras dadas a un lado o debajo de los textos. Siempre hay una palabra de más que no debes usar.

Encuentras un cuadro al final de cada texto lleva allí la palabra que te sobre.

¹ How It All Started

I remember my first diet; I was 12 years old. I [] obese, but I thought I []. I [] to be like the thin celebrities in the magazines. In one week I [] 3 kilograms, but my parents got angry, so I [] to eat again. This made me feel really guilty.

That's how it []. I was on and off a diet all the time. When I wasn't dieting I [] guilty because I would binge-eat. But, soon I found the answer: vomiting! In front of family and friends I would eat so much food that it was uncomfortable, then I would quietly go to the toilet and vomit.

started

lost

wanted

wasn't

began

attended

felt

was

2

At first I [redacted] happy. "I have found the answer!" I thought. No one suspected that I was dieting. But soon it was out of control. I [redacted] to feel very lonely and I became more and more unsociable. The depression [redacted] confusing. To feel better I [redacted] to binge-eat more and then vomit more; it [redacted] a horrible cycle of binge-eating, vomiting, feeling guilty and then depressed, over and over again.

was Started was ate started was

3

This was my life for nearly 15 years. When I was 27 I took the first step towards recovery. I [redacted] a course that [redacted] about the psychological and physical effects of dieting. It [redacted] like the course was designed for me! The idea of not dieting was really scary. I always thought, "If I [redacted] diet, I will constantly binge-eat, and if I constantly binge-eat, I will become really obese". The course [redacted] me understand that this isn't correct. So, I found a therapist who [redacted] me work on my self-esteem. I learned to be nicer to myself and [redacted] that binge-eating allowed me to avoid confronting uncomfortable emotions. I also attended group therapy which was wonderful. It was really helpful to talk with other people who had similar experiences to mine.

don't worked attended helped helped talked discovered felt

Today I [redacted] eating, and I don't [redacted] guilty. I [redacted] the flavours and social interaction of eating in restaurants and cooking for friends and family. I [redacted] lucky to have recovered from this disease. It wouldn't have been possible without the help and support that I [redacted] from family, friends and therapists.



am feel attended received love enjoy