

Oral presentation (pair work)

Body Image/ Eating Disorders (+ - 8 minutes)

(11th-19th December)

1. Define Healthy Body Image:

Briefly explain what a healthy body image is and its importance for overall well-being.

2. Choose 2 Eating Disorders:

Select and explain two specific eating disorders (e.g., anorexia nervosa and bulimia).

3. Celebrities or Personal Stories:

Share examples of celebrities or people you know who have faced these eating disorders.

Discuss briefly how these individuals dealt with the challenges.

4. Offer Solutions:

Provide practical solutions to fight against eating disorders and promote a healthy body image.

Emphasize the importance of seeking help, building self-esteem, and fostering a positive body image.

5. Summary/ Reflection:

Summarize the key points presented.

Encourage the audience to reflect on the importance of a healthy body image and the impact of supporting those facing eating disorders.

Presentation Tips:

Language Use:

- Use clear and concise language
- Visuals:
- use visuals such as images, infographics...

Practice:

- practise your presentation so as to stay within the 8-minute limit.