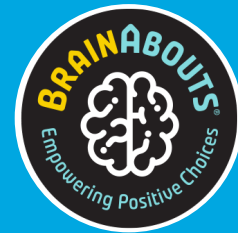


# About Eating Disorders - Level 2

## Student Activity Guide



### Think About It

1. What does it mean to have a healthy relationship with food?

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### Brain Quiz!

1. An illness related to abnormal eating habits and distorted body image is:

- a. an eating disorder
- b. anxiety
- c. headaches
- d. attention deficit hyperactivity disorder

2. Most eating disorders begin between the ages of \_\_\_\_.

- a. 8-10 years
- b. 16-20 years
- c. 35-40 years
- d. 40-50 years

3. Which of the following is NOT an eating disorder \_\_\_\_.

- a. Anorexia Nervosa
- b. Bulimia Nervosa
- c. Binge-eating disorder
- d. Social Anxiety

4. The intense urge to eat a certain food is called a(n):

- a. experience
- b. disorder
- c. diet
- d. craving

5. When we eat certain foods, the neurons in the reward region of the brain become very active, releasing \_\_\_\_.

- a. dendrites
- b. cortisol
- c. dopamine
- d. estrogen



## Activity #1 Write About It:

**Journal:** Review the 10 principles of intuitive eating. Which principle(s) have you struggled with? Which principle(s) have been a challenge in your family? Which principle(s) would you like to focus on improving in your life?



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## Activity #2 Group Activity:

**Group Brainstorm.** Remember healthy eating and living is not about a particular food that is eaten, but what is done consistently. In groups of 3-5 students, brainstorm common foods that are eaten regularly and exercise activities that you enjoy. How do the foods affect your body? What are strategies for healthy eating and fun physical activity?



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## Activity #3 Art Activity:



As a class, brainstorm the top foods eaten regularly by students at your school. In groups of 3-5 students, take 3-5 foods from the list and brainstorm emotions, words, phrases, and experiences associated with each food. Share with the class. (Ex. Popcorn- watching a movie, mom's nightly snack, comfort, relaxation, buttery)

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