



About Eating Disorders - Level 3 Student Activity Guide

Think About It

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

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 becomes 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?



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?



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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