

More about eating disorders

1 About eating disorders

Go to www.b-eat.co.uk. Read some of the general information about eating disorders on this page.

a) Now decide if these statements are true or false. Correct the false ones.

1. Anorexia is a kind of diet that people choose.
2. Eating disorders can be beaten with the right treatment.
3. People with anorexia or bulimia don't eat very much.
4. People with anorexia are usually afraid of becoming fat.
5. An eating disorder may begin when someone doesn't feel good about herself/himself or her/his life.
6. People with eating disorders have control over their feelings and their lives.
7. Only teenage girls have eating disorders.
8. The fashion industry causes eating disorders in teenagers.

b) What are some causes of eating disorders?




2 Films about eating disorders

Now go to 'Online community' → 'Videos'. Choose and watch one of the Beat videos. Tell a partner about your film. Give a summary of what you saw.

- What did you find most interesting about it?
- What is the message of the film?
- Who was it probably made for?

3 The fashion industry

a) Search for the Beat video 'Evolution' ('Online community' → 'Videos' → 'Click here') and watch it. What message is the film trying to send?

 b) Write an article for a webzine and give your opinion about the fashion industry. What should they change (if anything) and why?



Lösungsvorschläge

1

- a) 1. False – Anorexia is an illness and it isn't a choice. 2. True. 3. False – People with anorexia don't eat very much, but people with bulimia can't stop themselves from eating too much food. 4. True. 5. True. 6. False – They are trying to control their lives, but the eating disorder takes control. 7. False – Anyone can have an eating disorder, but women have them more often. 8. False – It doesn't help, but there are many other things that cause them.
- b) A sad or unhappy event; feeling bad about yourself; stress or pressure; problems in the family, at work or school, like bullying; genetics

2

Individuelle Schülerlösungen

Beispiel:

Sufferers by b-eat is a film made by girls who used to have eating disorders. Each girl tells her story, but they have all beaten it. They are now healthy and they give advice to other people with eating disorders. The message of the film is positive. These girls are trying to share their experiences with other people, but they also want people to know that it can be beaten. The film is for other people with eating disorders.

3

- a) This film shows that models in the fashion industry are normal people. They only look perfect because a lot of work is done to make them perfect – by stylists and by computer tricks. It is not what they really look like.
- b) *Individuelle Schülerlösungen*