



Grade 10 - Health Promotion

Unit 10 - Body Image and Eating Disorders

SOLs:

10.1.b Recognize the physical, emotional, and social causes and impact of healthy and poor nutritional choices.

Title: The Thin Commandments

Objectives/ Goals:

Students will be able to read written unhealthy body ideals and transform them into healthier body ideals by creating a Healthy Commandments document.

Materials:

[“The Thin Commandments” video](#)

<https://www.youtube.com/watch?v=g728ZXDfUJs>

Thin Commandments **worksheet**

[Tribal graffiti](#)

Procedure:

Step 1	Have students watch the Carolyn Costin Video <u>“The Thin Commandments”</u> <u>https://www.youtube.com/watch?v=g728ZXDfUJs</u>	Essential Question: What is something you believe in so strongly?
Step 2	Print out a copy of the Thin Commandments	

	Tribal graffiti activity	
Step 3	Have students create a Healthy Commandments list.	Essential Question: Thin How would adopting these “Thin Commandments affect someone’s mental, physical and social health?

References:

Melanie Lynch, M.Ed. State College Area High School
 Carolyn Costin

Additional Reading - Story of Namuh, Kathy Kater <http://bodyimagehealth.org/about-the-author/>