

Eating Disorders

Learning Objectives

- I can define disordered eating and types of eating disorders (7.1t)

Teacher Notes

- This lesson will include pauses for student thinking and discussion. Pause the video as instructed for student input.
- Students will participate in a word unscramble application. Students will need enough space to stand up and spell the vocabulary terms in class.

Lesson Steps: Video Outline: [7.1t Eating Disorders Video](#)

Step 1 Introduction

- Pre-Assessment
 - What is body image? How can you develop a positive body image?
- The video lesson will discuss body image, eating disorders and the main types of eating disorders as well as treatment options.

Step 2 Activity

- Word Unscramble: Students will be given individual letters that spell out a vocabulary term. Students will work together, one group at a time to take the individual letters and spell out the vocabulary term by moving into position in a line.

Step 3 Closure

- Exit Ticket: What is the relationship between body image and eating disorders?

Assessments

- Pre: Lesson will introduce topic, engage learners, and access prior knowledge
- Post: In word unscramble students will define vocabulary terms by working together to identify words associated with the topic. Teacher will observe students to determine their level of understanding.



Extensions/Connections/Applications

- Modification: If students are having a difficult time collaborating to unscramble their word the teacher can offer “hints” to increase their success.
- Extended learning opportunity: have students research local eating disorder resources or tips for how to identify if someone is suffering from disordered eating.

Resources/References

- [Health Smart VA](#)
- [McGrawHill Education: Glencoe Teen Health](#)
- [7.1t Eating Disorders Slides](#)

Handouts

- Word Unscramble Vocabulary Term List
 - Write individual letters on paper or post-it notes for each student. “Pro-tip” draw a shape on the paper for each letter for terms that go together so they don’t get mixed up.



Sample Lesson Plan
Virginia 2021 SOL Edition
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GR7-NUTR-8 - Eating Disorders
Grade 7 - 7.1t

Word Unscramble Vocabulary Term List

Body Image

Anorexia Nervosa

Eating Disorder

Bulimia Nervosa

Binge Eating Disorder