



SAMPLE LESSON PLANS

Grade 8 – Health Promotion

Unit 3

SOLs:

- 8.1.D Identify eating disorders and describe the dangers of engaging in unbalanced and unsafe diet practices to gain or lose weight.
- 8.2.D Compare healthy and risky approaches to weight management.
- 8.2.E Analyze the impact of family and personal influences on eating habits and attitudes toward weight management.
- 8.2.F Examine the causes and effects of compulsive behaviors, such as eating disorders.
- 8.2.N Evaluate the importance of developing relationships that are positive and promote wellness.

Title: Healthy and Unhealthy Weight Management

Objectives/ Goals: Students be able to recognize the differences between healthy and unhealthy approaches to weight management. Students will be able to identify eating disorders and understand the importance of help-seeking and early intervention.

Procedure:

The Health Smart Virginia website provides suggested lesson plans and activities to address the Grade 8 SOLs on Healthy and Unhealthy Weight Management in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

Educators are encouraged to review the educator’s resource page of the National Eating Disorders Association (NEDA) prior to providing any lessons on eating disorders: <https://www.nationaleatingdisorders.org/educators-and-coaches> . Educators are encouraged to promote early identification, help seeking, and treatment for eating disorders and other damaging compulsive behaviors.

References:

- National Eating Disorders Association (NEDA) Page for Educators and Coaches.
<https://www.nationaleatingdisorders.org/educators-and-coaches>
- NEDA Educator's Toolkit
<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- CDC Lesson - Body Image Ad Decoder
https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf
- CDC Lesson – If These Dolls Were Real People
https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf
- Discovery – When Food Becomes an Enemy
<https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Frontline FAT Teacher's Guide – Obesity -Habits,-Weight Loss
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher's Guide – Lesson 1, Weight-Stereotypes-Eating Disorders
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Girls Health – Body Image and Media
<https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Girls Health - Eating Disorders
<https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
- Glencoe Online Learning Center - Unit 1, Lesson 4 - Analyzing Influences on Health
<http://www.warrenkyschools.org/userfiles/2798/Classes/16329/lesson04.pdf>
- Kids Health Eating Disorder Teachers Guide Grades 9-12
https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf
- Mission Nutrition: Self Esteem Lesson 3 – Media Awareness – Grades 6-8
<http://www.missionnutrition.ca/eng/educators/6to8.html>
- National Eating Disorder Association (NEDA) Coaches and Teacher Resources
<https://www.nationaleatingdisorders.org/educators-and-coaches>
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior
<https://science.education.nih.gov/supplements/nih7/healthy/guide/lesson2.html>
- PE Central Body Image and Eating Disorders Lesson
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho>
<http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- Purdue Extension – Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World
<https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
- “Hearing Between the Lines” - PBS In the Mix
<http://www.pbs.org/inthemix/educators/lessons/selfimage2/>