

Scenario 1

Maria is 15 years old and is quite extroverted. The saleswoman in a department store where she went to choose a dress for a school party, told her that for her age she has a few extra pounds that she must lose to look more attractive.

So she decides to go on a diet. Initially she stops eating sweets and every day she works out on her stationary bike for an hour. She gradually begins to lose weight and weigh herself every morning and every night. She eats less and less, and counts every caloric and gram of fat in her daily diet. Her room is full of posters of famous models who she admires and who give her strength to continue her exhausting diet.

Maria, however, begins to be constantly annoyed and moaning about everything. She has stopped going to birthday parties because she does not want to be tempted to eat foods that are high in fat and sugar. She argues with her friends every time they ask her what is wrong with her. She constantly feels exhausted and cold. She can not concentrate on anything else except her diet and exercise. Although her scales confirm that she has lost weight, she is unable to see it when she looks at herself in the mirror.

1. What are the symptoms that indicate that Maria suffers from an eating disorder?
2. What is the type of eating disorder she suffers from?
3. Why does Maria behave this way?
4. What effect will it have on her health if she does not address her problem in time?
5. What would you advise Maria to do if you were her friend?

Scenario 2

Elina is 16 years old, an excellent student and track athlete. A month ago, her parents decided to get a divorce. It was then that she first turned to food to vent her negative feelings. She ate huge amounts of food, instead of talking to someone about how she felt. She suppressed her emotions by eating chips, cookies, ice cream and generally everything she found. But later she regretted it and forced herself to throw up. She felt lonely, depressed and stressed and therefore consumed food to deal with her emotions.

One day, during the athletic events, she began to feel very dizzy and fell unconscious on the ground. She was hospitalized for a week and was finally able to get the help she needed, since she realized that she could not deal with the problem she had by herself.

- 1. What are the symptoms that indicate that Elina suffers from an eating disorder?**
- 2. What is the type of eating disorder she suffers from?**
- 3. Why does Elina behave this way?**
- 4. What effect will it have on her health if she does not address her problem in time?**
- 5. What would you advise Elina to do if you were her friend?**

Scenario 3



Watch the following short film and answer the questions.

<https://www.youtube.com/watch?v=6sp-VfpFsOA>

1. What are the symptoms that indicate that the protagonist suffers from an eating disorder?
2. How would you describe the emotions she feels?
3. Why does she behave this way?
4. How would you describe her friend's attitude?
5. What would you advise her to do if you were her friend?

Scenario 4



Watch the following short film and answer the questions.

<https://www.youtube.com/watch?v=wa6YYjUsrNo>

1. What are the symptoms that indicate that the protagonist suffers from an eating disorder?
2. How would you describe the emotions he feels?
3. Why does he behave this way?
4. What would you advise him to do if you were his friend?