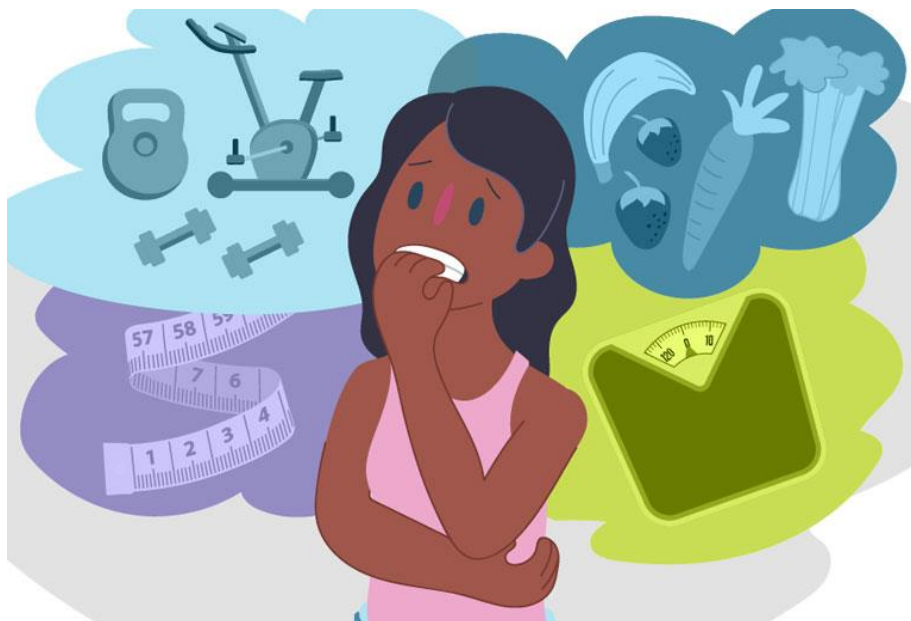


# WORKSHEET

**TOPIC:** Emotional eating: Do we eat what we feel?

**CLASS:** .....

**NAME:** .....



## Task 1

**A.** After visiting the following websites, answer the questions that follow.

<https://www.youtube.com/watch?v=t510jB7Dy34>

<https://www.youtube.com/watch?v=s78Q7LGoPbo>

<https://www.youtube.com/watch?v=AuLWh3qD2FA>

**A1.** Explain the concept of emotional eating with examples.

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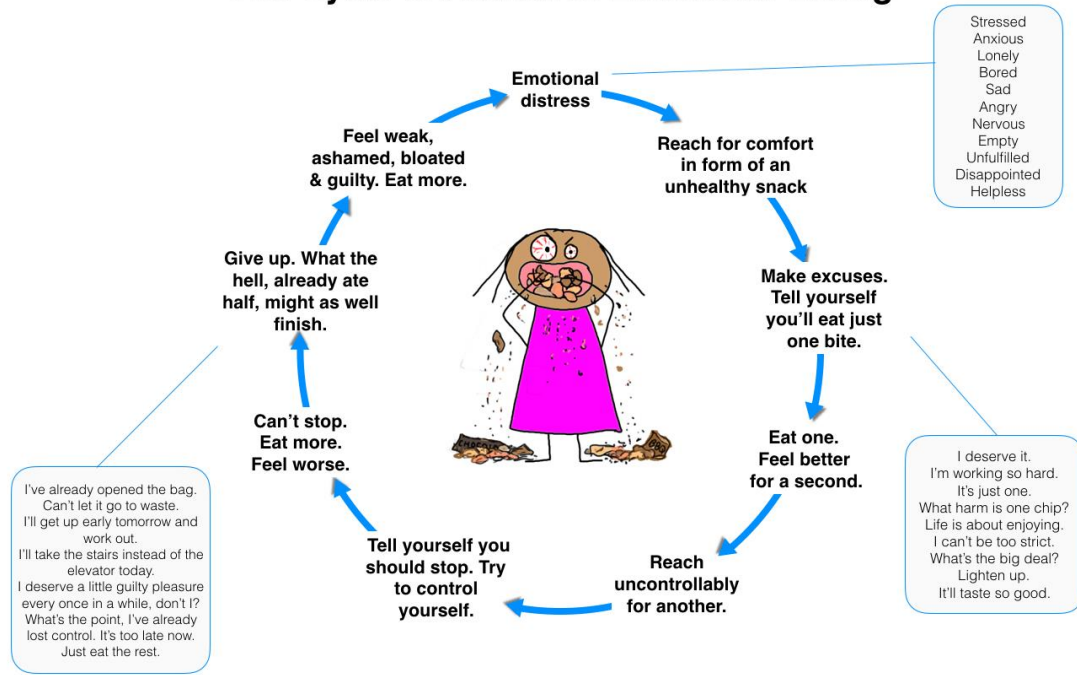
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**A2.** In emotionally charged situations, food serves a variety of purposes. Do you agree or disagree with the above view? Justify your answer, after studying the following image.

# The Cycle of Addictive Emotional Eating



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**B. After visiting the following websites, answer the questions that follow.**

<https://www.helpguide.org/articles/diets/emotional-eating.htm>

<https://www.youtube.com/watch?v=pbWImHUI0kQ>

<https://www.youtube.com/watch?v=vIBz2cWHM1M>

**B1. Describe the differences between physical and emotional hunger.**

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**B2. What can be the consequences of over-consumption of emotional food?**

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**B3. Mention effective ways to control emotional hunger.**

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**Task 2**

**A. After visiting the following websites, answer the questions that follow.**

<https://www.youtube.com/watch?v=aBl6-UTvmn8>

[https://www.youtube.com/watch?v=CJWR5m\\_z5FE](https://www.youtube.com/watch?v=CJWR5m_z5FE)

<https://www.youtube.com/watch?v=MsSXh1BxLjE>

[https://www.youtube.com/watch?v=\\_yM7\\_hbpRXc](https://www.youtube.com/watch?v=_yM7_hbpRXc)

<https://www.youtube.com/watch?v=jgjzUxosZ9o>

[https://www.youtube.com/watch?v=carbLba\\_5d8](https://www.youtube.com/watch?v=carbLba_5d8)

<https://www.youtube.com/watch?v=E8KUhq3jH9w>

[https://www.youtube.com/watch?v=n9o\\_ZtUlsGl](https://www.youtube.com/watch?v=n9o_ZtUlsGl)

**A1. Describe the main eating disorders, mentioning their main characteristics.**

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**A2. What factors may contribute to the occurrence of eating disorders?**

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**A3. In what specific ways could you help someone you think is suffering from an eating disorder?**

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**B. Read the following article and answer the questions that follow.**

***A turn to healthy models!***

***Fashion is not an end in itself, fashion is not exclusively trade, fashion supports health and beauty!***

***To this end, 19 Vogue fashion editors have signed a text-manifesto and are committed to promoting healthy models on the catwalk!***

***They make a significant turn and turn their backs on the extremely thin bodies while sending a loud message to the fashion agencies as well.***

***In the manifesto, the editors of Vogue note the following:***

- We will not work with models under the age of 16, or with people who seem to have eating problems.***
- We are interested in healthy models that can promote the image of a healthy body.***
- We will ask our agents not to send us underage models and we will ask our partners to check the details of the models before hiring them.***
- We will urge designers to stop creating very small numbers for their samples targeting very thin models.***
- We will spread the message of a healthy model for the female and male body.***

**B1. Do you agree or disagree with this initiative of famous fashion editors? Justify your answer.**

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**B2. Why do you think these professionals in the field of fashion took this action?**

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**B3. How can the media negatively affect a person's self-image / self-esteem?**

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**B4. Apart from the influence of the media, what other factors do you think affect a person's self-image?**

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**B5. Write a text that describes in detail the specifications that advertising companies should follow in order to promote positive messages about the image / appearance of males and females.**

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### Task 3

#### 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 calorie and gram of fat in her daily diet. Her room is full of posters of famous models who she admires and 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.

**A1. What are the symptoms that indicate that Maria suffers from an eating disorder?**

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**A2. What is the type of eating disorder she suffers from?**

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**A3. Why does Maria behave this way?**

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**A4. What effect will it have on her health if she does not address her problem in time?**

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**A5. What would you advise Maria to do if you were her friend?**

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**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. He 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.

**B1. What are the symptoms that indicate that Elina suffers from an eating disorder?**

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**B2. What is the type of eating disorder she suffers from?**

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**B3. Why does Elina behave this way?**

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**B4. What effect will it have on her health if she does not address her problem in time?**

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**B5. What would you advise Elina to do if you were her friend?**

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**Scenario 3**

Answer the questions, after watching the following short film.

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

**C1. What are the symptoms that indicate that the protagonist suffers from an eating disorder?**

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**C2. How would you describe the emotions she feels?**

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**C3. Why does she behave this way?**

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**C4. How would you describe her friend's attitude?**

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**C5. What would you advise her to do if you were her friend?**

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#### **Scenario 4**

Answer the questions, after watching the following short film.

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

**D1. What are the symptoms that indicate that the protagonist suffers from an eating disorder?**

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**D2. How would you describe the emotions he feels?**

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**D3. Why does he behave this way?**

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**D4. What would you advise him to do if you were his friend?**

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**Task 4**

**A. Are advertisements responsible for the development of eating disorders? Justify your answer after visiting the following websites.**

<https://www.eatingdisorderhope.com/blog/the-influence-of-the-advertisement-industry-on-children-and-eating-disorders>

<https://medium.com/@chelseamcknight/how-media-influences-body-imaging-and-eating-disorders-in-females-b0bd854cff45>

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**B. As the marketing director of a company, you undertake to design the youth clothing advertising campaign. At a business meeting, the sales manager and some**

shareholders ask you to use only well-known models (very thin and perfectly trained).

**B1. Do you agree or disagree with the specific marketing technique of promoting the specific products? Justify your answer.**

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**B2. What arguments will you use to convince your colleagues not to follow this advertising strategy?**

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**B3. Design the youth clothing advertising campaign in order to achieve the maximum increase in sales, but also to promote the healthy body image that teenagers should have.**

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**C. Design a leaflet for your classmates, teachers and parents / guardians, aiming at informing them and raising awareness about psychogenic eating disorders.**



The triptych may include the following points of reference:

- **What are eating disorders?** This column should include brief descriptions or definitions of eating disorders, medical complications arising from eating disorders, and perhaps statistics showing the extent of the disease and the groups most affected.
- **What activities** can teens do at school or in the community **to get creative and boost their self-image and self-confidence?**
- **Where can someone get help?** List of institutions - structures and services available to students at school and in their community that can help treat eating disorders