
**UNIT
OBJECTIVE:**

After completing this unit, you will show the following competencies by mastering the content and activities and by scoring at least 85% on the final quiz.

**SPECIFIC
OBJECTIVES:**

1. Learn to explain three types of eating disorders and explain the differences between them;
2. Complete a self-assessment of your own eating behaviors;
3. Identify the physical and emotional effects of disordered eating in a person;
4. Identify the impacts an eating disorder can have on friends and family; and
5. Learn of places to go if you feel you or someone you know has an eating disorder.



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INTRODUCTION: An Overview.

VIDEO:



Please watch the opening and introduction of the video, “Eating Disorders: Cause and Effect”. You will watch this section of the program either online within your student campus or in class on DVD.

ASSIGNMENT:



Participate in the class discussion about eating disorders in general as perceived to be used at your school.

QUIZ:



Please take the 10-question pre-quiz to see what you already know about this topic. Your instructor will provide you with the format you are supposed to use.

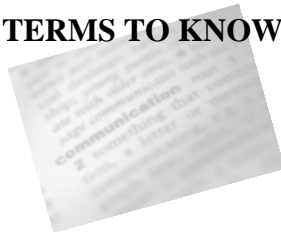
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OBJECTIVE 1:

Types of Eating Disorders.

This objective provides a brief overview of the most commonly diagnosed eating disorders, anorexia nervosa and bulimia nervosa. In addition, a brief overview of other types of eating disorders is also included.

TERMS TO KNOW:



Anorexia Nervosa: Anorexia nervosa is characterized by an intense fear of gaining weight that is not resolved by actual weight loss. Individuals with anorexia nervosa have altered or distorted perceptions of their own body shape and size and maintain a body weight that is well below the normal level for their age and height.

Bulimia Nervosa: Individuals with bulimia nervosa binge eat and use different behaviors to prevent weight gain (i.e., vomiting, using laxatives, and/or excessively exercising). Their feelings and evaluations of themselves are strongly influenced by their body shape and weight, and they view bulimia nervosa as a means of coping with negative self-evaluation.

Binge Eating: With binge eating disorder, a person binge eats but does not try to lose weight through vomiting, exercising or using laxatives.

Anorexia nervosa is characterized by an intense fear of gaining weight that is not resolved by actual weight loss. Individuals with anorexia nervosa have altered or distorted perceptions of their own body shape and size and maintain a body weight that is well below the normal level for their age and height. Often, individuals with anorexia nervosa view weight loss as an achievement and a sign of self-discipline. In turn, they may view weight gain an unacceptable outcome and a failure of self-control.

Weight loss is usually accomplished through the restriction of food intake. This restriction can be applied to all food or to certain foods which the individual believes to be too high in caloric intake. As