



**Clip: Nutrition**

## **Episode 8: Growing Pains**

### **Activity: Eating Disorders**

**Theme: Health and Wellbeing**

**Elements of dance: body**

Abigail is well on the way to developing an eating disorder. She is a perfectionist and she has incredibly high goals, low self-esteem (which is why she belittles others), additional external stress (the Dance Academy environment), has trained adhering to diet misinformation and now she has begun to limit her food intake.

1. As a class, view the clip, *Nutrition*, and discuss with the students the signs of an eating disorder that Abigail is displaying. List these for the students to consider.
2. Divide the class into small groups and ask them to research one aspect about eating disorders and associated diseases: for example,
  - Statistics about eating disorders in young women
  - Statistics about eating disorders in young men
  - Malnutrition and its effect on the body
  - Causes and symptoms of malnutrition
  - Support organisations for sufferers of eating disorders
3. You will find a useful fact sheet at [Beyond Blue: Understanding Eating Disorders](#) and clear information and support services through the [Eating Disorders Victoria](#) website.
4. Have students use **Student Activity Sheet E8.3: Eating Disorders Signs and Symptoms** to complete a report about what they have researched.
5. Have students write an encouraging letter to a friend (or imaginary character) who they suspect has negative body issues. The letter should point out the positive aspects of their image and personality and provide support for them.
6. Alternatively, arrange a class debate on the following topic:
  - *Does the pressure of being a perfect dancer promote eating disorders?*

## Download

- Student Activity Sheet E8.3: Eating Disorders Signs and Symptoms

## Useful websites

- [Ausdance Factsheet 6, How dancers avoid burnout](#)
- [Ausdance Factsheet 19, Fuelling the dancer](#)
- [Ausdance Factsheet 12, Healthy bones for female dancers](#)
- [Ausdance Factsheet 17, Eating disorders and dancers](#)
- [Beyond Blue, Understanding Eating Disorders](#)
- [Eating Disorders Victoria](#)
- [The Dietitians Association of Australia](#)
- [Butterfly Foundation](#)
- [The Australian Psychological Society tip sheet : Eating](#)



NAME: .....

Student Activity Sheet:  
Activity:

E8.3  
Eating  
Disorders

Episode 8:  
Clip:

Growing Pains  
Nutrition

## Eating Disorders Signs and Symptoms

There are two main eating disorders. They are:

1. Anorexia, which is an extreme restriction on the intake of food, often accompanied with extreme exercise
2. Bulimia, where someone eats a lot of food (binges) and then uses extreme methods to get the food out of their body.

Not everyone who eats differently has an eating disorder. There may be many reasons a person eats or does not eat various foods. However, there are quite general signs and symptoms for each of these eating disorders.

On the following page is a list of signs and symptoms for bulimia, anorexia and also, just plain healthy eating. Some of the signs and symptoms are for just one disorder, and some are for multiple disorders.

Place the relevant number or numbers next to each symptom listed, to indicate whether the symptom might be linked to Anorexia, Bulimia or just to Healthy Eating. If you are unsure, number the symptom accordingly.

1. Anorexia
2. Bulimia
3. Healthy Eating
4. Don't know

- \_\_\_\_\_ You find three empty Tim Tam packets in the bin in your friends room.
- \_\_\_\_\_ Your friend has started to exercise for 90 minutes every day and is furious if their routine is interrupted.
- \_\_\_\_\_ Your friend chooses a salad sandwich from the canteen over the pie you offer.
- \_\_\_\_\_ Your friend always disappears when you eat at lunch.
- \_\_\_\_\_ Your friend is always talking about calories in food.
- \_\_\_\_\_ Your friend refuses the chocolate you offer.
- \_\_\_\_\_ Your friend is excited about food.
- \_\_\_\_\_ You notice that your friend always pinching the fat on their body.
- \_\_\_\_\_ Your friend restricts all carbohydrates from their diet.
- \_\_\_\_\_ Your friend is always tired.
- \_\_\_\_\_ Your friend has developed calluses on their knuckles.
- \_\_\_\_\_ Your friend has taken an interest in 'healthy options' for desserts.
- \_\_\_\_\_ Your friend only eats sweets on the weekend.
- \_\_\_\_\_ Your friend is never hungry.
- \_\_\_\_\_ Your friend eats enormous quantities of food, then disappears for some time after.