

Nutrition & Wellness for Life © 2012
Chapter 13: Weight Worries—Writing Activity

Isabella, who is 17 years old, keeps a diary, with entries almost every day. Isabella is overweight, and she often uses her diary to describe what happens to her regarding her size and how she feels about it.

In this activity you are going to read excerpts from Isabella’s diary. After reading each entry, write what you would say to help Isabella if you could. Use sensitivity and sound information in your responses.

Activity Questions:

1. Dear Diary: I feel like I’ve been huge all my life, and I hate it. It really gets me down sometimes, but when I look around school, I see people who are even bigger than I am. So why do I care so much? Why should I care?

2. Dear Diary: Sometimes I get so discouraged about my weight. If I would try to lose weight, I know it wouldn’t work. Beth (my very best friend) is overweight, too, and if I lost weight, I’d lose her as a friend.

3. Dear Diary: I guess I’ll tell only you: eating makes me feel good. Sometimes when I’m eating something like fries or ice cream, it tastes so good that I can’t quit. Usually I eat things fast so my mind won’t start telling me to stop. Fast food is the best!

Name _____ Date _____

4. Dear Diary: Joshua is such a creep! I used to think he was nice, but then today he said something awful to me that I don't even want to tell you. I just wanted to crawl under the table and hide. Why can't I just be a normal skinny person?

5. Dear Diary: Well, I finally did it. I went on a diet! That was sure a mistake. I didn't eat much at all for a few days. Then I mostly ate certain foods that I read can help you take off weight. After a week, I felt so awful that I just ate everything in sight. It's hopeless!