

Nutrition & Wellness for Life © 2012
Chapter 14: Stand Up for Prevention—Writing Activity

What causes eating disorders? That’s not an easy question to answer. While authorities agree that the causes are complex, there does seem to be one common problem present at the onset of an eating disorder: a negative body image. To prevent eating disorders, then, making sure that all people have a healthy body image would be an excellent start.

Analyze what might be done to help stop eating disorders before they start. To guide your thinking, read the information on the Web site below. Then answer the questions that follow.

<http://nationaleatingdisorders.org/information-resources/general-information.php>

Activity Questions:

1. How do you think learning about eating disorders can help prevent them?

2. By what qualities do you think people should be judged? Why?

Name _____ Date _____

3. Are some foods "bad"? Explain your answer.

4. What are some media images and actions that promote thinness? What should you do when you see them?

5. How can you be a role model that might help others avoid eating disorders?