

A Listen to the CD and fill in the gaps with the words in the boxes.

What is bulimia?

Kids need to eat ⁽¹⁾ _____ - and enough of it - to grow and develop. But some kids hear someone say that food makes them fat and stop eating right, ⁽²⁾ _____, or try to make themselves throw up after they eat. People who have ⁽³⁾ _____ will sometimes eat a ⁽⁴⁾ _____, like a tub of ice-cream, then a big bag of chips, then a box of cookies in 2 hours or so (this is called bingeing), then purge (try to get rid of it by vomiting and ⁽⁵⁾ _____ to ⁽⁶⁾ _____, usually in secret). Kids who have bulimia feel they don't ⁽⁷⁾ _____ over what they eat or other things in their lives. Kids sometimes develop bulimia when ⁽⁸⁾ _____ or stressful enters their life. Kids with bulimia can sometimes be harder to notice than kids with anorexia because ⁽⁹⁾ _____ is often ⁽¹⁰⁾ _____.

<http://kidshealth.org> (adapted)

big amount of food normal something new burn the calories exercising a lot
healthy food bulimia have control their weight eat too little

B Listen to the song and correct the mistakes.

Shiny perky models
Tall ¹ beautiful models
Hungry, hungry models
On the ² run

Baby, I need jacket
I see through that ³ shirt
Purple plastic ⁴ rings
Finger down her throat

Walking like a ⁵ liar
"Singing" at the end
Hungry hungry models
On the runway

Hungry, hungry, The Network (shortened)

SONG
Hungry, hungry



iStockphoto.com

A Put the words in the right column.

body fat • skinny • anxiety • looks • obese • starvation
sadness • shame • stress • depression

Psychological	Physical

B Complete the sentences with the right words in the boxes. If you feel the need, look up the meaning in the dictionary.

- The person is very thin and doesn't eat enough food to be healthy. _____
- The way a person sees his or her physical appearance. _____
- An excessive amount of body fat caused by overeating. _____
- A feeling of confidence and respect for oneself. _____
- Weighing more than normal. _____
- When I eat too much I feel nauseous and I want to _____.

overweight

anorexia

self-esteem

throw-up

obesity

body image

Dictionary Time

A Write the antonym of the following words.

- stress
- obese
- overweight
- sadness

B Write them in alphabetical order.

- _____
- _____
- _____
- _____

iStockphoto.com

A How much do you know about eating disorders?

- Who can get an eating disorder?
a) Men. b) Women. c) Both.
- Doctors believe that BMI (Body Mass Index)...
a) is the best way to see if your weight is OK. b) is not important.
- Anorexia and bulimia can cause...
a) feelings of guilt. b) drug addiction. c) all of these things.

B Read / Listen to the text.

Growing up

Do you ever wish you were as thin as a model or as strong as your favourite pro football player? Maybe you wish you were taller or just shaped a little differently. Those thoughts are so normal when you are growing up. But learning what you can and can't change about your body and appearance is part of growing up, too.

Eating disorders are more than just going on a diet to lose weight or trying to exercise every day. They're extremes in eating behaviour – the diet that never ends and gradually they eat less and less.

Insecure teenagers don't understand the dangers of eating disorders; and parents and teachers don't understand that they are so common in our homes and schools.

Part of the problem comes because there are so many magazines and TV programmes with "perfect" people. But if you look closer, there are many normal looking people on TV, too. Many famous actors and actresses have normal bodies and look great!

We asked one teenager his thoughts about eating disorders.

"People think boys don't have eating disorders. I was on the school volleyball team. I wanted to be thin, so I started to

throw up after meals to lose weight. It didn't work and I lost my place on the team because I was so weak from malnutrition. It really affected my self-esteem."

It is possible to help people with eating disorders. Being a good friend is very important – but this means not ignoring the problem, too. When you think your friend has a problem, talk about it. Be understanding and caring.

Create a publicity campaign to promote healthy body images. Promote positive ideas to help your other friends make positive choices.



Ty, 13

www.kidshealth.org (adapted)

C Choose the best answer for each sentence.

- Eating disorders...
a) are something that only affects girls and women.
b) can be a problem for anyone.
- Many adults...
a) worry about eating disorders in teenagers.
b) don't know that teens have these problems.
- It is important to know...
a) what things you can change about your body.
b) how to diet and get thinner.
- You can help your friends.
a) Talk to them about their problem but be sensitive.
b) Don't talk to them so they don't feel embarrassed.
- The text ...
a) encourages us not to get involved in other people's problems.
b) suggests practical ways to get involved in helping.

D Match the words or phrases from the text with their correct meaning.

- | | |
|--------------------|---|
| 1. insecure | a. to vomit |
| 2. eating disorder | b. a feeling that you are less valuable than other people |
| 3. malnutrition | c. the way you feel about yourself and your image |
| 4. self-esteem | d. being unhealthy because you are not eating correctly |
| 5. throw up | e. an unhealthy relationship with food |

E Are the statements true or false according to the text? Justify your answers.

- There are only perfect people on TV.
- Parents and teachers know a lot more about these problems.
- Some people have eating disorders because they want to be on a sports team.



Grammar

So + ...

Look at the examples:

- Those thoughts are **so normal** when you are growing up.
- There are **so many** magazines and TV programmes with "perfect" people.

So can be combined with:

1. So + adjectives	2. So + quantifiers
To show extremes e.g.: good / bad / thin / fat / perfect... Pictures show so perfect people!	To show extremes in quantity e.g.: many / much / few / little... There are so many teenagers with eating disorders.

A Complete the gaps using **so + little / many / few / much**.

- She eats _____ food, I'm sure she's anorectic.
- Yesterday, we had _____ time to have lunch that we only managed to eat a soup and drink some juice.
- There are _____ good friends in my school.

B Write complete sentences using **so + adjective**.

- I love my therapist. She / be / nice / to me.
- I / usually / not have / lunch / early.
- Famous people / look / always / beautiful / in magazines.
- The meal / be / delicious / / It was worth the money.
- I don't know what to say to her. I / feel / embarrassed.

C Right (✓) or wrong (✗)? Correct the wrong ones.

- All my friends are so concerned about weight problems.
- There are many so girls with low self-esteem.
- Why did you buy much so fried food? It is unhealthy!
- John has few so friends that he rarely goes out.
- Many teenagers feel uncomfortable so with their bodies that they always stay at home.

iCan write / speak

A Read the following online article and comment on it.

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News

Teen fashion model Georgina Wilkin fought anorexia for seven years

Georgina Wilkin ate nothing for days and felt so dizzy she almost fainted on the Tube ride in London. When her agent saw her, he said 'Georgina, whatever you are doing, keep doing it.' He wasn't worried about her health at all!

Sadly, Georgina spent the next seven years fighting anorexia, to the point that her heart and kidneys began to fail. Somehow she survived, and now wants to expose the modelling industry that almost killed her. She says: 'Everyone should know about the pressure models go through.'

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Write your comment

LONDON FASHION

CATWALK REPORTS

Elle, Glasgow (1 minute ago)

A friend of mine is so thin... I talked to her many times about it but she doesn't listen to me... She wants to be a model so bad, that she'll do anything! I'll show her this article to make her think about it.

10 likes

<http://www.dailymail.co.uk> (adapted)

B Do some research about anorexia and present your findings to the class.

Structure for your presentation:

- Define anorexia
- Describe the symptoms
- Talk about the reasons why some people suffer from anorexia
- Explain what to do when you suspect someone suffers from anorexia

A Label the food items.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



B Find the twelve words in the word search. They are all related to eating disorders.



C Fill in the gaps with the correct adjective degree.

1. Soda is _____ (expensive) than milk.
2. I don't like grapes. They are the _____ (bad) fruit I've ever eaten.
4. A motorbike is _____ (fast) than a bike.
5. Mount Everest is the _____ (high) mountain on earth.
6. You think you look _____ (fat) than you are in reality.
7. Unhealthy eating habits make people feel _____ (bad) than healthy eating habits.

D Write **C** for countable and **U** for uncountable.

- | | | | |
|-------------------------------------|-----------------------------------|------------------------------------|-------------------------------------|
| 1. apple ☐ | 4. milk ☐ | 7. butter ☐ | 10. book ☐ |
| 2. sausage ☐ | 5. bread ☐ | 8. orange ☐ | 11. money ☐ |
| 3. sugar ☐ | 6. flour ☐ | 9. salt ☐ | 12. coffee ☐ |

8 x 2 = 12

☐

E Fill in the gaps with **how much** / **how many** / **much** / **many**.

1. I need some extra money. _____ money do you need?
2. _____ words do you know in German?
3. My father hasn't got _____ time for him.
4. I don't eat _____ meat. I prefer fish.
5. There is always too _____ noise in the classroom.
6. _____ boys suffer from eating disorders too.

6 x 2 = 12

☐

F Complete with **a few** / **a little** / **lots** / **a lot**.

1. _____ of my friends have issues with their body weight, but not many of them.
2. Our school gave us _____ information about eating disorders.
3. There's _____ of information on the Internet about healthy eating.
4. There are _____ of us at school who want to help other students.
5. I don't go to restaurants _____.
6. I ate _____ bread in the morning.

8 x 3 = 24

☐

G Right (✓) or wrong (✗)? Correct the wrong ones.

1. The music is loud that I can't study.
2. You never told me you had many so brothers.
3. My neighbour has few so friends that he never gets out.
4. Kids feel more insecure than adults when talking about eating disorders.
5. The better way to look perfect is to be yourself.
6. Filipa spends so much money on make-up!
7. How many milk is there in the fridge?
8. There isn't much lemon juice in the bottle.

I can

- ... use vocabulary about food
- ... use vocabulary about eating disorders
- ... use adjective degrees
- ... recognise countables and uncountables
- ... use much / many / how much / how many
- ... use a little / a few / lots of / a lot of
- ... use so + adjective + much / many

- Exercise A
- Exercise B
- Exercise C
- Exercise D
- Exercise E
- Exercise F
- Exercise G

7 x 2 = 14

☐

12 x 1 = 12

☐

7 x 2 = 14

☐

12 x 1 = 12

☐