

Know Your Food!

Before reading

1. How much do you know about eating disorders? Read the statements and check (✓) under *T* (true) or *F* (false). Then, read the text and confirm your answers.

- Only teenagers suffer from eating disorders.
- Eating disorders are very dangerous for a person's health.
- An eating disorder is only a problem with food.
- The media (TV and radio shows, films, magazines, etc.) play an important role in the proliferation of eating disorders.
- It is not possible to recover from an eating disorder.

T	F
<input type="checkbox"/>	<input type="checkbox"/>

Reading

2. Read the text. Write the category and the meaning of the words according to the context.

Look Inside, not Outside

An eating disorder is a condition in which a person (regardless of his / her age) eats or evades eating in a way that affects his / her health. The consequences of these kinds of disorders can be both mental and physical. There are at least five eating disorders, but the most well-known are bulimia and anorexia.

Word	Category	Meaning / Synonym
evade		
affect	verb	To produce a change in something / somebody.
disorder		
well-known	adjective	Recognized

Bulimia nervosa. It is when a person overeats uncontrollably and then feels bad about it. This leads him / her to think that he / she needs to follow strict diets, exercise a lot, take diet pills or even vomit in order to regain control of himself / herself. Bulimics evidence a compulsive behavior, lie recurrently and have strong, dangerous exercise habits. Bulimics often feel guilty, ashamed and frustrated. The physical consequences can be frequent sore throats, low blood pressure, constipation, kidney and liver damage, stomach pains, hair loss and gastric problems (due to the vomiting activity).

Word	Category	Meaning / Synonym
overeat		
strict		
lie		
uncontrollably	adverb	

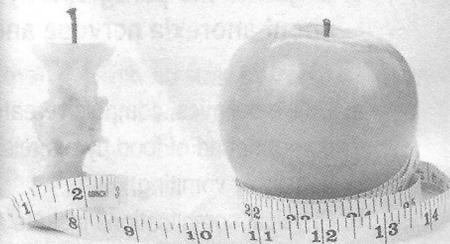
Anorexia nervosa. It is when a person loses weight continuously and intentionally because he / she wants to be thin. What are anorexics like? They tend to seek perfection, criticize themselves (they are afraid of being too fat), deny hunger, be obsessed with calorie loss and diets and invent excuses in order not to eat. They are usually irritable, depressed and uncomfortable with their bodies. Physical costs include weakness, headaches, insomnia, osteoporosis, hair loss, cardiac arrest and death.

Word	Category	Meaning / Synonym
lose		
afraid		
weakness		
arrest		



Although there are biological reasons that bring about eating disorders, it is undeniable that the importance our society (television, magazines, advertising, family, friends) gives to being thin is the main cause of their increase. Happiness and success are constantly related to the fact of having a "perfect figure," but perfection has nothing to do with this. We have to look inside, not outside. After all, people who suffer from eating disorders have no problems with food; they have problems with their own lives. Once they accept this, it is easier to treat them properly so they can overcome their condition. Remember: our bodies and minds are already wonders of nature, amazing amalgams that we have to be proud of and protect.

Reading and Writing



Word	Category	Meaning / Synonym
main		
properly		
overcome		
amalgam		

After reading

3. Complete the characteristics according to the reading.

A bulimic

is

a person who _____

He / She

evidences _____

has strong, _____

An anorexic

is

a person who _____

He / She

seeks _____

is obsessed with _____

denies _____

4. Follow the instructions to evaluate your reading comprehension.

a. The first paragraph is about

- the description of bulimia nervosa.
- the description of anorexia nervosa.
- the definition of eating disorders.

b. Anorexics lose weight intentionally because

c. It is a physical consequence of anorexia nervosa:

- sore throats
- kidney damage
- osteoporosis

d. The first step to overcome an eating disorder is

- to start eating in a more controlled way.
- to accept that it is not a problem with food.
- to go to the dietician.

e. Which is not one of the physical consequences of bulimia nervosa?

- Gastric problems
- Insomnia
- Stomach pains

f. Correct.

Bulimics feel proud about out-of-control eating.

Wrong. Bulimics feel _____

