

## Grade 7

Distance Learning Module 6: Week of: May 11<sup>th</sup> – May 15<sup>th</sup>

### Grade 7 Health: *Body Image and Eating Disorders*

#### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Teen body image refers to how adolescents perceive their bodies. In addition, body image includes their feelings about their body and how they take care of it. Body image is an essential part of adolescent development, and teen body image is closely linked to self-esteem. Eating disorders are problems with the way people eat. They can harm a person's health, emotions, and relationships. The most common types are anorexia and bulimia. If you are concerned about yourself or a friend, you should always talk to a trusted adult.

**Vocabulary:** Body image, self-esteem, eating disorders, anorexia, bulimia, binge eating, starvation, laxatives, photoshop, purge, body weight, trusted adult, positive

**Skills:** Define body image and its relationship to self-esteem, recognize how the concept of an ideal body and what's attractive and fashionable is always changing, differentiate between anorexia and bulimia regarding symptoms, identify the ways you can help a friend, identify the trusted adults in your life

#### Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: <ul style="list-style-type: none"><li>• Watch the Amaze video on EdPuzzle and respond to the questions for credit.</li><li>• Watch my presentation on Body Image</li><li>• Watch the Dove commercial on photoshop</li><li>• Watch the clip about the plus-size model</li></ul>	<ul style="list-style-type: none"><li>• Why Don't I Like the Way I Look?</li><li>• Watch my presentation on Body Image</li><li>• Dove Commercial</li><li>• Model and Body Image</li></ul>	<ul style="list-style-type: none"><li>• I will read your responses in EdPuzzle</li></ul>
Tuesday:		

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Wednesday: <ul style="list-style-type: none"> <li>● Watch the video on Eating Disorders</li> <li>● Read the handout on Eating Disorders</li> <li>● Watch the video on Athletes and Eating Disorders</li> <li>● Respond to the questions on the Classroom assignment</li> </ul>	<ul style="list-style-type: none"> <li>● What Are Eating Disorders?</li> <li>● KidsHealth Article on Eating Disorders</li> <li>● Athletes and Eating Disorders</li> </ul>	<ul style="list-style-type: none"> <li>● I will read your responses in the Classroom question</li> </ul>
Thursday:		
Friday: <ul style="list-style-type: none"> <li>● Watch the BrainPop on Eating Disorders and take the quiz to see how you do</li> <li>● Read the two handouts to learn about how to help a friend.</li> <li>● Identify the trusted adults in your life that you can go to if you need support for yourself or a friend</li> </ul>	<ul style="list-style-type: none"> <li>● BrainPop on Eating Disorders</li> <li>● How to Help a Friend With an Eating Disorder</li> <li>● 10 Tips for Positive Body Image Handout</li> <li>● Trusted Adult Handout</li> </ul>	<ul style="list-style-type: none"> <li>● Test yourself on the BrainPop quiz</li> <li>● Identify the ways that you can support a friend</li> </ul>

**Week criteria for success:** Watch the videos, read the handouts, respond to the questions in EdPuzzle, respond to the questions in the Classroom assignment

**Supportive resources and tutorials for the week:** re-watch videos as needed, use the audio option for KidsHealth article, I am available 9-2 daily for any questions or concerns.