

Weller Health Education Center

NoBody's Perfect
Nutrition and Fitness
Grades 8-12

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Program Objectives

Program Description:

Debunk the myth of the “perfect” body and learn ten steps to a healthy you during this interactive presentation of body-types, eating patterns, and exercise routines. Students stretch their legs and take part in our Healthy Body Challenge.

Standards:

PA Standards 10.1.9ce, 10.1.12ce, 10.2.9abc, 10.4.9abc, 10.5.9d

NJ Standards 2.1.8cf, 2.1.12c

Objectives:

Upon completion of the program, students will:

1. Identify the three basic body types
2. Recognize 2 ways society and the media influence eating habits and body image
3. Identify exercise and eating a healthy diet as two healthy habits to maintain a healthy heart and cardiovascular system
4. Identify 3 steps to achieving a healthy body

Terms:

Body Image—the feeling or perception about the way your body looks

Ectomorph— thin, tall in stature; narrow body structure

Endomorph—large body structure; curvier than other body types

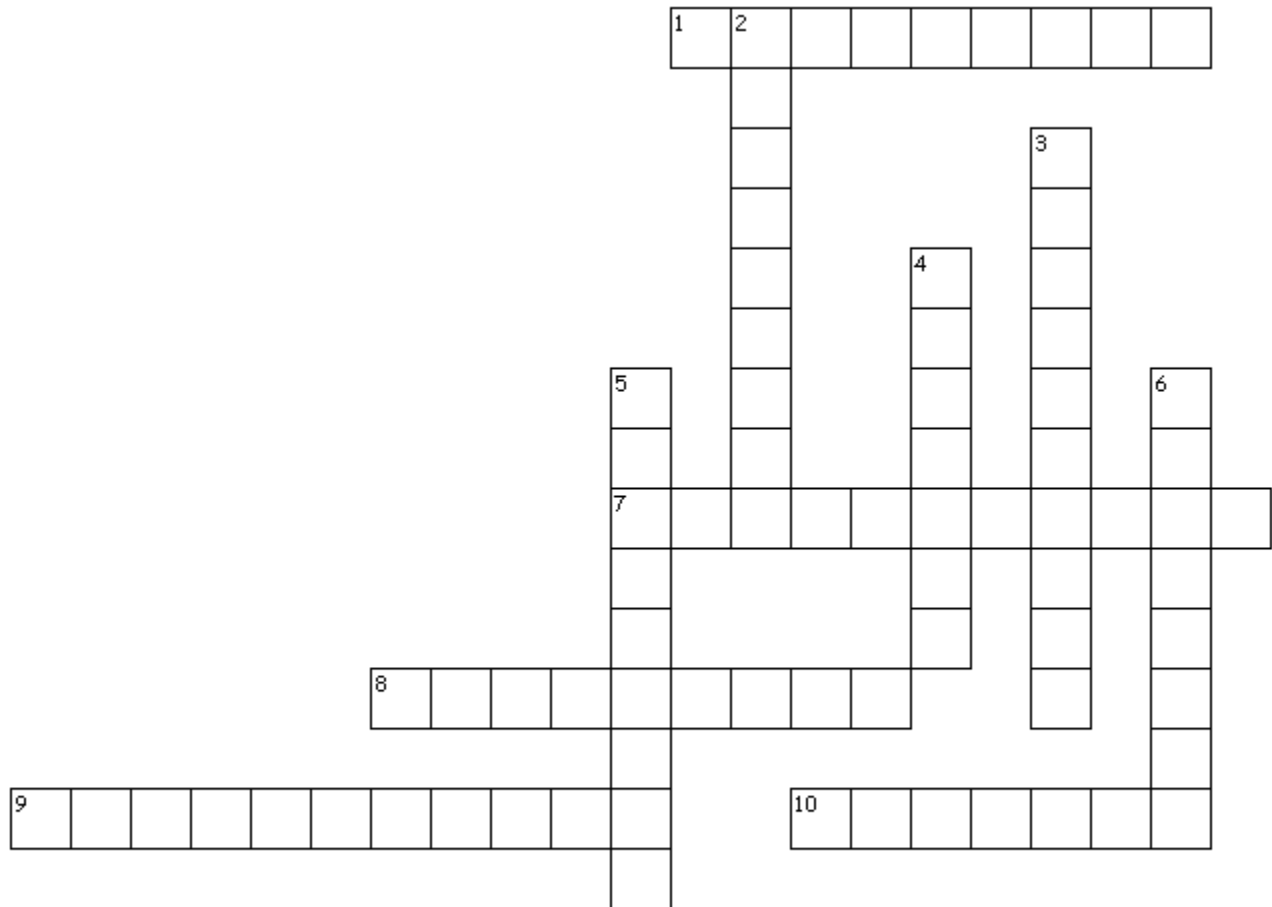
Ideal Body Image—to be considered best of its kind, an ultimate form, a standard of perfection or excellence

Mesomorph—medium body structure, sometimes petite in stature

Self-Esteem— confidence and satisfaction in oneself



Beyond the Looking Glass



Across

1. Medium, muscular build
7. Abnormal loss of body fluids
8. Tall, thin body type
9. Losing and gaining weight repeatedly
10. Binge and purge eating disorder

Down

2. Large, curvy body type
3. Satisfaction in oneself
4. A unit of energy
5. Feeling or perception about one's body
6. Starvation eating disorder

Word Bank

mesomorph
endomorph
ectomorph
dehydration
bulimia
calorie
anorexia
self esteem
yo yo dieting
body image



Math Activity for BTLG

Name: _____ **Date:** _____

Background Information:

Basal Metabolic Rate (BMR) is the rate at which you use energy (burn calories) when completely at rest. To get a rough estimate of your BMR in calories per day:

Formula:

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Calculate your BMR below:

This is the amount of calories you need each day if you were lying in bed all day barely moving. Yet, most people do not rest all day long. Adolescent girls and boys need somewhere between 1600 and 2200 calories per day when we consider activity level.

Activity:

For this activity we are going to use just your BMR. Now that you have your BMR, go home and read the nutrition labels on the food in your house to assemble a menu for yourself that is equal in the number of calories to your BMR. If your BMR is 2000, then all the calories in your menu must add up to 2000 (give or take 25 calories). You can put any food you like on the menu as long as the calories consumed add up to equal your BMR.

When you have completed the activity, answer the following discussion question:

1. Were you surprised with your BMR?
2. Did you think it would be higher, lower, same? Why?
3. Were you surprised by the amount of food you could eat in a day without gaining/losing weight?
4. Will this exercise change your eating/exercise habits? How?



Sample Menu

BREAKFAST

Bowl of cornflakes (2 ounces)
1% milk (1 cup)
Orange juice (1 cup)
Banana (medium)
Total calories= 535

LUNCH

Peanut butter (1 tbsp.)
Jelly (1 tbsp.)
Sandwich (2 slices wheat bread)
One apple (medium)
100% juice (1 cup)
Total calories=440

SNACK

Bag of Pretzels (2 ounce)
Glass of water
Total calories= 224

DINNER

Roasted chicken (4 oz.)
Baked potato (medium)
Butter (1tbsp.)
Green beans (1cup)
Glass of 1% milk
Total calories= 440

DESSERT

Chocolate cake with fudge frosting (1/16 of a 9 inch layer cake)
Glass of 1% milk (1 cup)

Total calories = 340



Body Perfection

Objective:

To recognize the effect the media has had on body image and self-concept.

Materials:

Body Perfection Worksheet (see worksheet for students)

Magazine ads of attractive male and female models advertising any product

Directions:

1. Divide the class into pairs and give each pair a magazine ad showing an attractive model.
2. Ask pairs to look at the ad and fill in the Body Perfection Worksheet
3. When they have all finished analyzing their ads, have pairs show their ads and briefly describe their findings.
4. Ask students if they feel these images are realistic and whether this could contribute to eating disorders. Discuss.
5. Although most anorexics and bulimics are girls, some are boys. Ask the class why they feel there are more girls than boys suffering from eating disorders. Discuss.



Body Perfection Worksheet

Name: _____ Date: _____

1. Describe the people shown in your advertisement.
2. What product is being advertised?
3. Is the emphasis in your ad on the product or the people?
4. Why do you think the advertiser used those particular people in the ad? What does the ad seem to imply?
5. Do you think the people in the ad represent typical Americans? Why or why not?
6. Do you think people tend to compare themselves to the images the media portrays?
7. How can associating beautiful people with products help to sell the products?
8. Do you think the media has contributed to some people having eating disorders? Why or why not? Explain.



Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called "Nobody's Perfect" that was presented by the Weller Health Education Center. As educators, we understand the myths and preconceptions that students see when they think of the "perfect body." Using a 10-step program, we correct the myths and change them to facts as we go through the steps on creating a healthy body. We go through the kinds of body types, eating patterns and exercises and explain their differences. We encourage being unique and different people and explain how everybody is unique and different also. The Weller Health Education Center reinforces the ideas of moderation, in both exercise and food choice.

But, as much as we encourage a healthy body for a growing proportion of kids and teens there is still an obsession of body appearance that can manifest into a disordered eating pattern for both males and females. These disorders can cause dramatic weight fluctuation, interfere with normal daily life, and damage vital body functions. They're so common in America that 1 or 2 out of every 100 kids will struggle with an eating disorder. Unfortunately, many kids and teens successfully hide the disorders from their families for months or even years. Parents can play an influential role in their student's development of healthy attitudes about food and nutrition. We challenge you to incorporate healthy attitudes about food. When caregivers develop their own healthy attitudes about food and exercise, this sets an excellent example for your students. Below are some example activities or tips that can help start a healthy future for your teens as they grow.

Below you will find some sample activities to guide you in taking steps to improve family health and continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Examples Activities

- 1) Designing Self-Collages: Using pictures, words, or symbols clipped from magazines that represent things they enjoy doing or own, places they've been, people they admire, or careers they desire, have your family "create-your-own" collages.
- 2) Parents can help prevent kids from developing an eating disorder by nurturing their self-esteem, and encouraging healthy attitudes about nutrition and appearance. Emphasize "health" and not "perfection."
- 3) Parents own body image can influence your teens. If you constantly say "I'm fat," complain about exercise, and practice "yo-yo" dieting, your kids might feel that a distorted body image is normal and acceptable
- 4) Take an active role in creating a healthy lifestyle for your family. Involve your teens in the preparation of healthy, nutritious meals. Let them know that it's OK to eat when hungry and refuse food when they're not.
- 5) Make exercise a fun, rewarding, and regular family activity. Participate in new types of exercise together, like: walking, jogging, hiking, etc.

Yours in good health,
Weller Health Education Center