

Weller Health Education Center

NoBody's Perfect

Healthy Bodies and Healthy Eating series

45 minute, outreach program

Grades 6 - 10

Course Description

Students learn to identify eating disorders and their effect on the body. Explores how the media and popular culture portray health and body image.

Objectives

1. Identify three types of eating disorders.
2. Explain the consequences of eating disorders.
3. Discuss strategies to prevent an eating disorder.

PA Standards

10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.

- Relationships
- Interpersonal communication

10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood.

- Health status
- Relationships

10.1.12.B Evaluate factors that impact the body systems and apply protective/preventive strategies.

- Health status (physical, mental, social)
- Nutrition

10.1.9.C Analyze factors that impact nutritional choices of adolescents.

- Body image
- Eating disorders
- Peer influence
- Athletic goals

10.1.12.C Analyze factors that impact nutritional choices of adults.

- Cost
- Nutritional knowledge

10.2.9.C Analyze media and safety messages and describe their impact on personal health and safety.

10.2.12.C Compare and contrast the positive and negative effects of the media on adult and personal health and safety.

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Cross Curricular Opportunities

Reading, Writing, Speaking and Listening:

- 1.6.6-10.A Listen critically and respond to others in small and large group situations.
Respond with grade level appropriate questions, ideas, information, or opinions.

RELA Lesson Ideas

- 1.5.6-10.A Write with a clear focus, identifying topic, task, and audience.

Grades 6-9: You've been asked to help with the morning announcements. Next week's topic is body image and healthy habits. You have been asked to create a positive commercial for your peers about how to maintain a healthy body image. Write the script you would use to grab your friend's attention and send a positive message about maintaining a healthy body image.

The **Healthy Bodies** series also includes these outreach programs:

- Dental Detectives, grades Pre-K – 1
- Handful of Healthy Habits, grades Pre-K – 1
- Kids in Motion, grades 1 – 3
- Odorology, grade 4
- Life Begins, grades 5 – 6
- Body Smarts, grades 5 – 7
- Big Changes, Big Choices, grades 6 – 8
- Stress Less, grades 6 – 12
- Who Do You Trust?, grades 8 – 12
- Better Start Early, grades 9 – 12

The **Healthy Eating** series also includes these outreach programs:

- Kids in Motion, grades 1 – 3
- Food for Thought, grades 2 – 3
- Food Label Mabel, grades 2 – 3
- Health Adventure, grades 2 – 3
- Kitchen Nutrition, grades 2 – 4
- Jambalaya Jeopardy, grades 4 – 6
- Body Smarts, grades 5 – 7
- Media Wise, grades 5 – 7
- Chew on This!, grades 6 – 8