Name, Vorname:

Datum:

T1 Mediationsworkshop – The dangers of healthy eating

- 1. This is a text of an informative handout.
 - a. Assign the following subheadings:
 - 1. What is orthorexia?
 - 2. What causes orthorexia?
 - 3. How common is orthorexia?
 - 4. Negative health effects of orthorexia
 - 5. How to overcome orthorexia
 - b. Find the corresponding text passage in the German text.
 - c. Evaluate the quality of the text of the informative handout regarding the criteria given in S5.5 (LB, p. 209) and S11.7 (LB, p. 229)

\$5.5 Writing an information brochure or informative handout

In an information brochure or informative handout you inform an interested group of people about facts, issues, events or a problem.

Structure	Language and style
 Give your text a very clear, concise heading so that the readers know at a glance what your brochure or handout is about. Subheadings will provide a clear structure. 	 Depending on the situation or the topic you are writing about, you might consider addressing your readers directly. Use factual and objective language only; colloquial language is not suitable for an information brochure or informative handout. Listing points or facts one by one will make your text easier to understand. Depending on the topic you are writing about, you will also be expected to use technical terms.

S 11.7 Writing an information brochure or informative handout

This task is about writing an information brochure or informative handout for a group of people. Within a given job- or project-related scenario, an interested group of people (e.g. customers, employees, representatives of a professional group, project participants) should be informed about facts or a problem that are the subject of the German source text. Depending on the scenario, you might be expected to briefly state the author or the organisation responsible for publishing the source text. Based on this scenario, in your information brochure or informative handout you need to refer to the source text and its relevant facts.

Do you need to check what is important when writing an information brochure or informative handout? Refer to \$ 5.5 for further details.

d. Optimise your own version

Name, Vorname:

Text of the informative handout	No. of subheading	Corresponding text passage in the German text
The line between unusual eating behaviour and compulsive eating disorder is blurred.		
Drastic diets, new nutritional rules and the compulsion to self-optimisation are partly to blame for many cases of orthorexia.		
People suffering from orthorexia force themselves to eat – what they consider to be – a particularly healthy and "pure" diet, which can degenerate into a compulsive eating disorder.		
One of the main reasons for the rise of orthorexia is media exposure to self-optimisation: What should you eat and what not? Are you exercising enough? Can you optimise yourself even more?		
The second reason are diets that focus on certain beauty ideals, which are promoted and advertised everywhere, all of the time.		
Thirdly, fashionable dietary guidelines can influence young people, whether they are in line with ethical reasons (veganism and vegetarianism), religious reasons or health reasons (food allergies or intolerances).		
A significant part of the disorder is the social aspect. Sufferers exclude themselves, resulting in social isolation and a preoccupation with themselves and their bodies.		