



E-TALKING
BEST FOR YOU

Eating Disorders in Japan

[view](#)



INTRODUCTION

Today you will learn about eating disorders in Japan.



GETTING STARTED

1. Do you know what an eating disorder is?
2. Are there many people in your country who are too fat or too skinny?
3. Are you happy with your weight? Why or why not?



01 VOCABULARY CORNER

Eating disorder (phrase) – An illness in which people have unnatural eating behaviors.

President (noun) – The leader of a decision group.

Close to death (phrase) – when someone or something is almost dead

Leader (noun) – A person who leads a group, company, organization, etc.

Embarrassed (adjective) – to feel uncomfortable or shy about something

Government (noun) – a group of people who control a country

02 Reading time:

A health group in Japan said people who eat too much or too little food get no help. The group said many people are ill because they are too fat or too skinny.



02 Reading time:

The **president** of the research group said: "Many people have **eating disorders** but do not say anything. There are very few ways to help people." He said many people are very sick when they get to a hospital. He added that: "Sometimes they are even **close to death**."



03 Reading time

Leaders in Japan said they did not know how many people have eating disorders. They also said many women were too **embarrassed** to see a doctor or say that they had a problem. The **Government** is trying to teach people more about eating disorders. The Government also wants to find a way to help sick people get help sooner. In 2014, only 10,000 people in Japan got help for their eating disorders. In the U.K., 725,000 people found help.

04 Comprehension questions:

1. According to the passage, why are so many people in Japan sick?
2. Based on the article, do many people tell others that they have eating disorders?
3. Why don't most Japanese women tell their doctors about their problems?



04 Comprehension questions:

4. What is the Japanese Government trying to do about this problem?
5. How many British people went to the doctors for their eating disorders in 2014?

REVIEW DISCUSSION

Are eating disorders common in your country?

Do you know anyone who has an eating disorder?

Do you try to help them? How?

Why do you think that so many people have eating disorders?





SPEAKING TASK

Express yourself

Explain the passage that we just read. Who is the article about? What problem is being discussed?

How do you feel about this topic?



ASSESSMENT

Complete the sentences using the vocabulary words
from this lesson:

Eating disorders, President, Close to death, Leaders, Embarrassed, Government

Barak Obama is the _____ of the United States of America.

When we found the kitten, it was _____ so we took it to the veterinarian for help.

The Japanese woman felt very _____ about her _____.



The Japanese _____ wants to help people with eating disorders.

Some world _____ decided to start a war.

ASSESSMENT