

Health

Quarter 2 – Module 5:

Eating Disorders



Health – Grade 7
Alternative Delivery Mode
Quarter 2 – Module 5: Eating Disorders
First Edition, 2020

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Quarter 2 – Module 5:

Eating Disorders

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

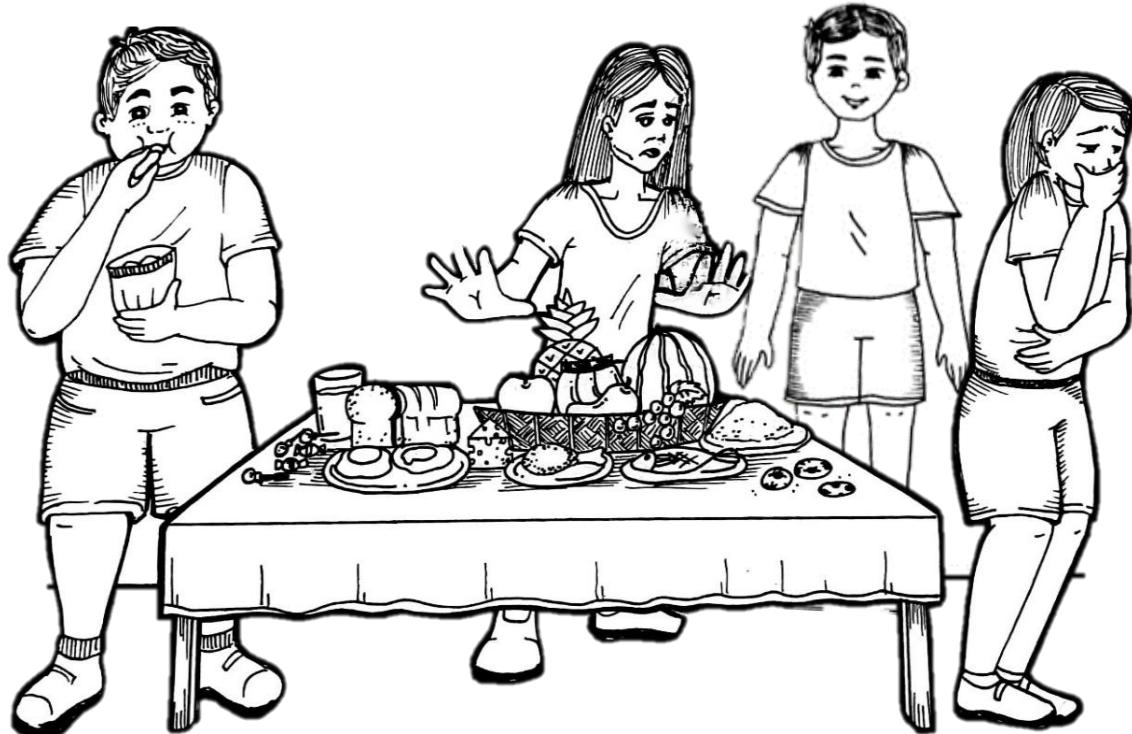
This module was designed and written with you in mind. It is here to help you understand eating disorders.

This module focuses on this lesson:

Lesson 5- Eating disorders, their characteristics, signs and symptoms as well as the ways and means to prevent them.

After going through this module, you are expected to:

1. explain the characteristics, signs and symptoms of eating disorders (*H7N-IId-f-25*)
2. discuss ways of preventing and controlling eating disorders (*H7N-IId-f-26*)





What I Know

Part I:

Directions: Read each item carefully. Write the letter of your answer in your activity notebook.

1. What eating disorder is characterized by compulsive eating?
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity

2. What eating disorder is being characterized by self-imposed starvation leading to excessive weight loss?
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity

3. Which disorder is characterized by the clearing of the digestive tract that follows cycles of overeating?
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity

4. Which of the following is NOT a warning sign and symptom of anorexia?
 - A. Dry skin
 - B. Loss of body heat
 - C. Lack of control once one begins to eat
 - D. Wasting away of muscle tissue

5. Which is NOT a sign and symptom of binge eating disorder?
 - A. Grief
 - B. Fainting
 - C. Anxiety
 - D. Depression

6. Which of the following practices is NOT healthful to do?
 - A. Eat fruits and vegetables daily
 - B. Limit the intake of sugar and salt
 - C. Increase consumption of fatty foods
 - D. Eat breakfast high in fiber like oatmeal
7. How are you going to help an anorexic classmate?
 - A. Encourage her to skip lunch.
 - B. Accompany her to the gym every day.
 - C. Discourage her from going to the cafeteria.
 - D. Accompany her to a health care provider.
8. Which of the following is a sign and symptom of bulimia disorder.
 - A. Loss of body fat.
 - B. Disgust or self-hatred about eating behaviors.
 - C. Damaged heart due to starvation.
 - D. Irregular heartbeat.
9. Which of the following is NOT an eating disorder?
 - A. Anorexia nervosa
 - B. Obesity
 - C. Bulimia
 - D. Binge eating disorder
10. To whom the fear to become over weight very strong?
 - A. Anemic people
 - B. Anorexic people
 - C. Compulsive eaters
 - D. People with iodine deficiency

Part II:

Directions: True or False. Write TRUE if the statement is correct and FALSE if it is wrong. Write your answer in your notebook.

11. A bulimic person has dry skin, brittle hair and lost body fat.
12. People who indulge in compulsive eating consume a small amount of food at one time, then purge.
13. Eating disorders are common among adolescent girls.
14. Bulimic persons are too much concerned with their weight.
15. Anorexia nervosa is characterized by compulsive eating.

Lesson 1

Nutrition: Eating Disorders

Eating disorders typically develop during adolescence stage because adolescents are choosy about the foods they eat. They are concern about their body weight and shape. They develop irregular eating habits because of their desire to lose weight.



What's In

In your previous lesson, you learned signs and symptoms of malnutrition and the different micronutrient deficiencies. You also learned ways and means to prevent and control these deficiencies.

Activity 1: That's the Deficiency!

In this activity, you will be assessed if you still remember the common micronutrient deficiencies.

Directions: Complete the table below with the needed information. Choose your answer from the choices in the box below. Write your answer in your activity notebook.

Vitamin A Deficiency (VAD)
Anemia and Iron Deficiency Anemia
Iodine Deficiency Disorder (IDD)

Micronutrient Deficiencies	Prevention
	Eat foods such as dark green leafy vegetables, legumes, red meat and iron-fortified food products.
	Eat foods such as breads, iodized table salt, cheese, saltwater fish, seaweed, shellfish, soy milk, eggs, frozen yogurt and soy sauce.
	Eat foods such as animal products, orange and yellow fruits, dark green leafy vegetables, and palm oil.



What's New

Activity 1: What Do You See?

This activity will give you an overall background and will introduce you to the lesson in this module.

Directions: Study and analyze the illustration below then answer the questions that follow. Do this in your activity notebook.





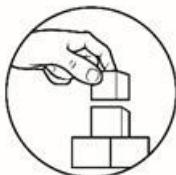
What is It

Based on the illustration, answer the following questions:

1. Describe what you see in the illustration.
2. What conclusion can you draw based on the photo?

The activity “What Do You See” introduces you to the topic EATING DISORDERS. These refer to psychological illnesses defined by abnormal eating habits that may involve either insufficient or excessive food intake that may affect or cause damage to an individual’s physical and mental health.

Some common eating disorders are anorexia nervosa, bulimia and binge eating disorder.



What's More

Activity 1: A Closer Look to Eating Disorders

This activity will introduce you to the different eating disorders and their characteristics. Enjoy answering this activity.

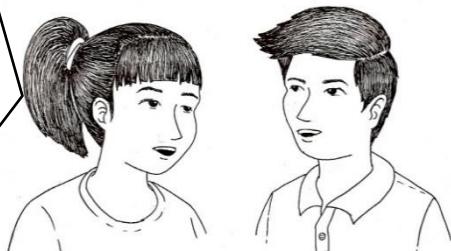
Directions: Read the comic strips below and answer the given questions. Write your answer in your activity notebook.

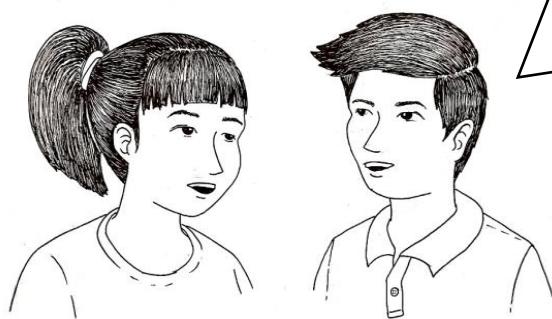
Anorexia Nervosa is an eating disorder characterized by severe restriction to take foods because of fear of gaining weight and become obese.

It is a psychological disorder that affect both physical and emotional aspects of an individual.

The characteristics of people who tend to develop anorexia nervosa are outside pressures, high expectations, the need to achieve, and the need to be accepted.

People with anorexia nervosa become malnourished and may cause death in severe stage if not treated earlier.





Bulimia is a psychological disorder characterized by consuming a large quantity of foods in a short period of time.

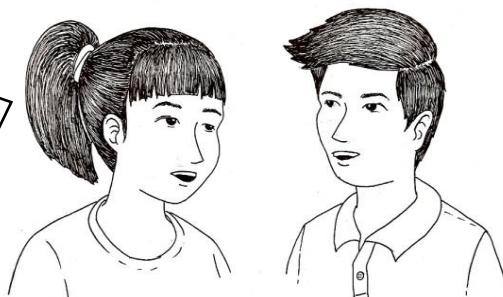
People with bulimia disorder are very concerned with their weight and shape of their body.

To avoid gaining weight, people with this disorder take laxatives, induce vomiting, go on dieting, or do excessive exercises to get rid of the food consumed.

Binge Eating disorder is characterized by compulsive eating. People with this disorder loss control over eating large amount of foods in one sitting but they do not eliminate it.

This eating disorder may be an indicator that the person uses foods to eliminate unwanted emotions, to cope depression, and fight stress

Many people with binge eating disorder are overweight and obese.



Questions:

1. What is anorexia nervosa?

2. Give the characteristics of people who tend to develop anorexia nervosa?

3. What is bulimia?

4. Enumerate the characteristics of people with bulimia disorder?

5. What is binge eating disorder?

6. List down the characteristics of people with binge eating disorder.

You have learned about the different eating disorders. These eating disorders are extreme and unsafe that may cause serious illness or that may even result in death.

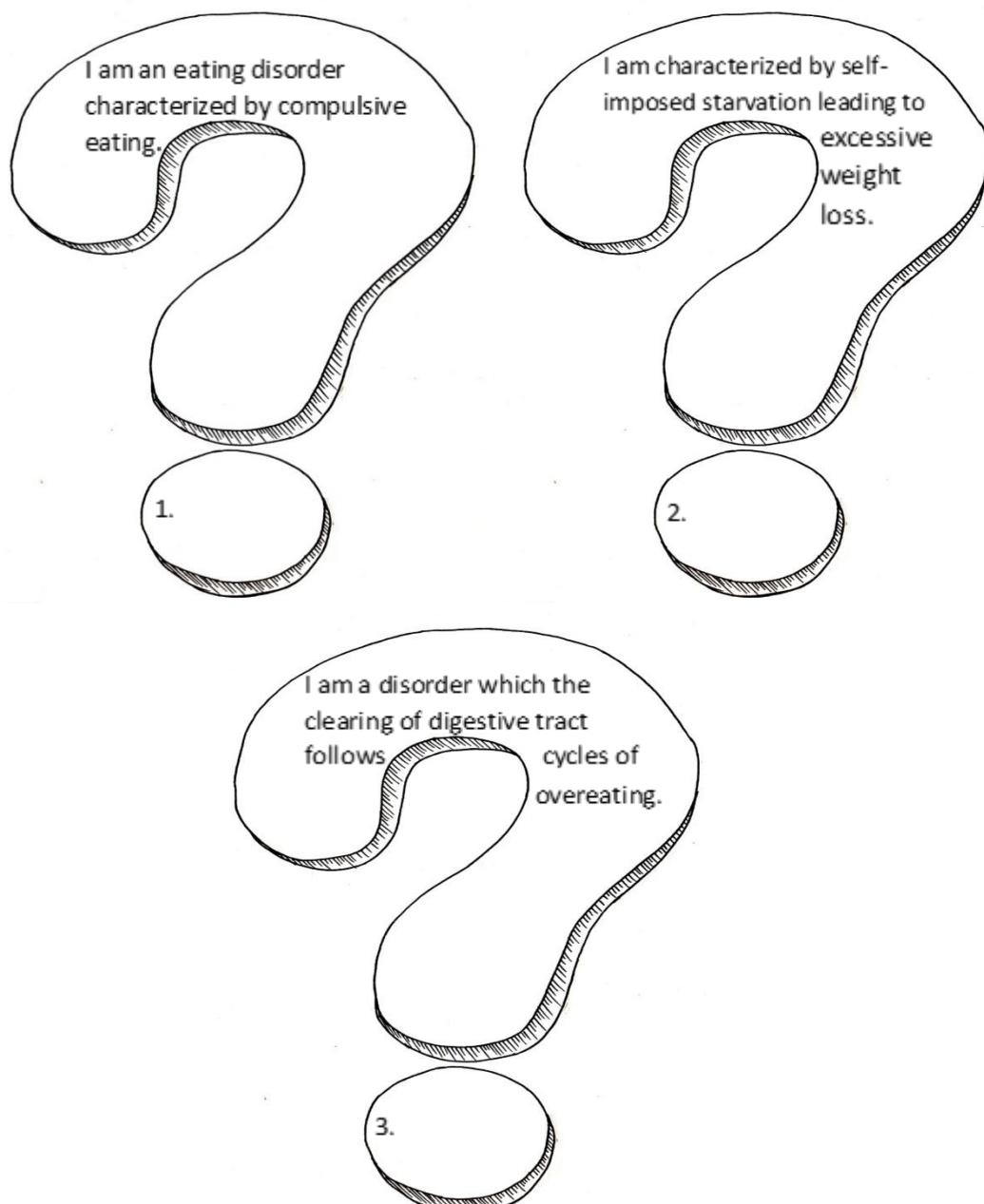
Some behaviors that can also be observed from those with Anorexia nervosa are exercising excessively, wearing bulky or loose clothing, making excuses during mealtime, and shifting the food around on their plate just to pretend they are eating.

Activity 2: Who Am I?

This activity “Who Am I?” will familiarize you on the different eating disorders. Enjoy answering the activity.

Directions: Identify the kind of eating disorder based on the description given. Choose your answer from the choices in the box below. Write your answer in your activity notebook.

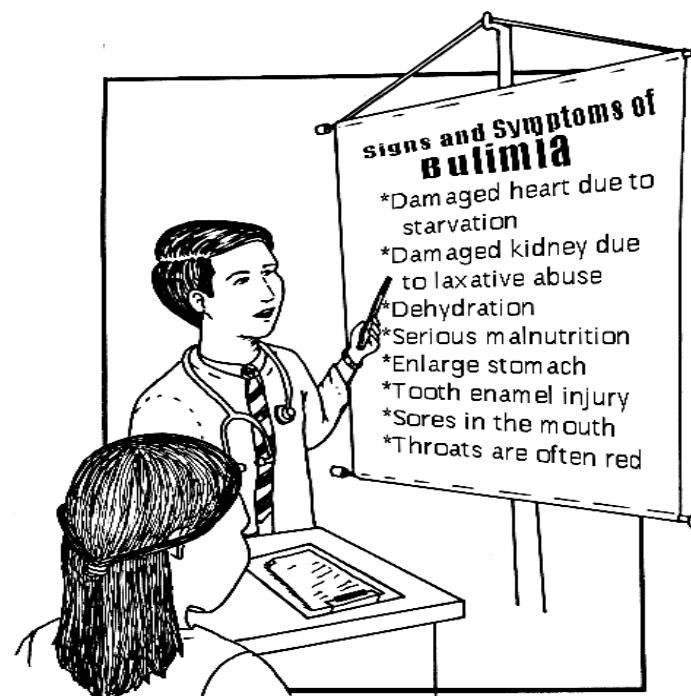
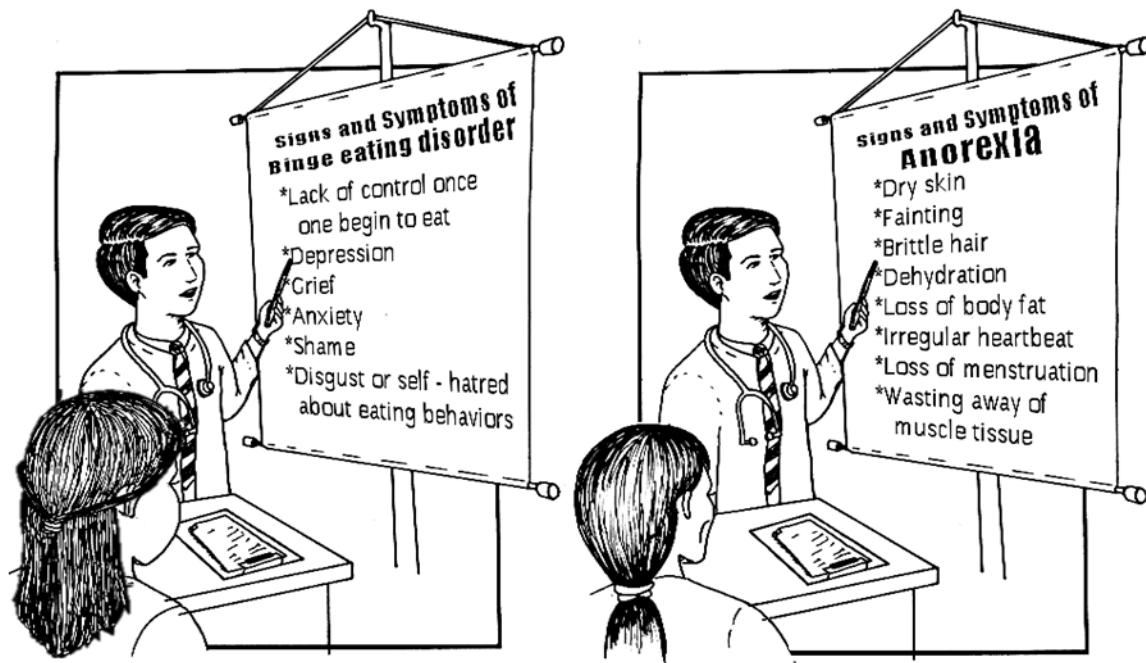
Anorexia Nervosa
Binge Eating Disorder
Bulimia



Activity 3: These are the Signs and Symptoms!

This activity will introduce you to the different signs and symptoms of eating disorders.

Directions: Study the illustrations below.



Based on the illustration, identify the following signs and symptoms of an eating disorder. Write **AN** if the sign and symptom belong to Anorexia Nervosa, **B** if it belongs to bulimia and **BED** if the given sign and symptom belong to Binge Eating Disorder. Write your answer in your activity notebook.

1. damaged kidney due to laxative abuse
2. anxiety
3. depression
4. loss of body fat
5. enlarged stomach
6. self-hatred about eating behaviors
7. fainting
8. shame
9. irregular heartbeat
10. damaged heart due to starvation
11. grief
12. wasting away of muscle tissue
13. lack of control once one begins to eat
14. dry skin
15. dehydration
16. serious malnutrition
17. brittle hair
18. throats are often red
19. tooth enamel injury
20. loss of menstruation

Congratulations! You finished answering the activity. You have learned the warning signs and symptoms of different eating disorders.



Note to the Learner

Knowing these signs and symptoms will help increase the chance of recovery of one suffering from such eating disorders because of earlier detection.

Activity 4: Copy Cut!

The next activity “Copy Cut” will introduce you to different practices that contribute to the prevention and intervention to avoid eating disorders.

Directions: For each item, write **COPY** if the given practice helps prevent eating disorders and write **CUT** if it doesn’t help prevent eating disorder. Write your answer in your activity notebook.

- 1. Avoid skipping meals.
- 2. Include fresh fruits and vegetables in your diet.
- 3. Eat regularly-timed meals consisting of a variety of foods in enough quantity.
- 4. Eat more high-fiber foods.
- 5. Drink 8-10 glasses of water a day
- 6. Avoid finger foods.
- 7. Eat more salty foods.
- 8. Not drinking enough water.
- 9. Eat everything without knowing what you eat.
- 10. Do some exercises.
- 11. Note the food you eat.
- 12. Learn to manage your stress the healthy way.
- 13. Take three regular meals and choose healthy snacks.
- 14. Have enough sleep.
- 15. Know your body.
- 16. Avoid dullness/boredom.
- 17. Stop dieting.
- 18. Get help.
- 19. Starving yourself.
- 20. Drink more alcohol.

Items **1-6** are *ways to prevent and control bulimia disorder* while items **10-18** are the *ways to prevent binge eating disorder*.

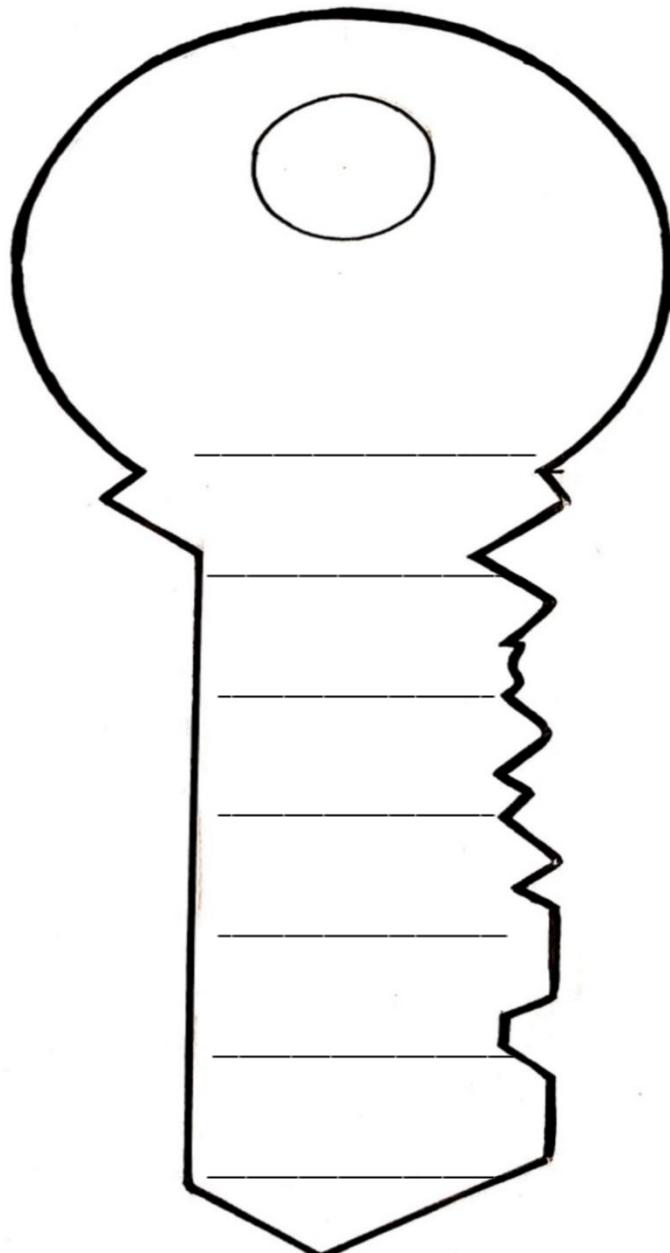
There is no known way to prevent anorexia nervosa. Early treatment may be the best way to prevent the disorder from progressing. Knowing the early signs and seeking treatment right away can help prevent complications of anorexia.

Activity 5: Key to Prevent and Avoid Eating Disorders

This activity will measure your ability to choose the appropriate ways to prevent and avoid eating disorders.

Directions: Choose the appropriate way to prevent and avoid eating disorders from the box below. Write your answer in your activity notebook. (Do this in the separate photocopied material given by your teacher.)

Eat fresh fruits	Avoid finger foods	Have Enough Sleep
Drink enough water	Consume more alcohol	Do some exercises
Skipping breakfast		Avoid skipping meals
Eat more high-fiber foods		



Activity 6: My Eating Behavior

This activity will assess your eating behavior and will help you change your eating practices to avoid eating disorders.

Directions: Below is a survey questionnaire that reveals your personal eating behavior. Accomplish it by putting a check mark (✓) corresponding to your response in each item. Do this in your activity notebook.

Questions	YES	NO
1. I eat secretly inside my room.		
2. I feel out of control when eating.		
3. I usually eat a lot of food hurriedly.		
4. When I see food, I eat even I am full.		
5. I feel ashamed and disgusted after eating.		
6. I hide and stock food to eat later in secret.		
7. I feel relieved from stress or tension when eating.		
8. I never feel satisfied, no matter how much I eat.		
9. I eat normally with others but over-eat when alone.		
10. I eat continuously throughout the day, with no planned mealtimes.		

Answer the following questions:

1. How many items did you answer YES?

2. If you answered YES to all or most of the items above, reflect on your eating behavior. You might need to change your eating practice.



Note to Learners

All eating disorders need immediate attention since these are serious health problems. Discuss the problem with a responsible adult who can help. Better yet, consult a health professional.



What I Have Learned

Activity 1: Complete Me!

This activity will help you summarize the important concepts about the lessons in this module.

Directions: Choose the appropriate word(s) from the box that will complete the thought of the sentence. Do this in your activity notebook.

regular
weight
eating disorders
weight loss
compulsive
psychological
indicator
digestive
short
laxative

1. _____ are psychological illnesses defined by abnormal eating habits that may involve either insufficient or excessive food intake that may affect an individual's physical and mental health.
2. Anorexia Nervosa is an eating disorder characterized by self-imposed starvation leading to excessive _____. It is a _____ disorder with physical and emotional consequences.
3. Bulimia is a disorder which the clearing of _____ tract follows cycles of overeating. People with this disorder are too concerned with _____. They will eat a large quantity of food in a _____ period of time. After eating, they will take _____ to rid the body of the food to avoid gaining weight.
4. Binge eating disorder is characterized by _____ eating. This disorder may be an _____ that the person uses food to cope with depression or strong emotions.
5. Binge eating disorder is different from normal appetite increase or overeating during holidays. Those with a binge eating problem eat large amounts of food on a _____ basis. They eat quickly or most often do something while eating.



What I Can Do

Activity 1: What's This Disorder?

This next activity will help you assess the nutritional problems of adolescents and apply your knowledge about eating disorders.

Directions: Read the situation below, then answer the questions that follow. Write your answer in your activity notebook.

A grade seven student wants to be popular and attractive to everyone. She is not happy with her weight, so she tries to go on diet but she fails. Mad at herself, she eats everything she wants. After eating, she goes to the bathroom to induce vomiting.

Questions:

1. What eating disorder does the freshman student have?

2. What can you suggest to her to overcome this problem?

3. What are the dangers if this problem is not corrected?



Assessment

Part I:

Directions: Read each item carefully. Write the letter of your answer in your activity notebook.

1. What eating disorder is characterized by compulsive eating?
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 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity
2. What eating disorder is being characterized by self-imposed starvation leading to excessive weight loss?
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 - C. Bulimia
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3. Which disorder is characterized by the clearing of digestive tract that follows cycles of overeating?
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity
4. Which of the following is NOT a warning sign and symptom of anorexia nervosa?
 - A. Dry skin
 - B. Loss of body heat
 - C. Lack of control once one begins to eat
 - D. Wasting away of muscle tissue
5. Which is NOT a sign and symptom of binge eating disorder?
 - A. Grief
 - B. Fainting
 - C. Anxiety
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6. Which of the following practices is NOT healthful to do?
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 - B. Limit the intake of sugar and salt
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10. To whom is the fear of being overweight very strong?
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 - C. Compulsive eaters
 - D. People with iodine deficiency

Part II:

Directions: True or False. Write **TRUE** if the statement is correct and **FALSE** if it is wrong. Write your answer in your notebook.

- _____ 11. A bulimic person has dry skin, brittle hair, and lost body fat.
- _____ 12. People who indulge in compulsive eating consume a small amount of food at one time, then purge.
- _____ 13. Eating disorders are common among adolescent girls.
- _____ 14. Bulimic persons are too much concerned with their weight.
- _____ 15. Anorexia nervosa is characterized by compulsive eating.

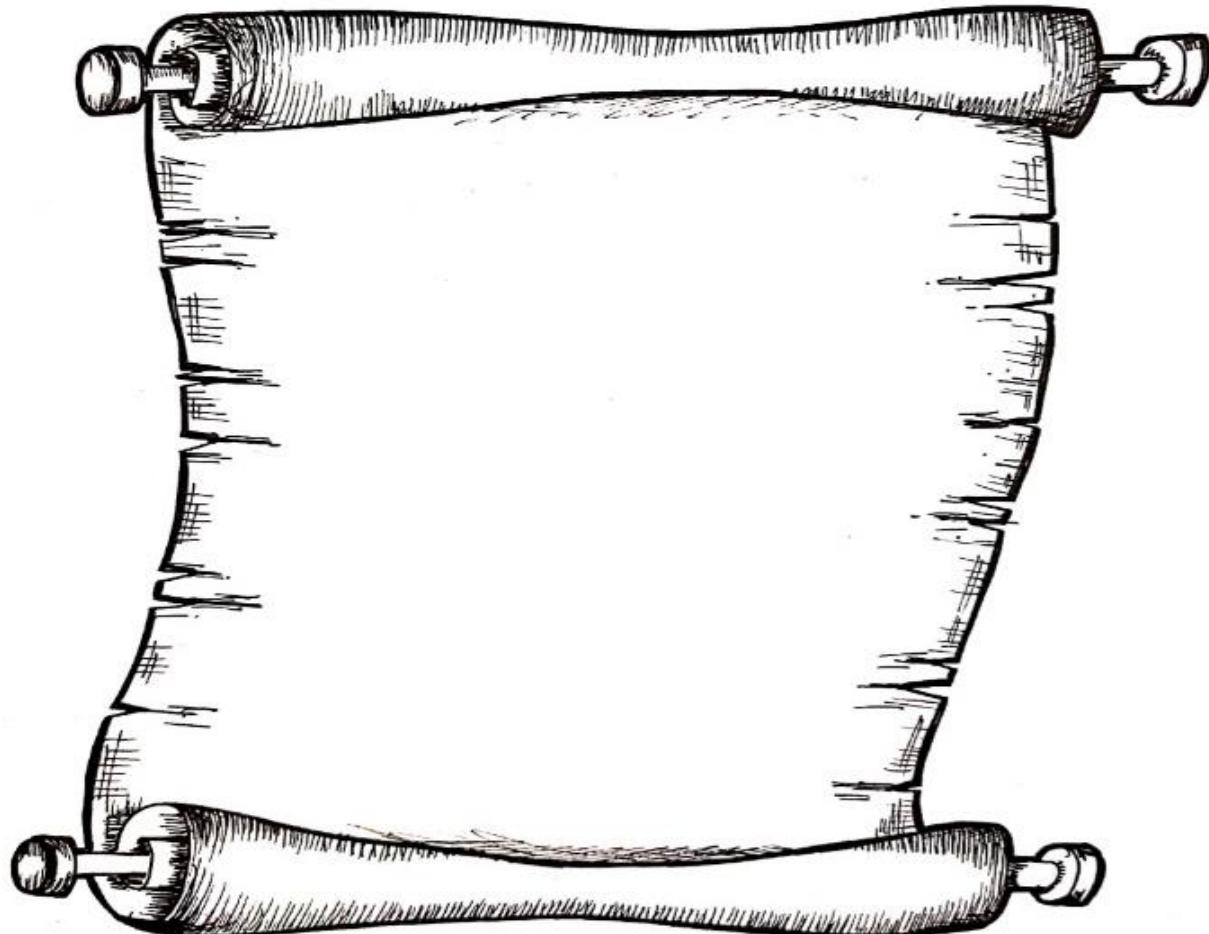


Additional Activities

Activity 1: Cut and Create!

This activity will enhance your creativity and reasoning skills. You will apply what you have learned in this module to explain the health condition of the image you created.

Directions: Cut pictures of a healthy and unhealthy person from the magazines, newspapers, brochures, and other available materials and paste them on your activity notebook and write a short explanation why they achieved that kind of health condition.





Answer Key

What I Know / Assessment Activity 2: Who Am I? Signs and Symptoms! 1. Binge Eating Disorder 2. A 3. C 4. C 5. B 6. C 7. D 8. C 9. B 10. B 11. False 12. True 13. True 14. False 15. False 16. B 17. A 18. B 19. B 20. A	Activity 3: Who Am I? Signs and Symptoms! 1. Binge Eating Disorder 2. Anorexia nervosa 3. Bulimia	Activity 4: Copy Cut Activity 5: Key to Prevent and Avoid Battling Disorders 1. Copy 2. Copy 3. Copy 4. Copy 5. Copy 6. Copy 7. Cut 8. Cut 9. Cut 10. Copy 11. Copy 12. Copy 13. Copy 14. Copy 15. Copy 16. Copy 17. Copy 18. Copy 19. Cut 20. Cut
Activity 1: Complete Me! 1. eating disorder 2. weight loss, psychological 3. dietician 4. eating fresh fruits 5. drink enough water 6. have enough sleep 7. avoid finger foods 8. avoid skipping meals 9. eat more fiber 10. regular 11. meals 12. meals 13. meals 14. meals 15. meals 16. meals 17. meals 18. meals 19. meals 20. meals	Activity 2: Who Am I? Signs and Symptoms! 1. Binge Eating Disorder 2. A 3. C 4. C 5. B 6. C 7. D 8. C 9. B 10. B 11. False 12. True 13. True 14. False 15. False 16. B 17. A 18. B 19. B 20. A	Activity 3: Complete Me! 1. eating disorder 2. weight loss, psychological 3. dietician 4. eating fresh fruits 5. drink enough water 6. have enough sleep 7. avoid finger foods 8. avoid skipping meals 9. eat more fiber 10. regular 11. meals 12. meals 13. meals 14. meals 15. meals 16. meals 17. meals 18. meals 19. meals 20. meals

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1. Department of Education, *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2017
2. Department of Education, *Physical Education and Health Teaching Guide Grade 7*. Pasig City: Department of Education, 2017

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