

WARM UP

1 Quickly read the text and match each heading with a paragraph.

- a Different types of eating disorders
- b People most likely to suffer from eating disorders
- c The definition of an eating disorder

Eating disorders

1 _____
 People with eating disorders have abnormal attitudes to food that causes them to change their eating habits and behaviour. They may focus excessively on their weight and shape and make unhealthy choices about food which can damage their health.

2 _____
 Eating disorders include a range of conditions that can affect someone physically, psychologically and socially. The most common eating disorders are: anorexia nervosa, trying to keep weight as low as possible, by starving yourself or exercising excessively; bulimia, trying to control weight by binge eating and then deliberately being sick or using laxatives; and binge eating, feeling compelled to overeat.

3 _____
 Risk factors that can make someone more likely to have an eating disorder include: a family history of eating disorders, depression or substance misuse; being criticised for your eating habits, body shape or weight; being overly concerned with being slim, particularly if combined with pressure to be slim from society or for a job (for example for ballet dancers, models or athletes); having an obsessive personality, an anxiety disorder, low self-esteem or being a perfectionist; particular experiences, such as sexual or emotional abuse or the death of someone special; difficult relationships with family or friends or stressful situations.

ACTIVITIES

READING COMPREHENSION

2 Read the text about eating disorders again and answer these questions.

- 1 What can people with eating disorders focus too much on?
- 2 What do people with anorexia nervosa try to do and how?
- 3 What do people with bulimia try to do and how?
- 4 What type of experience can lead to developing eating disorders?

LISTENING

3  14 **FCE** Listen to an expert talking about how to deal with eating disorders and choose the correct answer each time.

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| <p>1 Recognising that somebody has an eating disorder is...</p> <ul style="list-style-type: none"> A easy. B difficult. C impossible. <p>2 The following is a symptom of an eating disorder:</p> <ul style="list-style-type: none"> A never looking in the mirror. B never weighing yourself. C often saying you've already eaten. | <p>3 It is common for a person suffering from an eating disorder to...</p> <ul style="list-style-type: none"> A be open about their problem. B complain they feel unwell. C lie or deny things. <p>4 Eating disorders affect...</p> <ul style="list-style-type: none"> A men and women equally. B more women than men. C only women. <p>5 Treatment for eating disorders is possible if you...</p> <ul style="list-style-type: none"> A are patient. B have a lot of money. C are forced to do it. |
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SPEAKING

4 Prepare for a class debate about 'Why do so many young people suffer from eating disorders today and what food and beverage professionals can do to help?' Before the debate, write some notes about:

- what you think leads to eating disorders;
- your experience of eating disorders amongst your peers;
- how you think you should combat eating disorders.