

Activity A09

“Eating disorders: a XXIST century plague?”.

Sensitization campaign of eating disorders and study of their impact on young people

This activity aims at informing and involving the students in an important national event, that is

The National Day against Eating Disorders 15th March 2016



Age: 15 – 16

Sessions: There is not limit of sessions to do it. It depends on the students.

1. A very short setting up at the beginning (n. 1 h) to explain the students the planned activity and how we want to develop it.
2. It is important to focus on the title to clarify the kind of work they are going to do.
 - Homework: realization of a questionnaire about students' food habits.
 - Collecting the results.
 - Meeting for the comparison of the questionnaire's results.
 - Diagnosing of unhealthy habits and suggestions to correct them.

Objectives:

- Cooperative work
- Collecting and reading of data
- Responsible use of the net for didactic aims
- Creation of graphic which represent the comparison of the data

Specific objectives:

- To know the importance of food groups
- To recognize the healthy eating lifestyle correcting the bad one

Products:

- Organization of a school meeting to discuss the topic
- Power Point or Prezi Presentation
- Poster and leaflet for the meeting

Materials:

- Computer with Internet connection
- Apps
- Camera
- Printer

Development:

- Brainstorming: watching videos to promote interest and arise suggestions about how to carry on the activity.
- Creation of a questionnaire about students' eating habits.
- Survey about students' eating habits by means of the questionnaire
- students involved in this activity with other groups of ten students from the 3rd year will take part in the survey.
- Collection of data and survey on Internet.
 - www.healthguidance.org/entry/12654/1/Whats-Wrong-With-a-Sedentary-Lifestyle.html
 - www.healthline.com/health/food-nutrition
 - www.healthline.com/health-slideshow/best-videos-eating-disorders#12
 - www.fondazioneveronese.slideshare.net
- How people can be educated to a proper nutrition: Old and new food pyramids.
- Bad eating habits vs healthy diet.
- What are macronutrients?
- Food groups and the meaning of nutrients and aliments.
- The role of the biomolecules, the vitamins and the mineral salt.
- Promotion of the positive effects of the Mediterranean diet.
- Formulation of BMI.
- Eating disorders: causes and psychological factors
- Anorexia
- Bulimia
- Obesity
- The importance of physical activity.
- Does TV convey such messages as "thinner is better"?