

## GUÍA DE TRABAJO GRADO 10°

### CLASES SEMANA 1

1. Pensar en aquellos problemas que están afectando a los adolescentes por presión cultural y social y que llevan a perjudicar su salud.

Realizar una lista en su cuaderno con su respectiva traducción al inglés.

2. Vamos a iniciar conociendo sobre **EATING DISORDERS** o **desórdenes alimenticios** como una de las problemáticas que se presentan en la sociedad actual, sobre todo en los jóvenes, en esta sección deben identificar el nombre de los desórdenes y vocabulario relacionado que aparecen en la lectura, para escribir en su cuaderno, y hacer una lectura detenida para comprender de que tratan.

## Eating Disorders



Eating disorders are so common in America that 1 or 2 out every 100 students will struggle with one.

The most common types of eating disorder are anorexia nervosa and bulimia nervosa (usually called simply “anorexia” and “bulimia”): But other food-related disorders, like binge eating disorders, body image disorders, and food phobias, are showing up more frequently than they used to.

### **ANOREXIA**

People with anorexia have an extreme fear of weight gain and a distorted view of their body size and shape. As a result, they can't maintain a normal body weight.

Some people with anorexia restrict their food intake by **dieting**, or **excessive exercise**.

They hardly eat at all – and the small amount of food they do eat becomes an obsession.

Other people with eating disorders do something called **binge eating** and **purging**, where they eat a lot of food and then try to get rid of the calories by forcing

themselves to vomit, using laxatives, or exercising excessively. (See “Bulimia”, below)

## **BULIMIA**

Bulimia is similar to anorexia. With bulimia, a person binge eats (eats far too much food) and then tries to compensate it extreme ways, such as **forced vomiting** or excessive exercise, to prevent weight gain. Over time, these steps can be dangerous.

To be diagnosed with bulimia, a person must be bingeing and purging regularly, at least twice a week for a couple of months. People with bulimia eat a large amount of food (often junk food) at once, usually in secret. The person typically feels powerless to stop eating and can only stop once he or she is too full to eat any more.

Kidshealth.org (abridged)

3. De la lectura realizar el siguiente ejercicio de falso y verdadero y responder unas preguntas relacionadas al artículo.

### **A- Read the text and decide whether these sentences are true (T) or false (F). Correct the false ones.**

1. A great number of American students will suffer from eating disorders. \_\_\_\_\_

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2. Anorexia and bulimia are the only food-related disorders. \_\_\_\_\_

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3. Anorexics like their body. \_\_\_\_\_

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4. Some anorexics eat very little and do too much exercise. \_\_\_\_\_

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5. Some bulimics try to lose their calories by exercising regularly. \_\_\_\_\_

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**B- Answer the following questions with complete sentences.**

1. What are the symptoms of bulimia?

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2. When can we say that a person suffers from bulimia?

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3. Why do bulimics eat so much?

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**EVALUAMOS:**

Realizar un texto de mediana extensión opinando sobre posibles causas y consecuencias en los jóvenes por **EATING DISORDERS**.