Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Food For Thought**

**Healthy Living 7**

**Eating disorders** are psychological illnesses defined by abnormal [eating](http://en.wikipedia.org/wiki/Eating) habits that may involve either insufficient or excessive [food](http://en.wikipedia.org/wiki/Food) intake. It has serious effects on an individual's [physical](http://en.wikipedia.org/wiki/Health) and [mental](http://en.wikipedia.org/wiki/Mental_health) health. [Bulimia nervosa](http://en.wikipedia.org/wiki/Bulimia_nervosa) and [anorexia nervosa](http://en.wikipedia.org/wiki/Anorexia_nervosa) are the most common forms of eating disorders.

**PART 1:**

Imagine that you discover that your friend has an eating disorder. How would you approach them about seeking help? Write a dialogue that reflects how you think your conversation would go.

**PART 2:**

What are the outside pressures that you think may have contributed to your friend’s eating disorder?

Submit your answers to Showbie (Healthy Living 7)

