



Grade 10 Sample Lesson Plan: Unit 10 – Body Image and Eating Disorders

SOLs

- **10.1.b** Recognize the physical, emotional, and social causes and impact of healthy and poor nutritional choices.

Objectives/Goals

- Students will be able to read written unhealthy body ideals and transform them into healthier body ideals by creating a Healthy Commandments document.

Materials

- [“The Thin Commandments”](https://www.youtube.com/watch?v=g728ZXDfUJs) video <https://www.youtube.com/watch?v=g728ZXDfUJs>
- Thin Commandments worksheet
- Tribal graffiti

Procedure

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| Step 1 | Have students watch the Carolyn Costin Video “The Thin Commandments” https://www.youtube.com/watch?v=g728ZXDfUJs | Essential Question: What is something you believe in so strongly? |
| Step 2 | Print out a copy of the Thin Commandments | |

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| | Tribal graffiti activity | |
| Step 3 | Have students create a Healthy Commandments list. | Essential Question: Thin How would adopting these “Thin Commandments affect someone’s mental, physical and social health? |

References

- Melanie Lynch, M.Ed. State College Area High School Carolyn Costin
- Additional Reading – Story of Namuh, Kathy Kater
<http://bodyimagehealth.org/about-the-author/>