



Grade 8 Sample Lesson Plan: Unit 3 – Healthy and Unhealthy Weight Management

SOLs

- 8.1.D Identify eating disorders and describe the dangers of engaging in unbalanced and unsafe diet practices to gain or lose weight.
- 8.2.D Compare healthy and risky approaches to weight management.
- 8.2.E Analyze the impact of family and personal influences on eating habits and attitudes toward weight management.
- 8.2.F Examine the causes and effects of compulsive behaviors, such as eating disorders.
- 8.2.N Evaluate the importance of developing relationships that are positive and promote wellness.

Objectives/Goals

- Students be able to recognize the differences between healthy and unhealthy approaches to weight management. Students will be able to identify eating disorders and understand the importance of help-seeking and early intervention.

Procedure

- The Health Smart Virginia website provides suggested lesson plans and activities to address the Grade 8 SOLs on Healthy and Unhealthy Weight Management in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.
- Educators are encouraged to review the educator's resource page of the National Eating Disorders Association (NEDA) prior to providing any lessons on eating disorders: <https://www.nationaleatingdisorders.org/educators-and-coaches>. Educators are encouraged to promote early identification, help seeking, and treatment for eating disorders and other damaging compulsive behaviors.

References

- National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/educators-and-coaches>

- NEDA Educator's Toolkit
<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- CDC Lesson - Body Image Ad Decoder
https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf
- CDC Lesson – If These Dolls Were Real People
https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf
- Discovery – When Food Becomes an Enemy
<https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Frontline FAT Teacher's Guide – Obesity -Habits,- Weight Loss
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher's Guide – Lesson 1, Weight-Stereotypes-Eating Disorders
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Girls Health – Body Image and Media
<https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Girls Health - Eating Disorders
<https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
- Glencoe Online Learning Center - Unit 1, Lesson 4 - Analyzing Influences on Health
<http://www.warrenkyschools.org/userfiles/2798/Classes/16329/lesson04.pdf>
- Kids Health Eating Disorder Teachers Guide Grades 9-12
<https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eatingdisorders.pdf>
- Mission Nutrition: Self Esteem Lesson 3 – Media Awareness – Grades 6-8
<http://www.missionnutrition.ca/eng/educators/6to8.html>
- National Eating Disorder Association (NEDA) Coaches and Teacher Resources
<https://www.nationaleatingdisorders.org/educators-and-coaches>
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior
<https://science.education.nih.gov/supplements/nih7/healthy/guide/lesson2.html>
- PE Central Body Image and Eating Disorders Lesson
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFh>
<http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- Purdue Extension – Middle School Healthy Body Image Lesson Activity

2: Mixed Messages- Living in a Supersized World

<https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>

- “Hearing Between the Lines” - PBS In the Mix
<http://www.pbs.org/inthemix/educators/lessons/self-image2/>