

1st period

Take notes

What is it?



1st Period intention

This period will be dedicated to building your definition of the strategy «Take notes» and comparing it to the expert's definition.

Individually, write down your definition of the strategy "Take notes".

Compare your definition with a partner and make a team definition.

Binge Eating Disorder

Don't forget to use
your resources



Binge Eating Disorder

Men and Women living with Binge Eating Disorder suffer a combination of symptoms similar to those of Compulsive Overeaters and Bulimia. The sufferer periodically goes on large binges, consuming an unusually large quantity of food in a short period of time (less than 2 hours) uncontrollably, eating until they are uncomfortably full. The weight of each individual is usually characterized as above average or overweight, and sufferers tend to have a more difficult time losing weight and maintaining average healthy weights. Unlike with Bulimia, they do not purge following a Binge episode.

Reasons for Binge Eating can be similar to those of Compulsive Overeating; Using Binges as a way to hide from their emotions, to fill a void they feel inside, and to cope with daily stresses and problems in their lives. Binging can be used as a way to keep people away, to subconsciously maintain an overweight appearance to cater to society's sad stigma "if I'm fat, no one will like me," as each person suffering may feel undeserving of love. As with Bulimia, Binging can also be used as self-punishment for doing "bad" things, or for feeling badly about themselves.

A person suffering with Binge Eating Disorder is at health risk for a heart attack, high blood-pressure and cholesterol, kidney disease and/or failure, arthritis and bone deterioration, and stroke.



Binge Eating Disorder

Reading Intention: Write a text describing the 2 eating disorders

Actions	Causes
<ul style="list-style-type: none">■ Large binges (consuming an unusual quantity of food in a short period of time)■ Eating until they are uncomfortable■ No purging after a Binge period■ Subconsciously maintain an overweight appearance	<ul style="list-style-type: none">■ Lost of control on eating■ Ways to hide from their emotions■ Fill a void they feel inside■ Cope with daily stresses and problems in their lives■ Way to keep people away■ Feel undeserving of love■ Self punishment for doing “bad” things or for feeling badly about themselves
Physical characteristics	Possible health problems
<ul style="list-style-type: none">■ The weight is usually characterized as above or overweight■ Difficult time losing and maintaining average healthy weight	<ul style="list-style-type: none">■ At risk for heart attack, high blood pressure and cholesterol, kidney and/or failure, arthritis and bone deterioration and stroke

What I think makes it a good example of «Take notes».



Binge Eating Disorder

Reading Intention: Write a text describing the 2 eating disorders

Actions	Causes
<ul style="list-style-type: none">■ they are uncomfortably full	<ul style="list-style-type: none">■ less than 2 hours
Physical characteristics	Possible health problems
"if I'm fat, no one will like me,"	<ul style="list-style-type: none">■ weight of each individual is usually characterized as above average or overweight

What I think makes it a bad example of «Take notes».

Anorexia Nervosa

What is anorexia nervosa?

Anorexia nervosa is a psychological illness with often devastating physical consequences. The sufferer usually has a morbid fear of weight gain and becoming fat, although this is not the case for all anorectics. Those suffering from anorexia will deprive themselves of food (and sometimes liquids), leading to weight loss and, usually, a variety of physical problems and health issues.

Like other eating disorders, anorexia is a mask covering other underlying problems. The sufferer tends to have low self-esteem and a need to control aspects of their environment. Anorexia is used as a way to cope with stress, anxiety and feeling out of control.



Eating disorders, particularly anorexia and bulimia, usually affect females but the number of male anorectics is on the increase. Somebody can develop anorexia at any age, in any place and in any situation.

Causes of anorexia nervosa

There is no pre-determined cause of anorexia and the reasons for the onset of the disorder may vary from person to person. Often there are a number of contributory factors, many of which may be from the sufferer's past. One thing that all anorectics have in common is low self-esteem. Low self-esteem can quickly lead to a negative body image.

Behavioural signs and symptoms

Somebody suffering from anorexia will often go to extreme lengths to avoid consuming food. One of the most typical behaviors is lying about having eaten, which can quickly become second nature.

Anorectics will also make excuses so they can eat less or avoid meals altogether. They may decide to become vegetarian or vegan, claim they need to fast for religious reasons, or they may simply claim they are on a diet.

Other signs include the sufferer withdrawing and isolating themselves, attempts by the sufferer to cover up their weight loss, and erratic behaviour or mood swings.

Physical signs and symptoms

There are many physical symptoms associated with anorexia, some of which become more severe the longer the disorder remains untreated. Most sufferers will encounter health problems sooner rather than later.

These problems include:

- Starvation
- Dehydration
- Muscle and cartilage deterioration
- Osteoporosis
- Irregular or slow heart beat
- Heart failure





Anorexia

Nervosa

Reading Intention: Write a text describing the 2 eating disorders

Actions	Causes
<ul style="list-style-type: none">■ Avoid consuming food■ Lying about having eaten■ Make excuses to eat less or avoid meals■ Withdrawing and isolating themselves■ Attempts to cover weight loss■ Erratic behaviour■ Mood swings	<ul style="list-style-type: none">■ No predetermined cause■ Numbers of contributory factors (ex: the person's past)■ Low self-esteem■ Negative body image
Physical characteristics	Possible health problems
<ul style="list-style-type: none">■ Extra thin	<ul style="list-style-type: none">■ Starvation■ Dehydration■ Muscle and cartilage deterioration■ Osteoporosis■ Irregular or slow heart beat■ Heart failure

What I think makes it a good example of «Take notes»



Anorexia

Nervosa

Reading Intention: Write a text describing the 2 eating disorders

Actions	Causes
<ul style="list-style-type: none">■ Avoid consuming food■ Lying about having eaten■ Make excuses to eat less or avoid meals■ Withdrawing and isolating themselves■ Attempts to cover weight loss■ Erratic behaviour■ Mood swings	<ul style="list-style-type: none">■ There is no pre-determined cause of anorexia and the reasons for the onset of the disorder may vary from person to person. Often there are a number of contributory factors, many of which may be from the sufferer's past. One thing that all anorectics have in common is low self-esteem. Low self-esteem can quickly lead to a negative body image.
Physical characteristics	Possible health problems
<ul style="list-style-type: none">■ Starvation	<ul style="list-style-type: none">■ There are many physical symptoms associated with anorexia, some of which become more severe the longer the disorder remains untreated. Most sufferers will encounter health problems sooner rather than later.

Go back to your definition and change it if necessary

Expert definition
