 Name:

The Task

(Part A)

**Students are to work in pairs and are required to access the before and after photos of celebrities that have been on a fad diet (Body Image Activity used in the topic Fad Diets), and select one of the before and after shots. One person in each pair is to focus on the before ‘fad diet photo’, and the other is to focus on the after ‘fad diet photo’. Each student then has to draw a picture of what they think the celebrity sees when they look in a mirror. Students are not required to simply copy the photo; instead they must attempt to capture the emotions of the celebrity with regards to how they perceive themselves.**

Write a couple of sentences describing what you think the celebrity thinks they look like:

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(Part B)

Our body image is a part of our self-image that involves our physical appearance. Body image is the way a person feels about the shape, weight, size and look of their body, and the measuring self-worth or linking self confidence to one’s body shape or weight.

**Students are required to swap their drawings with their partner. Students are to critique each other’s drawing and assess whether the picture portrays a positive body image or a negative body image. They must then write down three things about why they believe that particular kind of body image is portrayed in the picture.**

Does the picture portray a positive or negative body image?

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Why do you believe the picture portrays that particular type of body image?

Reason1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Reason2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Reason3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Part C)

In contemporary society, many people feel under pressure to be a certain shape and size. The media bombards us with stereotypes of beauty that are hard to ignore. Measuring self-worth or liking self-confidence to one’s body shape or weight is quiet normal as a passing thought. Most of us are capable of shaking off such thinking when we realise there is more to a person than meets the eye. However, if left unchecked, this thinking can become the basis for disordered eating, where a person’s eating is controlled by impossible standards and distorted perceptions about their appearances. These are called eating disorders.

**The class will now come together to discuss what they discovered in their pairs with relation to body image. As a group the students and the teacher will develop a mind map of how negative body image may result in eating disorders, and discuss the different types of eating disorders.**