

Projekt: Digitální učební materiály ve škole, registrační číslo projektu CZ.1.07/1.5.00/34.0527

Příjemce: Střední zdravotnická škola a Vyšší odborná škola zdravotnická, Husova 3, 371 60 České Budějovice

Název materiálu: Eating Disorders

Autor materiálu: Mgr. Milan Kovář

Datum (období) vytvoření: 15.12.2012

Zařazení materiálu:

Šablona: Inovace a zkvalitnění výuky prostřednictvím ICT (III/2)

Předmět: AJ, 4. ročník

Sada: AJ2

Číslo DUM: 15

Tematická oblast: Medical English

Ověření materiálu ve výuce:

Datum ověření: 23.1.2013

Ověřující učitel: Mgr. Milan Kovář

Třída: ZLY4

Popis způsobu použití materiálu ve výuce:

Výuková elektronická prezentace, která je určena pro seznámení žáků se základními pojmy a popisem poruch příjmu potravy v tematické oblasti Medical English. Materiál může sloužit jako názorná pomůcka doplňující výklad učitele, ale také je vhodná pro domácí přípravu žáků (např. zpřístupněním formou e-learningu). Materiál obsahuje zpětnou vazbu ověřující pochopení látky v podobě závěrečného snímku s otázkami k tématu.

Tento výukový materiál je spolufinancován Evropským sociálním fondem a státním rozpočtem České republiky.



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Eating Disorders

Body Mass Index

- It is important to know your ideal weight because by maintaining it you may reduce the risk of many health disorders.
- You can check your body weight using the body mass index (BMI).
- If your BMI indicates you're overweight, changes to your lifestyle could help to control your weight.

BMI

- If you are underweight because of a restriction of your diet, then you are at risk of a number of nutritional deficiencies.
- A BMI measurement is not as accurate if you're an athlete or very muscular. It is also not accurate for women who are pregnant or breastfeeding.
- Your BMI will vary slightly according to gender.

How to know BMI?

- If you're a fan of numbers and would like to calculate your BMI yourself, just follow these three steps.
- Work out your height in metres and multiply that figure by itself. Divide the weight by the height squared.

How to know BMI?

- **BMI = body weight (*kg*) / body height squared (*m*)**
- For example, you might be 1.6m tall and weigh 65kg. The calculation would be:
- **$1.6 \times 1.6 = 2.56$. BMI would be 65 divided by 2.56 = 25.39.**

BMI Chart

- **Recommended BMI chart:**
- Underweight BMI less 18.5
- Ideal BMI 18.5-25
- Overweight BMI 25-30
- Obese BMI 30-40
- Very obese BMI bigger than 40

Eating Disorders

- The most common eating disorders include:
- **Obesity**
- **Anorexia**
- **Bulimia**

Obesity

- Typical disease of the modern world is **obesity**.
- It results from getting more energy than the body needs. The extra energy is stored as fat.
- There are many facts influencing obesity: age, sex, pregnancy, eating habits, psychological and endocrine factors, and genetics. Obesity should be treated.

Fast Food



Obesity

- The reduction of body weight causes the patient to feel better, look better, and survive longer.
- Many metabolic disorders are associated with obesity: diabetes mellitus, gout, arterosklerosis, etc.
- Cardiovascular problems are also more common among the obese.

Obesity

- **Factors influencing obesity are:**
- 1) **Age** – the older you are, the more difficult it is to keep ideal weight, because your metabolism slows down, you have less movement, etc.
- However, among children and young people there are a lot of obese people.
- The main reason is bad nutrition and lack of movement.

Male Abdominal Obesity



Obesity

- 2) **Pregnancy** - some women have problems to lose weight after pregnancy.
- It is caused by metabolic changes during pregnancy.
- Women in pregnancy usually eat more and they have different tastes.
- Also genetics and endocrine factors play an important role and influence your weight.

Anorexia

- Eating disorders occur mainly in adolescent and young adult females. **Anorexia** is associated with:
 - voluntary refusal to eat
 - extreme weight loss
 - body image disturbance
 - intense fear of becoming obese

Bulimia

- Another common eating disorder is **bulimia**.
- It is characterized by:
- self-induced vomiting
- fasting
- using laxatives and diuretics
- Bulimic episodes are often accompanied by depression.

Treatment

- Treatment of both disorders can include individual psychotherapy, group therapy, or behavioral therapy.
- All the care helps the patients to gain weight, change attitudes towards food, and learn how to deal with stress and conflicts.
- The patient needs help in selecting nutrients and well balanced diet.

Questions:

- What is BMI?
- Do you know how to calculate your BMI?
- What is your BMI?
- What eating disorders do you know?
- Why is obesity dangerous?
- What is anorexia?
- What is bulimia?
- What is the treatment of eating disorders?

Seznam použité literatury a pramenů:

1. DAPPER, Dan [cit. 2012-12-15]. Dostupný pod licencí Creative Commons na WWW: http://commons.wikimedia.org/wiki/File:Value_menu_hamburgers.jpg?uselang=cs
2. GERL, Alexander [cit. 2012-12-15]. Dostupný pod licencí Creative Commons na WWW: http://commons.wikimedia.org/wiki/File:Male_Abdominal_obesity.jpg?uselang=cs
3. GRICE, Tony. *Nursing*. 1. vyd. Oxford: Oxford University Press, 2007. ISBN 978-0-19-456977-4, s. 46-67.
4. TOPILOVÁ, Věra. *Medical English. Angličtina pro zdravotníky*. 1. vyd. Havlíčkův Brod: Nakladatelství Tobiáš, 1993. ISBN 80-85808-80-0, s. 138-143, 66-76.
5. BULDOV, Sergej. V. – MAXEROVÁ, Marie. *Angličtina pro zdravotní sestry*. 2. vyd. Praha: Nakladatelství Informatorium, 2003. ISBN 80-7333-018-0, s. 64.
6. KOVÁŘ, Milan. *Medical English*. 1. vyd. České Budějovice: Střední zdravotnická škola a Vyšší odborná škola zdravotnická České Budějovice, 2012. s. 28-32.