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

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Autor materiálu: Mgr. Milan Kovář Datum (období) vytvoření: 15.12.2012

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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.









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 x 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

ObeseBMI 30-40

Very obese
BMI bigger than 40

Eating Disorders

- The most common eating disorders include:
- Obesity

Anorexia

Bulimia

- 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.

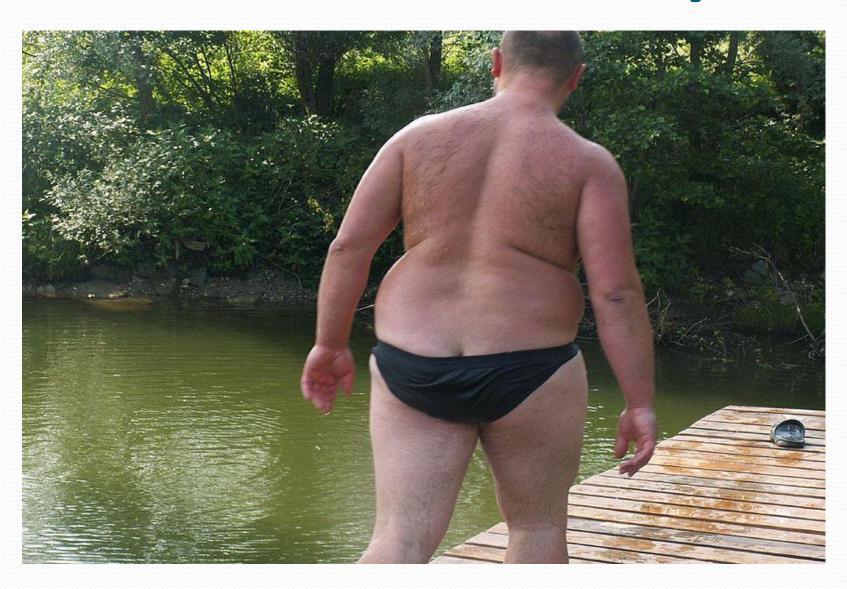
Fast Food



- 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.

- 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



- 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:

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