

**PENANG SANGAM HIGH SCHOOL**

**P.O.BOX 44 RAKIRAKI**

**HOME ECONOMICS**

**YEAR 13 (week 14)**

<b>Strand</b>	FOOD AND NUTRITION
<b>Sub strand</b>	<b>DIET AND HEALTH(cont)</b>
<b>Content learning outcome</b>	<ul style="list-style-type: none"><li>• discuss and outline measures to combat nutrition related diseases</li></ul>

**1. EATING DISORDERS / MALNUTRITION**

- Eating disorders are associated with depression and anxiety disorders.
- These are illnesses that cause a person to adopt harmful eating habits.

**Causes**

**1. GENETICS**

- Previous family history increases a patient's chance of developing an eating disorder like anorexia.

**2. MOOD ENHANCEMENT**

- Starving and stuffing oneself with food activates brain chemicals that produce feelings of peace and euphoria, removing distressing moods, such as anxiety or depression. Patients eat large amounts of food or starve themselves as a means of self-medicating.

**3. STRESS**

- When patients are exposed to high levels of stress, eating disorders may develop as a coping mechanism.
- People tend to eat comfort foods, those high in fats and sugar which may help the body reduce stress levels

**Signs and Symptoms**

- Patients often lack a sense of identity.
- This occurs when family members become so interdependent that each person cannot achieve his/her identity as an individual. As a result, family members are unable to function as healthy individuals, and they are dependent on other family members for their identity.
- Children in such families may fear growing up and restrict their diets in an effort to prevent their bodies from maturing and to maintain the parent-child relationship that he/she has become dependent on.

**Preventative Treatment**

- psychotherapy,
- nutritional education,
- exercise programs, and/or medications.

**A. ANOREXIA**

- Anorexia nervosa is characterized by an intense fear of gaining weight.

**B. BULIMIA**

- Bulimia nervosa is a condition where the sufferer binges and purges.
- Binges are periods of excessive caloric intake and are not characteristic of all bulimic patients.
- Patients feel an overwhelming need to control their weight.

### **Causes**

- People with bulimia become obsessed with their weight and body shape.
- Repeated attempts to lose weight through severely restrictive diets, binge eating, and purging at least twice weekly for three months.

### **Signs and Symptoms**

- Fatigue
- abdominal pain
- Diarrhoea.
- After the patient consumes calories, they may purge or get rid of these calories by inducing vomiting or taking laxatives [substances that prevents constipation] .

### **Prevention / Cure**

Same preventative treatment as for all eating disorders

## **C. BINGE-EATING DISORDER**

- Binge-eating disorder is a period of overeating characterized by a period of shame and guilt.
- Binges are usually not accompanied by purging.
- People who suffer from this eating disorder are usually overweight.

### **Causes**

- To cope with their problems and generally feel as though they cannot stop eating once they have started.

### **Signs and Symptoms**

- People who binge-eat cannot stop themselves from eating.
- Sufferers of binge-eating disorder have an abnormal eating pattern and fear that they will not be able to stop eating voluntarily.
- Eating large amounts of food even though they are not hungry.
- During a binge, patients usually eat until they are uncomfortably full.
- Binging typically occurs twice a week for at least three months and is accompanied by a depressed mood.
- Patients usually eat alone because they are ashamed of their behaviour.
- Feelings of depression, guilt, and disgust may occur after eating.

### **Prevention / Cure**

Same preventative treatment as for all eating disorders.

**Activity: state some ways in which you can provide moral support to a person suffering from an eating disorder. And what healthy eating tips you can give as a nutritionist.**