

OAKLAND CUSD #5

NUTRITION *II*
APRIL 13-17, 2020

DANIELLE PENDERGAST-WHITE

1 P-White, HS FCS, April 13-17

Week of April 13-17, 2020

Family and Consumer Sciences

Mrs. Pendergast-White

My office hours will be Monday 9-11, Tues 1-3, and Thursday 3-5. I will do my best to check my email multiple times each and every day in order to answer any questions that parents or students have. Please do not ever hesitate to contact me, I understand this is all new and stressful, and I am happy to answer any questions or help in any way possible in order to ease any stress on both parents and students.

Notes: Students may email me any completed work. If email is not an option, please feel free to drop work off at the Oakland School Foyer.

Email: danielle.pendergast-white@oakland5.org

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
Culinary Occ	You have been working on Packets that have reviewed the food service industry. One of the important topics is types of cuisines. One of these is Fusion Cuisine. Read the article on Fusion Cuisine and answer the questions on the handout that goes with the article. Email me your completed work or drop it off in the foyer.	Cook, Cook, Cook! One thing we have done is Cake Decorating. However, we used boxed cake mixes! I have attached a recipe for a very simple cake to bake from scratch. If you cannot do this recipe, find another recipe to make. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. Do a brief write up of the recipe, tasks in preparing, and final product (1 page or less) Take a picture if you can and send it to me with the completed recipe evaluation via Email or drop it off in the foyer! I cannot wait to see this. Also, feel free to create a "Cooking Show" Video	Research and complete the handout on The Flavor Profile Case Study. Email me your completed work or drop it off in the school foyer.

		while you prepare the dish!	
Interior Design	Review the lines in Interior Design PowerPoint. Complete the line scenarios activity. After completing this activity provide a written explanation as to why you chose those lines for each scenario. Email me completed work or drop it off in the school foyer.	Review the information on the Line PowerPoint. Complete Look What Lines Can Do activity. You may email me the completed project or drop it off in the school foyer.	Review the info on the Line PowerPoint. Create a collage after finding two pictures of each type of line. Label each type of line. There should be 8 pictures total.
Foods & Nutrition II	Read the Article on the History of Coffee Cake (Quick Bread). Answer the questions about the article. Send your finished assignment to me through email or drop it off in the school foyer.. Also, any questions just let me know!	Let's get cooking. I included a Coffee Cake Muffin Recipe (nuts optional) for Option 2. Make it, bake it, send me a picture if you can, and <u>complete the evaluation</u> that goes over the aroma, taste, texture, etc. If you do not have the ingredients at home, try to make something else we have made in our Quick Breads unit, muffins, pancakes, waffles, etc. Do the same thing, make it, take a pic (if you can) and complete the evaluation for option/choice 2! You may email me finished work or drop it off in the school foyer. Any questions just let me know!	Complete the Eating Disorders Picture Analysis Assignment. Read through the Eating Disorders PowerPoint for choice 3 and try to watch the videos if you can. Once you read the information create your Eating Disorders Picture Analysis. Send the completed project to me via email if you can or drop it off in the school foyer.
Food and Nutrition II Continued			
Resource Management	Complete the handouts 15,16,17,18. You will need to refer to your textbook. You may email completed work or drop it off in the school foyer. Any questions just let me	Write a letter of compliment or complaint. Refer to the handout that is for Choice 2. See the handouts for Choice 2. Your choice of who you write to doesn't have to	I have set up a Personal Finance unit in Khan Academy for you. You can get on this, watch the videos. Send me a written reflection on the top 10 most important pieces of

	<p>know.</p>	<p>be a restaurant, you can choose another establishment. Have a family member "peer" grade it before you self grade it. Email me your letter if you can, if not drop it off in the school foyer.</p>	<p>information you learned from the videos. Any questions just let me know. I am new at Khan so you may know more than I do, but the information is really great! I will check your progress in Khan.</p> <p>OR</p> <p>Create an educational brochure, poster, flyer, etc. that explains consumers' rights and responsibilities by providing specific examples of each. You may email me your completed work or turn the work in at the school's foyer.</p>
<p>Child Development</p> <p>Child Development Continues</p>	<p>Review Physical Developmental Milestones on pages 222-223 in textbook . Create a poster or chart, or feel free to create a Google Slideshow with three milestones for each month of development for the first year. You should have 3 milestones for 12 months, so at least 36 milestones. You can also research this online as well to add to your project. Email me your completed work if you can, or drop it off in the school foyer! Any questions just let me know!</p>	<p>Read through Chapter 7. Write a paper (at least one page) on this behavior Scenario:</p> <p>You have been asked to babysit for two different neighbors' babies. One has a two month old, the other has an eight month old. Which one do you think would be easier to care for and why? Write about examples of the types of responsibilities you would have for each baby.</p> <p>Email me your final product if you can, otherwise feel free to drop it off in the school foyer! Any questions, just let me know!</p>	<p>Read through the Importance of Immunizations on page 246-248. Also, if you can, research more about immunizations online. Create a brochure or poster to help teach the importance of immunizations in infants.</p> <p>Be creative and have fun! Email me your final product. Any questions just let me know!</p>

Apr 16/3-17 F&N II (1/10/11)

P-W

The History of Coffee Cakes in the U.S.

Coffeecakes are baked goods, generally sturdy and informal, that commonly accompany hot beverages. They, of course, can be enjoyed without the benefit of coffee or tea. Yet eating a piece of simple cake with a hot beverage provides textual and flavor contrasts that enhance each item, making for a more substantial and pleasurable experience. Thus cakes and pastries were a fundamental part of the menu of coffeehouses from their onset.

The words coffee and tea were first mentioned in English in 1598 in a translation of the travels of Dutch navigator Jan Huyghen Van Linschoten. Actual coffee was only introduced to Europe (outside of the Ottoman Empire) by way of Venice in 1615 and reached England in 1630 (23 years after the founding of Jamestown), several decades before the arrival there of tea in 1652. The first coffeehouse outside the Ottoman Empire opened in Livorno, Italy in 1632; the first in England was in Oxford in 1650. Subsequently, coffee cultivation spread outside its native Ethiopia, while the cost of sugar in Europe plummeted due to the influx of Caribbean cane. As a result by the end of the 18th century, the masses of Europe partook of coffee on a daily basis and it replaced beer there as the most widely consumed beverage.

Meanwhile, the Dutch brought tea to North America in 1650 and coffee in 1670. Initially, tea proved more popular. The first coffeehouse in America, the London Coffee House, opened in 1676 in Boston. American coffeehouses served as one of the primary locations for revolutionary activities, including purportedly planning the Boston Tea Party. After the War of 1812, less expensive and high quality coffee began flowing in from South America. Beginning in the 1840s, tumultuous economic and social conditions in Germany led to decades of mass immigration to America, the newcomers (along with Scandinavians) bringing their foods, traditions, love of coffee, and some common Teutonic expressions, including *kaffeekuchen* (yeast coffeecakes), *blitzkuchen* ("lightening," quicker cakes made without yeast), *krummelkuchen* (crumb cake), *kaffeehaus* (coffeehouse), *kaffeeklatsch* (coffee chat), and streusel (from *streuen*, "to scatter/strew"). Demographic changes generally take several decades or even generations to engender local culinary and cultural transformations. By the mid-19th century, coffee replaced tea and hard cider as the American drink of choice and German-style kuchen increasingly supplanted British baked goods as American coffeecakes.

The British began referring to various baked goods served with popular hot beverages by the names "tea cakes" and "coffee cakes" akin to the initial "chocolate cakes," which accompanied, but did not contain, chocolate. English tea and coffee cakes were typically unleavened cookies, scones, and crumpets (akin to what Americans call English muffins), or sweet yeast buns. In this vein, the "Tea Cakes" in *The Cook and Housekeeper's Complete and Universal Dictionary* by Mary Eaton

Apr 13-1

Choice 1

F+N II

PW

(England, 1822) were unleavened sugar cookies, while her "Coffee Cakes" consisted of small sweet yeast cookies. The latter usage eventually disappeared in England.

On the other hand, the term "coffee cake," denoting the beverage accompaniment, slowly spread to America, such as in *The Family Physician* by Samuel B. Emmons (Boston, 1844). It was not, however, until after the Civil War when the impact of German coffee traditions grew more pronounced that the term referring to the beverage accompaniment became commonplace in America. More typically, Americans initially used it to indicate a chemically-leavened butter cake incorporating brewed coffee into the batter, such as the "Coffee Cake" in the July 1860 issue of *The Genesee Farmer* (Rochester, NY) and the "Connecticut Coffee Cake" in Jennie June's *American Cookery Book* by Jane Cunningham Croly (New York, 1870). As late as the 1918 edition of *The Boston Cooking School Cook Book*, Fannie Farmer employed "Coffee Cake" and "Rich Coffee Cake" in the "Cake" section to denote batters containing coffee, while her "German Coffee Bread" (a streusel-topped yeast cake) and "Coffee Cakes (Brioche)" in the "Bread and Bread Making" section entailed yeast-raised sweet breads popular with hot coffee. The "Coffee Cake" in *The Godey's Lady Book Receipts and Household Hints* by Sarah Frost (Philadelphia, 1870), manifesting a lingering British influence, entailed simple sweet yeast cakes with raisins.

Reflecting the linguistic and gastronomic changes afoot in America at that time was Aunt Babette's *Cook Book* by Bertha Kramer (Cincinnati, 1889), the author from a German-Jewish background. In the generic "Cake" section, Kramer provided a recipe for "English Coffeecake," entailing a coffee-flavored butter cake leavened with soda. In addition, there was a separate section entitled "Coffeecakes," encompassing an assortment of German yeast-raised kuchen and pastries enjoyed with coffee. Pointedly, the recipes in the "Cake" section were leavened with chemicals, while all of the baked goods in her "Coffeecakes" section were raised with yeast. Kramer referred to one of these yeast cakes (topped with chopped almonds, cinnamon, and sugar) as "Kaffee Kuchen" and three others as "Coffeecake." Hood's *Practical Cook's Book* by C.I. Hood & Co. (Lowell, MA, 1897), a sarsaparilla and medicine producer, included "German Coffeecakes," consisting of a sweet yeast bread pressed out and sprinkled with chopped almonds, cinnamon, and sugar, and noting: "The greater part of the sweetness should be on the top."

A different Teutonic topping proved even more popular – streusel – a simple pastry of flour, sugar, butter, and sometimes spice. Since it has no liquid, streusel can contain a higher amount of sugar and butter than other pastries, which makes it tender and sweet. The larger the proportion of flour, the crumblier the texture, while a higher proportion of sugar results in crisper and more granular chunks. Streuselkuchen began appearing in Pennsylvanian manuscripts in the 1860s and soon in small German bakeries in the Northeast and Midwest. The "Streusel Coffee Cake" in *A Book of Cooking and Pastry* by C.F. Pfau (Quincy, IL, 1887), the first record of the word streusel in an American cookbook, was a traditional yeast-raised treat rolled out and topped with streusel.

Apr 13-17 Choice 1 FIN #

P-W

Meanwhile, the nature of American cakes and coffeecakes (the kind accompanying hot coffee) was changing corresponding to the popularization of commercial baking soda and baking powder. Chemically-leavened coffeecakes, a distinctively American innovation, are much easier and quicker to prepare. They fall in between quick breads and butter cakes. In general, coffeecake batter is more liquidy than quick breads as well as contains a bit more sugar and fat (either butter or oil), but less so than butter cakes. The final product is lighter, moister, and has a finer crumb than quick breads, but less sweet and intense than butter cakes. Coffeecakes are able to be prepared either like quick breads — stirring together the liquid and dry ingredients — or creamed like butter cakes. The creaming method produces a fine crumb. Whereas butter cakes are commonly frosted and quick breads tend to stand alone, coffeecakes are usually single-layered and lightly gilded with a glaze, streusel, or cinnamon-sugar topping or a combination of these — almost never a frosting.

In the early 1800s, as Americans increasingly leavened baked goods with pearlash and later baking soda, they discovered that clabber (naturally fermented raw milk) and clabbered cream (which rises to the top of clabber during fermentation — commonly referred to then as “sour cream,” but not the same as modern cultured sour cream) provided acid to activate the alkali as well as enhanced the flavor and texture of the final product. Eliza Leslie in *Seventy-Five Receipts for Pastry, Cakes, and Sweetmeats* (Boston, 1828), in a recipe for “Cream Cakes,” early biscuits leavened with pearlash and baked in “muffin-rings,” noted: “For these cakes, sour cream is better than sweet.” The December 1837 issue of “*The Family Magazine*” (Cincinnati) copied Leslie’s recipe with an added explanation: “The pearlash will remove the acidity, and the batter will be improved in lightness.”

Following World War I, pasteurization in America became widespread and practically eliminated various old-fashioned homemade naturally-fermented dairy products. In cakes, instead of old-fashioned clabber and clabbered cream, Americans shifted to using commercial cultured sour cream (made by adding a bacterial culture to pasteurized light cream and heating at 71.6°F to achieve the desired level of lactic acid and medium sharp flavor). As with other commercial products, sour cream was initially sold in bulk and scooped out of barrels. Eventually, producers began packaging it in reusable 16-ounce glass jars. After supermarkets introduced refrigerated cases and innovation led to sour cream prepackaged in small plastic containers, this venerable Eastern European necessity became a standard of the mainstream American kitchen and ingredient in various baked goods.

Sour cream coffeecake, sometimes called Russian coffeecake, emerged as one of the most delicious and popular of all coffeecakes. An early record of “Sour Cream Coffee Cake,” already topped with streusel, was in *Streamlined Cooking: New and Delightful Recipes for Canned, Packaged and Frosted Foods* by Irma Rombauer (Indianapolis, 1939), the author noted for being on top of and furthering contemporary food trends. This recipe subsequently appeared for the first time in her classic *The Joy of Cooking* in the 1941 edition. Soon some cooks moreover began to sprinkle part of the streusel in the center of the batter as well as on top, spreading the wealth and flavor.

Apr 13-17 ~~Opt~~ Choice! F+W #

P-W

This dense coffeecake is not overly sweet or posh — proving ideal for breakfast, brunch, snacks, and other informal occasions — while the ample streusel makes it rich and impressive enough for a dinner dessert and any time of the day — even without coffee. The lactic acid in sour cream results in a tender crumb and also keeps the cake fresh longer. The fat contributes flavor and moistness. The slight tang of the sour cream and the warmth of the cinnamon-accented streusel perfectly underscore the velvety, buttery cake. The batter is rather thick in order to support the heavy streusel. An optional topping of cream cheese or fruit filling or mixing in various additions enhances the sensory experience and provides variety. Coffeecake can be made in almost any type of pan, but many people prefer a Bundt.

In some families, sour cream coffeecake became a Sunday brunch standard and even a Christmas, New Year's, and Mother's Day tradition. In 1959, the layered streusel version of sour cream coffeecake became de rigor in school cafeterias in Los Angeles. In the early 1970s, sour cream coffeecake made from packaged cake mix and baked in a Bundt pan was given a then contemporary name, Sock-It-to-Me Cake. April 7 is National Coffeecake Day — as good occasion as any to enjoy this justifiably popular treat.

Apr 13-17 Choice 1 F+W #

P-W

History of Coffee Cakes in the U.S.

Directions:

Read the article. Answer the questions in COMPLETE Sentences.

1. What are coffeecakes?
2. Why do we serve coffeecakes with hot beverages?
3. When and where did the first coffeehouse open in Italy and England?
4. When did tea and coffee both arrive in North America, and who brought it?
5. What is a kaffeekuchen?
6. When did coffee replace tea as the American drink of choice?
7. What were English tea and coffee cakes?
8. What was Bertha Kramer's recipe for her "English Coffeecakes"?
9. What was CI Hood & Co's "German Coffeecakes" consist of?
10. Explain what streusel is.
11. Why did the nature of American cakes and coffee cakes change? What ingredients changed them?
12. What is one reason American chemically leavened coffeecakes become popular?
13. What is clabbered cream commonly referred to?
14. How did World War I impact ingredients in coffeecakes in the U.S.
15. What is another term for sour cream coffeecake?

4/3/2020

Apr 13 20

Coffee Cake Cupcakes - Individual Cakes For Breakfast

P-W

F+N II

Choice 2

Tori Avey 

EVERY DAY INSPIRED BY THE PAST

coffee cake cupcakes

Servings
12 servings

Prep Time
10 minutes

Cook Time
45 minutes

Kosher Key
Dairy

Description

Recipe for Coffee Cake Cupcakes, delicious miniature sour cream coffee cakes decorated with a vanilla icing glaze. Kosher, dairy.

Ingredients

Streusel Ingredients

- 1/4 cup brown sugar
- 1 tsp cinnamon
- Pinch salt
- 1 cup finely chopped pecans - *Optional*
- 1 tbsp melted unsalted butter

Cupcake Ingredients

- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 1/4 cups sugar
- 1/2 cup unsalted butter, room temperature
- 2 large eggs, room temperature
- 1 cup sour cream or Greek yogurt, room temperature
- 1 tsp almond or vanilla extract

Glaze Ingredients

- 1 1/2 cup powdered sugar
- 2 1/2 tbsp milk

- 1 tsp vanilla
- 1 tsp melted butter

Choice 2 F+W #

Recipe Notes

You will also need: Muffin/cupcake liners or nonstick cooking spray, regular muffin tin (12 muffin capacity), 2 mixing bowls, 1 small mixing bowl, glass, plastic bag, whisk, a small ice cream scoop

Instructions

1. Preheat oven to 325 degrees F. In a small mixing bowl, use a fork to mix together brown sugar, cinnamon, and salt.
2. Add the chopped pecans and melted butter. Continue mixing with the fork until the sugar and pecans are fully mixed and evenly moistened by the butter. Reserve; this is your streusel topping.
3. In a medium bowl, sift together the flour, baking powder, and salt.
4. Cut the butter into cubes and place them in a mixing bowl. Use an electric mixer on low speed, then medium, to cream the butter for a minute till it becomes light and airy.
5. Slowly add sugar to the bowl and beat for 2-3 minutes more, increasing the speed gradually and scraping the sides of the bowl with a spatula periodically, until the color becomes lighter and the sugar is fully integrated into the butter.
6. Beat in the eggs, then the sour cream, then the almond or vanilla extract.
7. Fold the dry ingredients into the wet and stir till evenly moistened. Do not over-mix.
8. Line a cupcake tin with paper liners or spray with nonstick cooking spray. Fill each tin halfway with batter. I've found the easiest way to do this is with a small ice cream scoop-- use one small (not heaping) scoop per tin.
9. Sprinkle 1 1/2 tsp of streusel onto the top of the batter in each tin.
10. Fill the tins the rest of the way with batter, all the way to the top of the tin (another small ice cream scoop of batter in each tin).
11. Sprinkle 1-2 tsp of streusel on the top of each cupcake.
12. Bake the cupcakes for 30-35 minutes till they test clean with a toothpick or skewer. Remove from oven and allow to cool completely before frosting.
13. When ready to frost, make your vanilla glaze. In a small mixing bowl, sift the powdered sugar.

14. Add the rest of the glaze ingredients. Use a whisk to mix the ingredients till a creamy frosting forms. You want the consistency of thick honey; if you need a little more moisture, add milk a few drops at a time. Just a drop can take it from a thick honey to a runny texture, so add with care.
15. Line a glass with a plastic bag, wrapping the edge of the bag around the outer rim of the glass. This will help you fill it with frosting. Use a spatula to scoop the frosting into the bag.
16. Place cupcakes on top of a piece of parchment paper or paper towels to catch drips.
17. Work the frosting into the corner of the bag and snip off a small corner with scissors. Gently squeeze and drizzle the frosting in a zig-zag pattern across the top of the cupcakes.
18. Let the frosting dry for at least 30 minutes to set (it may take longer depending on the weather).
19. Serve for breakfast, lunch, dinner, or "brinner." Goes great with a hot cup of coffee, tea, or cocoa.

Nutrition Facts

Coffee Cake Cupcakes

Amount Per Serving

Calories 428

Calories from Fat 180

% Daily Value*

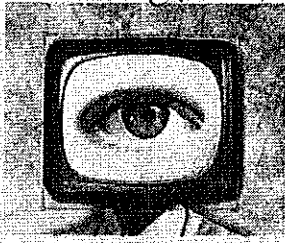
Fat 20g	31%
Saturated Fat 8g	50%
Cholesterol 65mg	22%
Sodium 132mg	6%
Potassium 192mg	5%
Carbohydrates 58g	19%
Fiber 1g	4%
Sugar 41g	46%
Protein 4g	8%
Vitamin A 450IU	9%
Vitamin C 0.2mg	0%
Calcium 83mg	8%
Iron 1.5mg	8%

* Percent Daily Values are based on a 2000 calorie diet.

F+N II

Choice 3 April 13-17

P-W



Picture Analysis

Using the information you learned about the ABC eating disorders you will create a ONE page WORD document titled Picture Analysis.

STEP 1: PHOTO

Locate a photo/image example that relates to each of the three eating disorders. Copy and paste into the WORD document for a total of 3 photos, sized, and wrapped proportionately. Topics include...

- Anorexia
- Bulimia
- Compulsive Eating (Obesity)

STEP 2: CAPTION

Below each photo/image write a four sentence caption minimum describing what the photo shows and explain how it ties into the eating disorder topic. Use your notes to help you.

STEP 3: CITATION

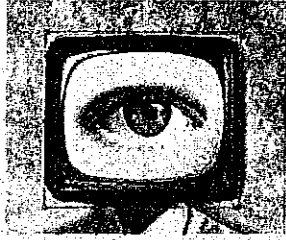
Cite the source of your photo/image by copying/pasting the URL below your caption.

SAMPLE:



A victim of anorexia is a prisoner of the illness. The disease eventually controls the victim instead of the victim controlling the disease. An anorexic will always question their thinness. In their eyes, they will never be thin enough to measure up.

<http://s619.photobucket.com/albums/tt277/hoplessstrainwreck/?action=view¤t=027560b8.jpg&mediafilter=images>



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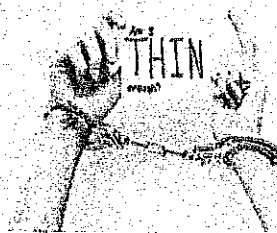
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Choice 3
Apr 13-17

F#N II

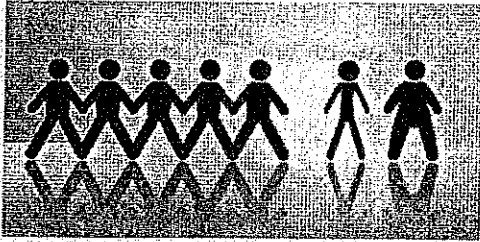
p-w

Rubric:

Criteria	Points Possible	Points Earned
Appropriate photo representing each disorder	6	
Captions for each photo with at least 4 sentences relating the photo to eating disorder characteristics	12	
Citations for sources of photos	3	
Free of spelling & grammar errors	3	
Name in header or footer of page	1	
Appealing layout with great use of space	5	
Total Points	30	

Comments:

The ABC's of Eating Disorders



Anorexia

- Self starves and eats little to no food.
- May compulsively exercise
- May weigh 15-20% below ideal body weight
- May have thinning hair, brittle hair, organ damage and possibly heart problems and even death
- Have a distorted view of their body
- Be obsessed with being thin

Eating disorders are serious and often deadly diseases affecting the mind and body.

Did you know...

4 out of 10 Americans have either suffered or have known someone who has suffered from an eating disorder



Effects Both Males & Females



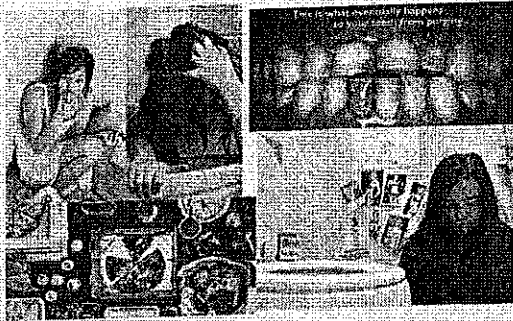
Three Most Common Types

- Anorexia :
<https://www.youtube.com/watch?v=VGABq11uWzQ>
- Bulimia:
<https://www.youtube.com/watch?v=R3qISa3yrs8>
- Compulsive Overeating:
<https://www.youtube.com/watch?v=QSk-4gOG4Fc>

Bulimia

- Extreme over-eating with high fat/calorie foods known as bingeing
- Purge foods typically by vomiting or laxative abuse
- Appear to be of normal body weight
- Possible tooth erosion, and esophagus/stomach problems
- Often visit restroom right after eating large quantities of food
- Secretive bingeing and hoarding of junk foods

Bulimia Continued



Stats

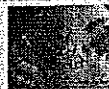
- General Statistics on Eating Disorders
- Eating disorders are a daily struggle for 10 million females and 1 million males in the United States.
- Four out of ten individuals have either personally experienced an eating disorder or know someone who has.

Compulsive Over Eating

- Regularly eat large quantities of food at one time but does not purge
- Eat quickly until uncomfortably full
- Typically weigh >30% or more of ideal body weight
- Excess body fat
- Can suffer from mobility and joint issues, heart disease, diabetes and even death

Possible Causes

- Family Influences: Stress, Control Issues & Situations Ex. Divorce
- Media: TV, ad campaigns, models, internet & even toys—
See next slide for examples
- Low Self Esteem: Poor image, never good enough; striving for perfect
*See next slide for examples



Compulsive Over Eating




RW

FNU II
Choice 3 Apr 13:17

3/15/2020

What if Barbie...

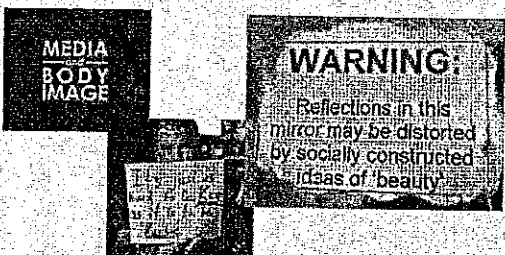
- looked like a real woman?



<https://www.youtube.com/watch?v=ASfMTWip3i8>

11 Facts About Body Image

- <https://www.youtube.com/watch?v=31A|vix6DXs&feature=youtu.be>



How to Help

- Read the article together as a class and discuss what you can do if you suspect a friend has an eating disorder. Click on "Who Can Help?"
- http://kidshealth.org/PageManager.jsp?dn=girlshealth&lic=175&article_set=20286&ps=204&cat_id=20754