

GRADE 10 GIRLS BODY IMAGE ASSIGNMENT #1

1. What are the 4 aspects of body image? 4mks
2. Explain/define each aspect of body image. 4mks
3. Define positive body image. 2mks
4. Why is positive body image important? 2mks

9. How can you improve your body image? 3mks

10. Why is body dissatisfaction a serious problem? 2mks

Handout #2

What is disordered eating? 4mks

List 5 examples of disordered eating. 5 mks

Why is disordered eating & dieting dangerous (physically & mentally)? 5mks

Explain why dieting doesn't work? 5mks

What are the health risks associated with disordered eating and dieting? 7mks