

"Generally, males are uncomfortable seeking help. Men may not be aware that they're suffering from an eating disorder. They may attribute their behaviors to normal exercise," stated Urszula Kelly from the Presbyterian Hospital.

1. Do you "listen to your body": eat when it **grumbles*** and stop when it signals that it is satisfied?
2. How many times have you eaten when you weren't hungry or couldn't stop when you were full? Did this lead you to a **binge*** or a period of **starvation***?
3. Do you agree with Urszula's comment?

To **grumble**: to complain.

A **binge**: an occasion when an activity is done in an extreme way, especially eating, drinking or spending money.

Starvation: a lack of food during a long period.

*The controversial ban on junk food ads by Ofcom, the media regulator in the UK, has garnered a mixed reaction from the public. Health groups have been **lobbying*** for such a proposal for years, while broadcasters and food companies **moan*** that the rules are too **stringent***. Nov 26, 2006.*

To **lobby**: to try to persuade a politician, the government or an official group that a particular thing should or should not happen, or that a law should be changed.

To **moan**: to make a complaint.

Stringent: severe.

4. What's your opinion of the banning of junk food advertisements in the UK? Do you think it's a good measure to beat child obesity?



*The mother of Brazilian model Ana Carolina Reston, who died on Tuesday of kidney failure due to anorexia, has sent out a few words for others. Her daughter's diet reportedly consisted of only apples and tomatoes before her death and her **BMI*** hung at only 13.8.*

"Take care of your children ... No money is worth the life of your child. Not even the most famous brand is worth this," Mrs. Reston told O Globo newspaper, after explaining that Ana was using the money she made from modelling to take care of her family. Nov 19, 2006.

5. Which other measures could be implemented?

BMI: body mass index.

6. What can lead models to eating disorders?

*Madrid's top-level fashion show, The Pasarela Cibeles trade fair, has banned overly thin or **waif-like*** models in their show. Models who are 5 feet 9 inches tall must weigh at least **123 pounds***. "Fashion is a mirror and many teenagers imitate what they see on the catwalk," said regional official Concha Guerra. Sep 17, 2006.*

Waif-like: very thin and delicate in appearance.

123 pounds = approximately 50 kilos.

7. Is this a big step in helping to combat the negative self-image that such shows can give people, or is it discriminating against women who are very thin?

8. What's your opinion of Concha's comment? Do you agree that teenagers imitate what they see?



The 60's phenomenon, Twiggy, speaks out about ultra-thin models: "I'd love there to be more larger models, but it's just not going to happen. Designers love to design for slim girls."

More than designers, I would also include the photographers and advertising campaigns because with only one button, they 'photoshop' and change the image of a woman. They erase the cellulite, take away the fat that normally woman may have, take away the skin lines, take away the cellulite, stretch legs in an incredible way simply by moving a button. So all the girls are looking at an image of a woman that doesn't exist. Lori Henry- Nov 24, 2006.

9. Who/What is to blame: agencies, designers, photographers, advertising campaigns?