**Chat Time 14 Dieting**

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| Read Flora’s diary below.  My weight is coming down now and I am back to size 6 in clothing, but I don’t feel very well. My hair is getting thinner and I always feel cold. I’m also finding it hard to concentrate on my school work since I’m always tired. On the positive side though, all my clothes are now too big for me, so I must be slimmer. Still, it’s hard work to keep on dieting.  Although not eating is difficult most of the time, I will be better off in the long run for it. It’s hard not eating breakfast or lunch, but I’m determined to get my weight down further. My friends say I suffer from a serious eating disorder and I should see a doctor, but I think they’re only jealous of how slim I’m getting.  I hope I start to feel better soon. But it’s worth it since all my favourite pop stars are thin and I want to look like them! I know I’m doing the right thing here. |

**Questions**

1. **What are Flora’s reasons for trying to lose weight?**
2. Flora wants to look like her favourite pop stars who are slim.
3. Flora believes that if she loses weight, she will look like her favourite pop stars who are slim.
4. **What are the dangers of dieting and eating disorders?**
5. Dieting and eating disorders can have many negative effects on health and raise the risk of diseases.
6. Dieting and eating disorders could have serious health consequences and increase the risk of developing heart disease, diabetes and cancer.
7. **What should Flora do to be healthy?**
8. Flora should stop dieting at once and seek advice from health professionals.
9. To stay healthy, Flora should adopt a healthy lifestyle and change her mentality towards health, nutrition and wellness.

**Individual Response**

1. **How can a student lose weight in a healthy way?**
2. Students should have a balanced diet with rich vitamins and vegetables. Doing regular exercise can also help them stay healthy.
3. To lose weight effectively, students need to reduce the amount of calories they eat and increase their activity levels by taking regular exercise.
4. **What would you do if your friend was getting very thin and sick?**
5. She may be suffering from a serious eating disorder, so I would tell her to consult a doctor for treatment.
6. I believe my friend is suffering from an eating disorder. There are a variety of treatment options available and I would help her locate the resources.
7. **Do you think that young people are too worried about the way they look?**

I think it is true that many young people worry too much about the way they look. For example, a lot of girls worry about being too fat and they always go on a diet of some sort. Even people who aren't really fat think they are.

1. **Do you think thin celebrities are good role models for young people?**

They really shouldn't be. A role model is someone that you aspire to be like. Some young people actually develop eating disorders, depression and other things because of how perfect celebrities may seem.

1. **Which is more dangerous: over-eating or under-eating?**

It depends on the severity and duration. In the extreme, neither condition is healthy.