

Healthy Eating Class Icebreaker



Objective:

Students will get to know each other and engage in discussions about healthy eating through a Favorites Worksheet and Conversation Cards, fostering a positive and interactive classroom environment.

Materials:

- Favorites Worksheet (containing questions about favorite foods)
- Conversation Cards related to healthy eating
- Writing utensils
- Whiteboard and markers (optional)

Introduction:

Welcome and Introductions:

- Welcome students to the Healthy Eating class or unit. Briefly introduce the importance of making nutritious food choices.



Icebreaker Overview:

- Explain that today's class will kick off with a fun icebreaker to help everyone get to know each other better and create a positive learning environment.

Activity - Part I: Favorites Worksheet:

Distribute Worksheets:

- Hand out the Favorites Worksheets to each student. Explain that they will be answering questions about their favorite foods.

Individual Completion:

- Give students time to independently complete the Favorites Worksheet. Questions may include favorites like fruits, vegetables, meals, and snacks.

Workshop Icebreaker Eating Disorder

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Enterprise ,1998-07 **New York Magazine** ,1993-09-13 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Whitaker's Book List** ,1987 **Jessica Setnick's Eating Disorders Boot Camp**

,2005-03-01 *An Educational Workshop Addressing The Eating Disorders Anorexia Nervosa and Bulimia Nervosa* Karen Reid,2004 **The Eating Disorder and Body Image Toolbox** Deanna Smith,2026-03-10 Food and body image issues show up in therapy all the time so why are effective tools so hard to find The Eating Disorder and Body Image Toolbox changes that Designed for both new and seasoned clinicians this hands on guide is packed with practical evidence based interventions you can use right away Inside you ll find over 100 weight inclusive ready to use interventions grounded in CBT DBT and exposure therapy that target a wide range of concerns including Eating disorders anorexia bulimia bingeing orthorexia ARFID pica and disordered eating Core challenges like anxiety shame perfectionism and self criticism Body image struggles body checking behaviors and compulsive exercise Social and cultural dynamics like diet culture weight stigma and social media Divided into four easy to navigate sections core knowledge general interventions disorder specific tools and body image work this toolbox gives you the foundation you need to support individualized recovery oriented care Think of it as your companion to reshape your clients relationships with food and their bodies starting right now **Healing Eating**

Disorders with Psychodrama and Other Action Methods Karen Carnabucci,Linda Ciotola,2013-01-01 Psychodrama and other action methods are especially helpful in the treatment of the classic eating disorders as well as dieting struggles body dissatisfaction and associated issues of fear sadness silence and shame This book provides clinicians with sound theoretical information practical treatment guidelines and a wealth of clinically tested action structures and interventions The authors describe how they have introduced action methods to work with a diverse range of clients and suggest ways in which psychodrama practitioners experiential therapists and others may integrate these methods into their practice Offering fresh ideas for tailoring psychodramatic standards such as The Living Newspaper Magic Shop and the Social Atom to eating disorder issues they provide extensive examples of psychodrama interventions classic and specially adapted for eating disorders for both the experienced practitioner and those new to experiential therapies They also explain how psychodrama can be used in combination with other expressive holistic and complementary approaches including family constellations music art imagery ritual Five Element Acupuncture yoga Reiki and other energy work This pioneering book is essential reading for practitioners and students of psychodrama drama therapy experiential psychotherapy cognitive and expressive arts therapies and mental health professionals as well as professionals interested in complementary health modalities

Eating Disorders Distance Education Workshop Saskatchewan. Department of Health, 1996 *Understanding & Treating Binge Eating Disorder* Lusine Khachatrian, 2008 A Psychoeducational Self-help/mutual Aid Workshop for Families and Friends of Individuals with Eating Disorders Kari McLay, 1992 **Adapting Evidence-Based Eating Disorder Treatments for Novel Populations and Settings** Christina C. Tortolani, Andrea B. Goldschmidt, Daniel Le Grange, 2020-11-17 This comprehensive text provides practical approaches to adapting empirically supported treatments for eating disorders for clinicians working with patients of diverse backgrounds and presentations or within non traditional treatment settings across levels of care. The book describes empirically and clinically informed treatment adaptations that impact delivery of real world services for eating disorder patients and generate interest in testing adapted treatments in randomized controlled trials. Featuring contributions from researchers and clinicians with expertise in developing, delivering and testing interventions for eating disorders each chapter focuses on a specific population setting or training approach. Practical applications are then illustrated through case examples and wisdom gleaned through the contributors own clinical studies and experiences. Readers working with eating disorder patients of diverse backgrounds and presentations or within non traditional treatment settings across levels of care will gain the necessary skills to support their patients on the journey to recovery and self acceptance The Relationship between Insecure Attachment and Developing an Eating Disorder America Alejandra Dinsmore, 2017 **The Body Project:Promoting Body Acceptance and Preventing Eating Disorders Facilitator Guide** Eric Stice, Katherine Presnell, 2007-04-12 Ours is a society in which thinness particularly in women is idealized even at the cost of health. Adolescent girls and young women are especially at risk of developing eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder. The need for wide spread prevention among at risk populations is paramount as these disorders are often difficult to treat and can contribute to a range of physical and mental health problems. Studies have found that a cognitive dissonance based intervention significantly outperforms other intervention programs and is successful in preventing onset of eating disorders. This facilitator guide outlines a two part group intervention program for adolescent and college aged girls at risk of developing eating disorders. In the first part of the program participants critique the thin ideal through discussion, role playing and written exercises. Participants learn skills that increase body satisfaction, decrease unhealthy weight control behaviors and prevent eating disorder symptoms. The second part of the intervention is designed to help participants make gradual and permanent lifestyle changes to achieve a healthy body weight. It teaches how to eat for energy balance, make healthy food choices and incorporate physical exercise into a daily routine. This group therapy program is based on 16 years of research and has been completed by over 1000 adolescent girls and young women. It can be effectively delivered by real world providers such as school counselors, nurses and teachers. This facilitator guide provides all the information needed to successfully implement the program including explanation of Cognitive Dissonance theory, session outlines complete with exercises and recommendations on how to train

group leaders and recruit participants **Anorexia, Bulimia, and Associated Disorders** Jeffrey Scott Bryson,Teena M. Bryson,1997 **That First Bite** Rose Marie Dunphy,Mary Sullivan (r.c.),1992 **Talking to Eating Disorders** Jeanne Albronda Heaton Ph.D.,Claudia J. Strauss,2005-07-05 When a friend or family member shows signs of an eating disorder the first impulse is to charge in give advice and fix what is wrong But these tactics however well intentioned can backfire This compassionate guide offers ways to tackle the tough topics of body image media messages physical touch diets and exercise along with a special section on talking about these issues with children It includes information about when to get professional help how to handle emergencies and answers to difficult questions such as Am I too fat or Is this ok to eat **Handbook of Eating Disorders** ,1987 **Prevention of Disordered Eating in Dancers** Katie Allison Richtiger,2011 **Participatory learning activities from the EI/WHO training and resources manual on school health and HIV and AIDS prevention** Organisation mondiale de la santé,Internationale de l'éducation,Education Development Center (United States),2004

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