

The perfect body

Pre-task:

Which body-type is the most common one? Which body type do you see on TV or in magazines?
It helps to look at images like this one:

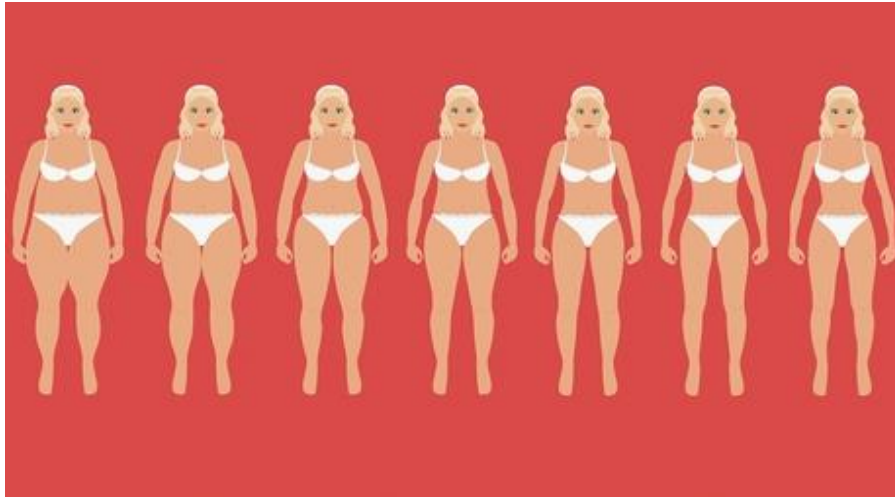


Image 1

Task 1:

Watch a video or read an article on the topic of “Media and body image”, e.g.: [Does social media impact on body image?](#)

What is the influence of social networks, photos in magazines and public figures on the body image? Why are usually only slim people shown? Discuss problems and effects of these pictures.

Follow-up activity:

Read an article or watch a video on the topic or “anorexia”, e.g. [How social media is fuelling the worrying rise in eating disorders.](#)

Talk to your partner about anorexia. What can be done against it? Do you know anorexic people in your family or among your friends?

Emaciated – too thin

Skinny – very slim

Waif-like – extremely thin

Fasting – refraining from eating at all

Starving – going hungry

(Illness) sufferer - someone who has this illness

Eating disorder – mental illness related to eating

Sources

- Image 1 www.fotolia.com
Text 1 <http://www.bbc.co.uk/news/health-29569473>
Text 2 <http://www.telegraph.co.uk/women/womens-health/11649411/How-social-media-is-fuelling-the-worrying-rise-in-eating-disorders.html>