

Nutrition Lesson Plan: Body Image

Prepared for: DTP/IOP

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Lesson Plan Overview:

Purpose / Goal: Have clients explore concepts and tools related to body image to be incorporated into daily practice.

Materials needed:

- PowerPoint about components of positive body image & body image and intersecting constructs.
- Activity: Pick some of the intersecting constructs (ex. self-compassion, values, intersectionality) and ask clients what they think about these constructs and if these are things they would consider applying to everyday life.
 - Values assessment activity
 - a. Print list of values (online).
<https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>
 - b. Have clients pick their Top 10 then narrow down to 5 & 3
 - c. Discuss how these Top 3 values can support their path to body healing.
 - Self-compassion statements
 - a. What words or phrases that may invite self-compassion for you?
 - Intersectionality
 - a. Discuss how components of intersectionality have affected their perception of body image.
- Activity: Developing a “Bliss List”
<https://marcird.com/blog/my-bliss-list/>

Subject Focus / Project Outline:

Discussion based: Share experiences from the workshop, work on activities, and answer questions that may come up along the way.

Common themes / Questions / Definitions:

Body image: thoughts and feelings one has of her/his own body both positive and negative