tastel%fe



Help young people gain a healthy understanding of **food**, **emotions** and **eating disorders** in the context of faith in God.



Breaking free from eating disorders

WHY FOOD, FEELINGS AND FAITH?

Knowing that eating disorders often begin during adolescence, this preventative resource reaches those most at risk. The vision behind Food, Feelings and Faith is two-fold: to inform teens about this toooften taboo subject; and to provide youth workers with the means and the confidence to engage with the topic of food, emotions and eating disorders in a healthy way.



Food, Feelings and Faith includes:



- 3 detailed session plans
- 3 PowerPoint presentations with embedded videos
- Real life story of eating disorder and recovery
- Leader's pack and training tutorial
- High-quality worksheets and handouts for all sessions
- Supportive material for parents and carers

Food, Feelings and Faith is available in two formats:

FFF DIGITAL is available for the one-off price of £50. You will receive the whole resource via USB or digital download.

FFF PREMIUM is a bundle deal for the one-off price of £80. Within this bundle, you will receive a digital **and** printed copy of the resource, including:

- Wire-bound copy of the Leader's Notes, including everything you need to use the resource
- 10 printed participant Workbooks
- 10 Baseline and Feedback forms
- An 'Eating Disorders in a Nutshell' handout for parents and carers



These sessions are designed to be preventative; the earlier that teens are able to engage with the truth behind eating disorders, the more equipped they are to understand their own relationship with food, and ultimately to avoid damaging behaviours.

This resource gives church youth leaders a powerful tool to begin breaking down the stigma surrounding eating disorders and dispelling the myths that so many grow up believing. In collaboration, let us equip teenagers to gain a truly healthy perspective on food.

WHO IS IT FOR?

Food, Feelings and Faith is for church youth groups and their leaders to use with their young people, helping them to explore how their faith is relevant to their feelings and food behaviour. This resource is youth worker friendly, includes a training tutorial, and is accessible for both paid team and volunteers.

IS IT SAFE?

Avoiding talking about eating disorders will not make them go away. Food, Feelings and Faith tackles this sensitive topic within clear boundaries and using careful language. A training tutorial is included for leaders; all sessions are opened and closed in safe ways, by video (or script). If young people or families need further support, the research-based, awardwinning tastelife community course provides effective tools for help and recovery, online or in person*.

See www.tastelifeuk.org/get-help



SESSION 1: FOOD, FEELINGS AND ME

- To enable young people to make the link between food and feelings in their own experience.
- To enable young people to recognise the things in everyday life that shape self-image and perceptions of what is 'normal'.
- To understand food and feelings in the context of God's love for each and every one of us.

SESSION 2: THINK, FEEL AND BEHAVE

- To explore why the link between food and feelings can become a problem that affects health and participating in everyday life.
- To learn about eating disorders and understand the different types of eating disorders.
- To know how to get help for themselves and others both spiritually and practically.

SESSION 3: HELPING ME, HELPING OTHERS

- To ensure young people know that it is possible to avoid eating disorders by seeking help in the right places.
- To ensure young people are aware that it is possible to fully recover from eating disorders.
- To ensure young people know how they can find help for themselves and others, and that God wants to walk with them every step of the way.



'Do not avoid talking about these topics, as this provides an opportunity to increase understanding and signpost pupils to support.'

66

PSHE Association

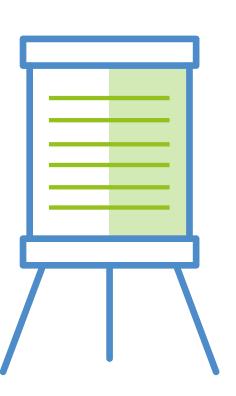
A fresh approach on a really important topic. The content equips young people with practical tools for talking about eating disorders, and helps young people to support their mates.'



		feeli faith
SESSION 1		
FOOD, FEELINGS AND	ME	
TIME NEEDED:		
(00) 60 minutes		
We would advice allo talkative group.	wing more time for each session	n if you have a bigger or more
A USOURCES NEEDED		
· Baseline / feedba	ack forms (photocopy back to	back)
Flip chart Flip chart		
	3 'Menu Design' (prepare prio	r to sessioni
 Descure sheet 1 		
	y Sheets Tood, Feelings and H	
 Individual Activity 	y Sheets 'Mirror, Mirror' (Work)	book p.G)
SESSION ORECTIVES		
	make the link between food an	id feelings in their own
esperience.		
 to enable young people to perceptions of what is 'norr 	recognise the things in everyda	ly the that grape set-image I
	ellings in the context of Cod's lo	ie for each and every one of i
STREEN OLITCOMPS		
	sat and the emotions we feel are	
	ine and modia can muddle the I	ink between food and
emotions.	us in comparison to here we see	
· It describe now cool sets i	as in comparison to new we see	TOURSONS.
IMPOPORTANT: BEFORE SES		
Hand out a Baseline/Foedbar	ck form to each young person. A	kak them to put their first
	i then complete the BASELINE (ack at the end of Session 3 to co	
	ock at the end of Session Stocc life to measure the effectiveness	
and will remain ananymous ((hence only first names used). C	
the session.		
Distud material quotes from The Heavy	pe Peterson, Esgenne H. Colonado Springe, C	10 NovPress 2012
tasteltfe	7	di testadife ili









tastelife is a supportive and educational charity that informs about eating disorders. It provides tools for recovery for those affected and help for those who care. It supplies preventative resources for schools and youth groups, and education for all interested.

This leaflet explains Food, Feelings and Faith: three interactive sessions dedicated to equipping teens in Christian contexts with a healthy awareness and understanding of eating disorders, including how to avoid them and how to help those who have them.

*tastelife received the Prime Minister's Point of Light award in recognition of their 'exceptional service in supporting people struggling with eating disorders'.



CONTACT US youth@tastelifeuk.org 0300 1020105 @tastelifeuk www.tastelifeuk.org reg charity no. 1158516



© tastelifeuk 2023