

tastelife



food
feelings
faith

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 too-often 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.

HOW DOES IT WORK?



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

Order yours at www.tastelifeuk.org

POTENTIAL IMPACT

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, award-winning tastelife community course provides effective tools for help and recovery, online or in person*.

See www.tastelifeuk.org/get-help

SESSION

OBJECTIVES

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.

WHAT PEOPLE SAY

“

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

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.’

Youth Pastor



LEADER'S NOTES

SESSION 1
FOOD, FEELINGS AND ME

HOW NEEDED:
15 minutes

YOU SHOULD KNOW: Planning these time for each session if you have a bigger or more complex plan

RESOURCES NEEDED:

- Download 7 Feedback forms (photocopy back to back)
- Flipchart
- Paper
- Resources sheet 11 'Healthy Diet' (optional sheet to assist)
- Resources sheet 12 'Social Media' (optional sheet to assist)
- Download Activity Sheets: Social Media (optional sheet to assist)
- Download Activity Sheets: Healthy Eating (optional sheet to assist)

SESSION OBJECTIVES:

- To enable young people to make the link between food and feelings in their own lives
- To enable young people to recognise their feelings in everyday life that shape attitudes and perceptions of food in their life
- To understand food and feelings in the context of daily life for each and every one of us

SESSION OUTCOMES:

- To describe how food and feelings are linked
- To explain how your personal and media can make the link between food and feelings
- To describe how food acts as a comparison for how we see ourselves

ADDITIONAL POINTS TO REMEMBER:

SEND ONLY: This pack is for young people aged 11-16. It is not intended for use with children under 11. It is not intended for use with young people with mental health issues. It is not intended for use with young people who are currently in contact with mental health services. It is not intended for use with young people who are currently in contact with mental health services. It is not intended for use with young people who are currently in contact with mental health services.

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Introduction
Welcome to the Food, Feelings and Faith Workbook

Everything in between: Eating, one bite at a time, not only gives you fuel or water, but also gives you energy.

Teenagers' bodies are made up of about 70% water. Drinking water is crucial because it's the best way to hydrate your body and help your body and brain learn memory.

It is NOT possible to recover from an eating disorder.

Quick-fire facts

- Eating more than usual on one day will NOT make you instantly gain weight. Instead, it causes eating disorder weight more on some days and less on others. Overall, the pattern matters most.
- Teenagers' bodies are made up of about 70% water. Drinking water is crucial because it's the best way to hydrate your body and help your body and brain learn memory.
- It is NOT possible to recover from an eating disorder.
- Counting calories can be misleading. Calories only tell us the energy that our food gives us but not how nutritious it is. Our bodies are not counting calories. Our bodies need nutrition.
- There are an estimated 4 million people with an eating disorder in the UK (NHS.uk, 2018).

Food, Feelings and Faith Workbook 2 © lastlife UK

RESOURCE SHEET 12 'Social Media'

Resources sheet 12 'Social Media'
Cut out each Instagram post below and stick onto the Session 1 Activity 6.

Instagram Post 1
Instagram Post 2
Instagram Post 3
Instagram Post 4

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ABOUT

TASTELIFE

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'.**



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