

Learning - BINGO!

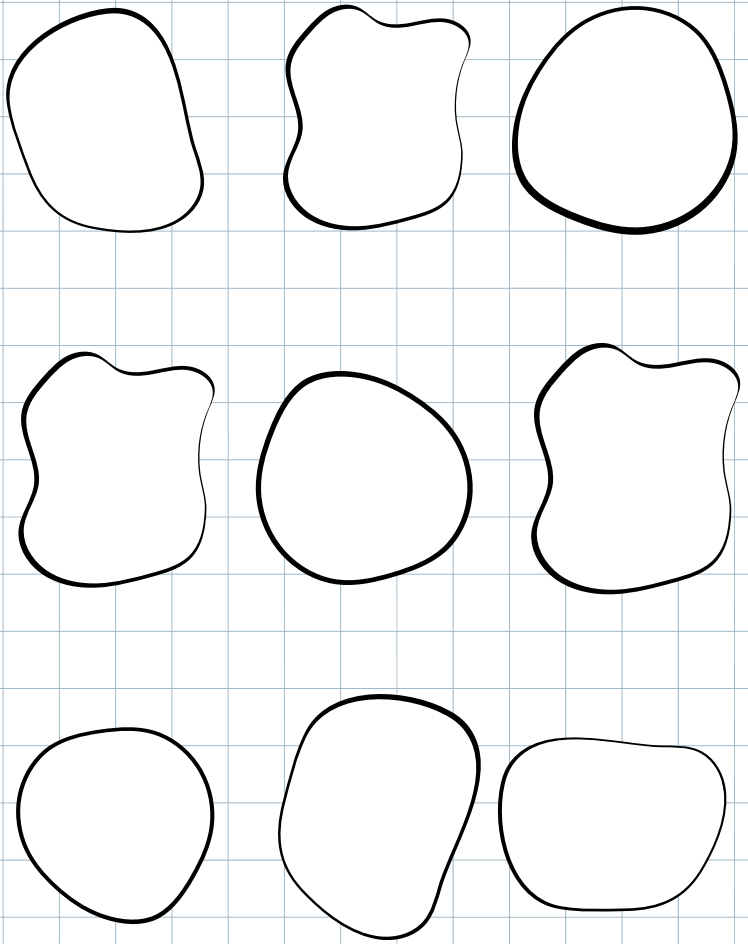


66 If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do!

Name your in-perfect blobs from numbers 1-12

Winners:
Vertical (Up & Down or **Horizontal** (Across) **Full House** (All Blobs)

When you have won any of the above please wait till the information is called before you shout bingo!



- Eating Disorder:** ED's are mental illnesses that involves someone having trouble with eating, behaviours and emotions. - [NHS](#)
- Anorexia Nervosa:** Means restricting the intake of food to lower body weight. - [Beat Eating Disorders](#)
- Binge Eating:** Eating large quantities of food without feeling like they're in control of what they're doing. - [Beat Eating Disorders](#)
- Bulimia Nervosa:** Cycle of eating large quantities of food (bingeing) and maybe making themselves vomit, take laxatives or exercise excessively. This is called purging. - [Beat Eating Disorders](#)
- ARFID:** (Avoidant, Restrictive Food Intake Disorder) A condition where a person avoids certain foods or types of food, restricts food intake in terms of overall amount eaten, or both. - [Beat Eating Disorders](#)
- OSFED:** Sometimes a person's symptoms don't exactly fit the expected symptoms. In that case, they might be diagnosed with an "Other Specified Feeding ED" - [Beat Eating Disorders](#)
- PICA:** When someone eats non-food substances that have no nutritional value, such as paper, soap, paint, chalk, or ice. For a diagnosis, the behaviour must be present for at least one month. - [Beat Eating Disorders](#)
- Body Positivity:** Feeling comfortable and confident in your body. - [Beat Eating Disorders](#)
- Negative Body Image:** Feeling like your body is flawed especially when you compare to others. - [Beat Eating Disorders](#)
- Screen Time:** 55%: of people with an ED say that increased time spent online worsened their symptoms. - [First Steps ED: The Impacts of Social Media \(Oct 2022\)](#)
- Body Image:** 40% of Children & Young people contact Childline around body image and eating. - [NSPCC \(2023\)](#)
- Positive Mental Health & Wellbeing:** You are in a state of wellbeing where you feel good and thrive well in the world. - [World Health Organisation](#)