**Portrayals of Binge Eating: (Course 1)**

The textbook identifies several shortfalls of popular media portrayals of eating disorders as focused on anorexia nervosa. This exercise examines popular media portrayals of binge eating and/or binge eating disorder (BED).

Preparatory Discussion

* Review the defining features of BED.
* Ask students where they have seen BED, in life or media portrayals.  
  (It is likely that many students will have no information to share.)
* Based on the knowledge based of the students, discuss what they know or anticipate regarding the shortfalls of media portrayals.

Investigation of Media Portrayals

Provide or ask student to find media portrayals of binge eating, which are rarer than those for anorexia.   
*Precious*, an independent film, and *Binge*, and independently produced TV show are two examples.

Based on these portrayals, challenge students to:

* Critically evaluate whether the popular media portrayal aligns with BED’s defining characteristics.
* Describe the positive and negative impacts of media portrayals that are accurate and/or inaccurate depictions of BED. (Note: There may be downsides of realistic portrayals.)
* Identify ways that mediated portrayals of BED could be improved.

Potential follow-up or test item

Describe the defining characteristics of binge eating disorder (BED), and then identify at least one popular media portrayal of BED. In what ways does the popular work portray BED adequately and/or inadequately. Finally, how could this popular work/portrayal be improved to better represent BED?