

## TEKST 3

**“I was bulimic but nobody knew”****Jonathan Llewelyn, now 22, battled with bulimia for over two years**

“I always thought I was a bit overweight, but I suppose my obsession with food began when I started going out with Katy. I was nearly 18 at the time and the relationship only lasted a month, but it gave me a massive ego boost. Katy was gorgeous, and the fact that she fancied me made me want to make the most of what I’d got. I knew that meant watching my weight.

First, I asked Mum to buy stuff like low-fat spread instead of butter and skimmed milk instead of full fat. Then I started avoiding ‘bad’ foods like chips and chocolate altogether. I soon started to get 3 it. I was checking the fat and calorie content in everything I ate.

That Christmas, I got a holiday job working in a fast food restaurant. This girl called Sarah worked there too; she had an amazing personality and incredible figure, so I was quite happy when she agreed to go out with me.

The thing was, going out with someone so perfect made me want to be perfect too, which made me even more determined to 4. Soon, calorie counting wasn’t enough...

The following February, I was back working in the restaurant with Sarah again. That’s when it happened. I was at work, surrounded by the kind of food I’d been avoiding for ages, and I just gave in. I didn’t eat loads – I think I just had a burger and chips – but afterwards, I felt awful, so bloated... I guess my stomach just wasn’t used to 5 meals.

Then it came to me; if I could get rid of the food, then I’d feel fine. I’d heard about bulimia, but I didn’t really apply it to what I was doing. Making myself sick just seemed like the perfect solution, 6 I would sneak off to the toilet and put my fingers down my throat.

After that, I started making myself sick at home, too. I’d get in from work, eat whatever Mum had made me, then walk to the fields behind our house and throw it back up, 7 afterwards, so mum wouldn’t smell the sick on my breath. It was easy.

I was making myself sick up to three times a day. The weight started to drop off and my health began to suffer. I felt exhausted. Still no one guessed what was happening – I guess bulimia was the last thing my mates would have suspected.

By the time summer arrived my body couldn’t take it any more. At work one day I just passed out cold. I came round in hospital.

“Are you eating properly?” a doctor asked, poking at my stomach. “You appear to be quite malnourished.”

Suddenly I decided to 8.

“I’ve... I’ve been making myself sick,” I stuttered, tears pouring down my face. “But please don’t tell anyone.”

I felt so ashamed.

“OK,” he promised. “But you have to understand that if you carry on, you won’t just pass out, you’ll *die*. Your body’s got nothing to work on, Jonathan.”

I was 9. I knew I’d lost weight but I hadn’t thought bulimia could be so dangerous.

“You need to talk to someone about this,” said the doctor as he left. “Someone close.”

I knew he was right and after a few moments alone I decided Sarah was the best person to open up to. She suggested: “Look, my aunt’s a counsellor, why don’t you talk to her about it?”

I went the next day and it was really a good move. She was so understanding and talking about it really helped.

Since then, I’ve made tons of progress; in fact, I don’t make myself sick at all any more.

I know I’ve still got problems but my self-confidence is 10 and I’m learning to love myself for who I am. I think a lot more boys worry about their weight than girls realise. You may not know a boy who’s got an eating disorder but they are really out there – I should know.”

‘Sugar’

*Kies bij iedere open plek in de tekst het juiste antwoord uit de gegeven mogelijkheden.*

1p ● 3

- A bored by
- B careless about
- C obsessive about

1p ● 4

- A date other girls as well
- B earn some money
- C get into shape
- D improve my health

1p ● 5

- A healthy
- B low-calorie
- C normal-sized
- D tasty

1p ● 6

- A but
- B so
- C though
- D yet

1p ● 7

- A chewing some gum
- B covering it
- C feeling better
- D taking a shower

1p ● 8

- A ask some more advice
- B blurt the whole thing out
- C keep it all to myself
- D make up some kind of story

1p ● 9

- A disappointed
- B glad
- C relieved
- D shocked

1p ● 10

- A cracking up
- B gone completely
- C growing steadily
- D lower than ever