

1 What factors play a role in eating disorders? Choose more than one answer.

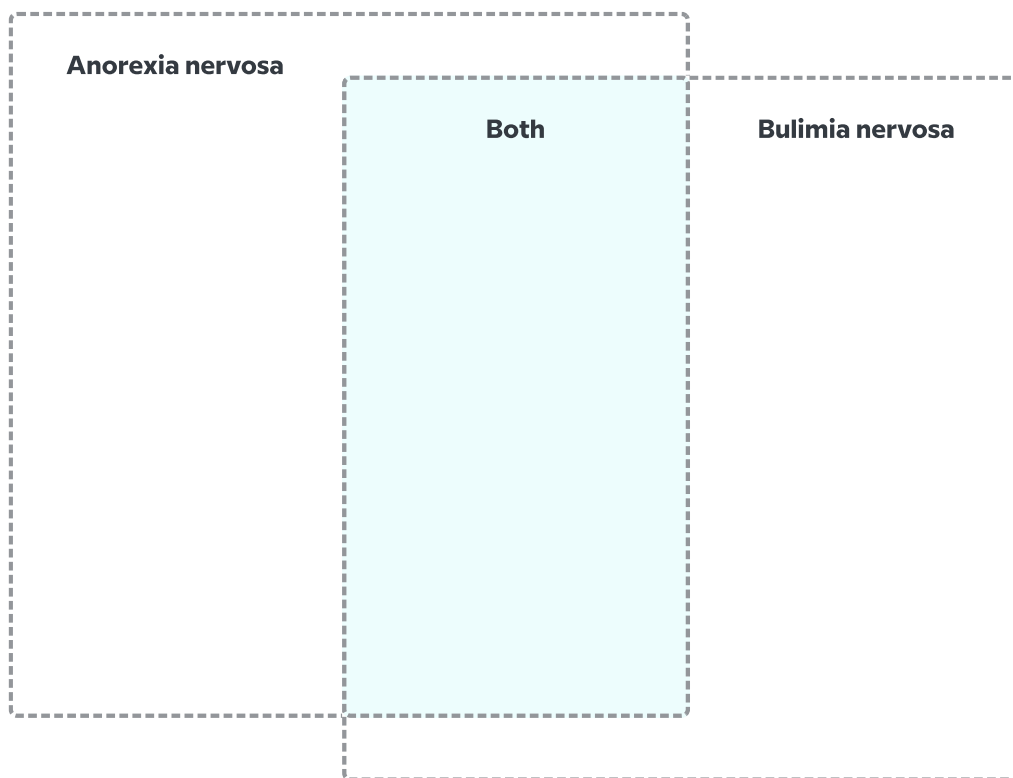
- ☐ Age
 ☐ Gender
- ☐ Genetics
 ☐ Personal trauma
- ☐ Race
 ☐ Media influence

2 Match each term with its definition.

	—●—	Eating disorder that involves starving and too much exercise
	—●—	Eating disorder that involves bingeing and purging
	—●—	Getting rid of food unnaturally
	—●—	Eating disorder that involves bingeing, but not purging

Binge-eating disorder Bulimia nervosa Purging Anorexia nervosa

3 Group the labels according to the eating disorder they describe.



Extremely low body weight Normal weight or overweight Complete avoidance of food
Unhealthy cycle of eating and offsetting Esophagus damage from stomach acid Potentially life-threatening

4 Fill in the blanks to complete the sentences.

Eating disorders are complex _____ health disorders involving chemicals in the brain; but they can also have severe _____ symptoms like malnourishment and a weakened immune system.

Doctors believe that the causes of eating disorders are a mix of _____ (the genes you inherit from your parents) and _____ (everyday problems like illness or bullying).

It can be difficult to tell if someone has an eating disorder based on their _____, especially if they're a normal weight—so it's important to observe their _____ for signs of unhealthy eating.

mental environment behavior biology appearance physical