

1 Which term best describes eating disorders?

- A** Rare
- B** Untreatable
- C** Harmful
- D** Contagious

2 At which age is a person at the greatest risk of developing an eating disorder?

- A** 15 years old
- B** 35 years old
- C** 50 years old
- D** 80 years old

3 What can you conclude from the fact that people with anorexia often suffer from hair loss and weakened immune systems?

- A** Thinness is a leading cause of baldness
- B** Anorexia attacks white blood cells
- C** Our bodies can't function properly without food
- D** Men develop anorexia more often than women

4 How is anorexia different from bulimia?

- A** Bulimia is caused by a virus; anorexia is caused by social factors
- B** People with anorexia starve themselves; people with bulimia binge and purge
- C** Anorexia usually lasts a short time; bulimia can last a lifetime
- D** People with bulimia starve themselves; people with anorexia binge and purge

5 Why can bulimia be harder to detect than anorexia?

- A** Bulimia has no symptoms
- B** Bulimia is a mental disorder; anorexia is a physical disorder
- C** People with anorexia recognize that they're sick; people with bulimia don't
- D** People with bulimia often maintain a normal body weight

6 Which term best describes the act of bingeing?

- A** Throwing up
- B** Starving
- C** Overindulging
- D** Exercising

7 Like bulimia, BED often causes people to:

- A** Eat lots of food very quickly
- B** Purge after meals
- C** Exercise too much
- D** Stop eating entirely

8 A desire to _____ might lead a person to develop anorexia. (Choose the best answer.)

- A** Scare family and friends
- B** Be unhealthy
- C** Look severely underweight
- D** Feel in control

9 What unhealthy message is often found on TV and in magazines?

- A** Young girls should exercise until they drop
- B** To be beautiful, one must be thin
- C** Vomiting a lot doesn't damage the human body
- D** Eating disorders are cool

10 How can people with eating disorders recover?

- A** Their friends need to put a lot of pressure on them
- B** They can just choose to eat normally again
- C** With professional medical help and therapy
- D** They can't; once someone has an eating disorder, it's permanent