

Healthy habits and Eating Disorders Comprehension Questions

Score: _____



Instructions: In pairs, solve the following questionnaire by answering the multiple choice and true and false questions about eating disorders and healthy habits.

Eating Disorders Comprehension Questions

1. What are some common Eating Disorders mentioned in the reading?
 - a. Diabetes
 - b. Anemia
 - c. Anorexia nervosa, bulimia nervosa, binge eating disorder
 - d. Asthma

2. How do people with anorexia nervosa may try to lose weight according to the reading?
 - a. Eating large amounts of food.
 - b. Excessive exercise and purging
 - c. Engaging in meditation.
 - d. Ingesting weight gain supplements

3. What behavior characterizes binge eating as described in the reading?
 - a. Eating small portions of food.
 - b. Drinking plenty of water
 - c. Eating large amounts of food in a short time.
 - d. Skipping meals

4. How does bulimia nervosa differ from binge eating disorder?

- a. Bulimia involves excessive exercise.
- b. Binge eating disorder leads to extreme weight loss.
- c. Binge eating disorder doesn't involve bingeing or purging behaviors.
- d. Bulimia includes compensatory behaviors after binge eating.

5. What are some impacts of Eating Disorders on individuals' lives?

- a. Enhanced self-esteem
- b. Improved work performance
- c. Healthier relationships
- d. Risk for chronic medical problems

True or false statements

True or false statements: Based on the readings and resources seen in class, answer true or false according to the sentences.

1. Lunch time is not a healthy habit. True_____False_____

2. It is important to drink plenty of water because our bodies are composed mostly of water.

True_____False_____

3. Getting enough sleep is not important for our health. True_____False_____

4. Going outside and being active is recommended to balance screen time.

True_____False_____

5. Junk food is not mentioned as a beneficial activity for personal growth.

True_____False_____