

NAME: _____

Directions: Read each item carefully. Write the letter of your answer in your activity notebook.

- 1. What eating disorder is characterized by compulsive eating?**
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity
- 2. What eating disorder is being characterized by self-imposed starvation leading to excessive weight loss?**
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity
- 3. Which disorder is characterized by the clearing of the digestive tract that follows cycles of overeating?**
 - A. Anorexia nervosa
 - B. Binge eating disorder
 - C. Bulimia
 - D. Obesity
- 4. Which of the following is NOT a warning sign and symptom of anorexia?**
 - A. Dry skin
 - B. Loss of body heat
 - C. Lack of control once one begins to eat
 - D. Wasting away of muscle tissue
- 5. Which is NOT a sign and symptom of binge eating disorder?**
 - A. Grief
 - B. Fainting
 - C. Anxiety
 - D. Depression
- 6. Which of the following practices is NOT healthful to do?**
 - A. Eat fruits and vegetables daily
 - B. Limit the intake of sugar and salt
 - C. Increase consumption of fatty foods
 - D. Eat breakfast high in fiber like oatmeal
- 7. How are you going to help an anorexic classmate?**
 - A. Encourage her to skip lunch.
 - B. Accompany her to the gym every day.
 - C. Discourage her from going to the cafeteria.
 - D. Accompany her to a health care provider.
- 8. Which of the following is a sign and symptom of bulimia disorder?**
 - A. Loss of body fat.
 - B. Disgust or self-hatred about eating behaviors.
 - C. Damaged heart due to starvation.
 - D. Irregular heartbeat.
- 9. Which of the following is NOT an eating disorder?**
 - A. Anorexia nervosa
 - B. Obesity
 - C. Bulimia
 - D. Binge eating disorder
- 10. To whom is the fear of being overweight very strong?**
 - A. Anemic people
 - B. Anorexic people
 - C. Compulsive eaters
 - D. People with iodine deficiency