

## READING COMPREHENSION

In this interview with the president of the National Association for Fighting Eating Disorders all the questions have been removed. Match the questions and the answers, and put the letters in the boxes below. There is one extra letter that you do not need. There is an example (0) for you.

0	1	2	3	4	5	6
F						

Q: (0) \_\_\_\_\_

A: It is an obsession with food and weight. These people worry so much about putting on weight that it harms their well-being. Although we all worry about our weight sometimes, people with an eating disorder go to extremes to keep from gaining weight. There are two main eating disorders: anorexia nervosa and bulimia.

Q: (1) \_\_\_\_\_

A: 8,000,000 or more people in the United States have an eating disorder. Anorexia nervosa, for example, is the third most common chronic illness among adolescent females in the United States.

Q: (2) \_\_\_\_\_

A: 90% of the people with an eating disorder are women. Eating disorders usually start in the teens but may begin as early as the age of eight.

Q: (3) \_\_\_\_\_

A: People with anorexia starve themselves, avoid high-calorie foods and exercise constantly. People with bulimia eat huge amounts of food, but they throw up soon after eating, or take laxatives or water pills to keep from gaining weight. People with bulimia don't usually lose as much weight as people with anorexia.

Q: (4) \_\_\_\_\_

A: Girls with anorexia usually stop having menstrual periods. People with anorexia have dry skin and thinning hair on the head. They may have a growth of fine hair all over their body. They may feel cold all the time, and they may get sick often. People with anorexia are often in bad mood. They have a hard time concentrating and are always thinking about food. People with severe anorexia may be at risk of death from starvation.

Q: (5) \_\_\_\_\_

A: The reason isn't known. People with anorexia may believe they would be happier and more successful if they were thin. They want everything in their lives to be perfect. People who have this disorder are usually good students. They blame themselves if they don't get perfect grades, or if other things in life are not perfect.

Q: (6) \_\_\_\_\_

A: Most important, remind your friend that you're there no matter what. Sometimes you'd be surprised how asking simple questions such as "what can I do to help?" or "what would make you feel better?" can lead to a great conversation about how you can help your friend heal. Second, get informed. You can support your friend by learning as much as you can about eating disorders. Many organisations, books, hotlines are devoted to helping people with eating disorders.

- A Who are the victims?**
- B What are the problems caused by anorexia?**
- C How wide-spread are these disorders?**
- D Why are there more girls than boys with anorexia?**
- E Why do people get anorexia?**
- F What is an eating disorder?**
- G What should you do if you think friend may have an eating disorder?**
- H What is the difference between anorexia and bulimia?**