QUIZIZZ

NAME : _____

CLASS : _____

Food Addiction
10 Questions

DATE : _____

1. What is food addiction?

A. Food addiction is a condition that only affects overweight individuals.

B. Food addiction is a physical disorder caused by a lack of willpower.

C. Food addiction is a psychological disorder characterized by compulsive and excessive consumption of food.

D. Food addiction is a temporary condition that can be easily overcome with self-control.

2. What are some common signs and symptoms of food addiction?

A. Increased energy levels, improved digestion, and enhanced mood

B. Cravings for certain foods, loss of control over eating, continued eating despite negative consequences, and withdrawal symptoms when not eating certain foods

C. Decreased appetite, weight loss, and improved concentration

D. Reduced cravings, increased self-control, and improved sleep

3. How does food addiction affect a person's health?

A. Food addiction only affects a person's mental well-being, not their physical health.

B. Food addiction can lead to improved metabolism and overall health.

C. Food addiction has no impact on a person's health.

D. Food addiction can lead to weight gain, obesity, and related health issues.

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4. What are some common triggers for food addiction?

A. environmental factors, allergies, caffeine

B. lack of exercise, poor sleep, low self-esteem

C. genetics, lack of willpower, peer pressure

D. stress, emotions, boredom, certain foods high in sugar, fat, or salt

5. What are some strategies to overcome food addiction?

A. Engaging in excessive exercise to compensate for overeating

B. Seeking professional help, creating a support system, identifying triggers and finding healthier alternatives, practicing mindful eating, and developing a balanced and nutritious meal plan.

C. Going on a strict diet and restricting all food intake

D. Ignoring the problem and hoping it will go away on its own

6. How does food addiction differ from other eating disorders?

A. Food addiction is characterized by a compulsive craving for food, while other eating disorders involve distorted body image and extreme behaviors.

B. Food addiction only affects women, while other eating disorders can affect both men and women.

C. Food addiction is caused by a lack of self-control, while other eating disorders are caused by psychological factors.

D. Food addiction is a temporary condition, while other eating disorders are chronic.

7. What are some potential consequences of food addiction?

A. enhanced immune function, improved digestion, reduced inflammation

B. weight loss, improved physical health, increased energy levels

C. decreased risk of chronic diseases, improved mental well-being, better sleep quality

D. obesity, diabetes, heart disease, high blood pressure, and mental health issues

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8. What role does genetics play in food addiction?

A. Food addiction is solely determined by environmental factors.

B. Genetics has no impact on food addiction.

C. Genetics can influence an individual's susceptibility to developing food addiction.

D. Food addiction is a choice and not influenced by genetics.

9. What are some healthy alternatives to cope with food cravings?

A. drinking water, eating fruits or vegetables, practicing mindful eating, engaging in physical activity, finding healthy substitutes

B. eating junk food, indulging in unhealthy snacks, skipping meals, binge eating, emotional eating

10. How can family and friends support someone struggling with food addiction?

A. Family and friends can offer emotional support, encourage healthy habits, and help seek professional help if needed.

B. Family and friends should enable the addiction by providing unlimited access to unhealthy food.

C. Family and friends should criticize and shame the person struggling with food addiction.

D. Family and friends should ignore the problem and hope it goes away on its own.

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