

1. What is food addiction?

<input type="checkbox"/> A Food addiction is a condition that only affects overweight individuals.	<input type="checkbox"/> B Food addiction is a physical disorder caused by a lack of willpower.
<input type="checkbox"/> C Food addiction is a psychological disorder characterized by compulsive and excessive consumption of food.	<input type="checkbox"/> 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?

<input type="checkbox"/> A Increased energy levels, improved digestion, and enhanced mood	<input type="checkbox"/> B Cravings for certain foods, loss of control over eating, continued eating despite negative consequences, and withdrawal symptoms when not eating certain foods
<input type="checkbox"/> C Decreased appetite, weight loss, and improved concentration	<input type="checkbox"/> D Reduced cravings, increased self-control, and improved sleep

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

<input type="checkbox"/> A Food addiction only affects a person's mental well-being, not their physical health.	<input type="checkbox"/> B Food addiction can lead to improved metabolism and overall health.
<input type="checkbox"/> C Food addiction has no impact on a person's health.	<input type="checkbox"/> D Food addiction can lead to weight gain, obesity, and related health issues.

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?

Engaging in excessive exercise to compensate for overeating

A

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

B

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

8. What role does genetics play in food addiction?

<input type="checkbox"/> A Food addiction is solely determined by environmental factors.	<input type="checkbox"/> B Genetics has no impact on food addiction.
<input type="checkbox"/> C Genetics can influence an individual's susceptibility to developing food addiction.	<input type="checkbox"/> D Food addiction is a choice and not influenced by genetics.

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

<input type="checkbox"/> A drinking water, eating fruits or vegetables, practicing mindful eating, engaging in physical activity, finding healthy substitutes	<input type="checkbox"/> B eating junk food, indulging in unhealthy snacks, skipping meals, binge eating, emotional eating
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10. How can family and friends support someone struggling with food addiction?

<input type="checkbox"/> A Family and friends can offer emotional support, encourage healthy habits, and help seek professional help if needed.	<input type="checkbox"/> B Family and friends should enable the addiction by providing unlimited access to unhealthy food.
<input type="checkbox"/> C Family and friends should criticize and shame the person struggling with food addiction.	<input type="checkbox"/> D Family and friends should ignore the problem and hope it goes away on its own.