	INSTITUCIÓN EDUCATIVA JOSÉ CONSUEGRA HIGGINS VIRTUD Y EXCELENCIA	***Teacher*: Juan Carlos Ruiz M.** **Grade:** _____ ***Student*:** _____ ***Activity*:** *Eating Disorders*	**Date: Abril _____ /2026**

Eating Disorders

Eating disorders are serious health problems. They affect how people eat and how they feel about food and their body. These problems can happen to teenagers and adults. Boys and girls can have eating disorders.

There are different types of eating disorders. One common type is anorexia. People with anorexia eat very little because they are afraid of gaining weight. Another type is bulimia. People with bulimia may eat a lot of food in a short time and then try to remove it by vomiting or exercising too much. A third type is binge eating disorder. People with this disorder eat large amounts of food and feel out of control.

Eating disorders can be caused by many factors. Some people feel pressure from social media, friends, or family. They may think they need to look a certain way. Stress, low self-esteem, and emotional problems can also be causes.

These disorders are dangerous. They can cause weakness, heart problems, depression, and other serious illnesses. That is why it is important to ask for help. Doctors, psychologists, and family members can support recovery.

Healthy eating and a positive body image are important for everyone. Every person is different, and all bodies deserve care and respect. Talking openly about emotions and health can help prevent eating disorders.

1. What is the main idea of the text?
- A. Eating disorders only affect adults.
- B. Eating disorders are serious health problems that need attention.
- C. Healthy food is always expensive.
- D. Social media is the only cause of eating disorders.

2. According to the text, who can have eating disorders?
- A. Only girls.
- B. Only teenagers.
- C. Boys and girls.
- D. Only adults.

3. What is anorexia?
- A. Eating too much food every day.
- B. Eating very little because of fear of gaining weight.
- C. Exercising once a week.
- D. A type of healthy diet.

4. What may people with bulimia do?
- A. Sleep too much.
- B. Eat a lot and then vomit.
- C. Never eat fruit.
- D. Drink only water.

5. What is binge eating disorder?
- A. Eating large amounts of food and feeling out of control.
- B. Eating only vegetables.
- C. Avoiding all exercise.
- D. Skipping breakfast every day.

6. What can cause eating disorders?
- A. Social pressure and low self-esteem.
- B. Drinking enough water.
- C. Going to school.
- D. Playing sports.

7. Which of these is NOT mentioned as a cause?
- A. Stress.
- B. Emotional problems.
- C. Friends.
- D. Weather changes.

8. Why are eating disorders dangerous?
- A. They can cause serious illnesses.
- B. They make people taller.
- C. They improve concentration.
- D. They are always temporary.

9. Which health problem is mentioned in the text?
- A. Broken bones.
- B. Heart problems.
- C. Eye infections.
- D. Hearing loss.

10. Who can support recovery?
- A. Only teachers.
- B. Doctors, psychologists, and family members.
- C. Only friends.
- D. Social media influencers.

LIVEWORKSHEETS

11. What does the word "recovery" mean in the text?
- A. Getting better.
- B. Losing weight.
- C. Starting school.
- D. Learning sports.

12. Why is healthy eating important?
- A. Because it helps maintain health.
- B. Because it makes people famous.
- C. Because it avoids homework.
- D. Because it changes height.

13. What does "positive body image" mean?
- A. Respecting and accepting your body.
- B. Taking many selfies.
- C. Comparing yourself to others.
- D. Following fashion trends.

14. What can help prevent eating disorders?
- A. Ignoring emotions.
- B. Talking openly about emotions and health.
- C. Skipping meals.
- D. Spending more time online.

15. What is the tone of the text?
- A. Funny.
- B. Informative and serious.
- C. Angry.
- D. Romantic.

16. What is the purpose of the text?
- A. To entertain readers.
- B. To explain eating disorders and promote awareness.
- C. To sell healthy food.
- D. To compare diets.

17. Which statement is true according to the text?
- A. Only social media causes eating disorders.
- B. All bodies deserve care and respect.
- C. Eating disorders are not serious.
- D. Recovery is impossible.

18. What does the text suggest people should do if they need help?
- A. Hide the problem.
- B. Ask for support.
- C. Stop talking to family.
- D. Search only online.

19. Which group is directly mentioned in the text?
- A. Doctors.
- B. Engineers.
- C. Athletes.
- D. Musicians.

20. What is one key message of the text?
- A. Appearance is the most important thing.
- B. Mental and physical health are connected.
- C. Exercise is harmful.
- D. Families should not be involved.

LIVEWORKSHEETS