Nutrition Lesson 6 Interactive Worksheet

Directions: Please match the word/term in column A with the correct definition from column B. All you have to do is draw a line from the eating disorder term column to the definition column. This worksheet will grade your answers when you are done. You will have 5 minutes to complete the worksheet. Good Luck

Column A- Eating Disorders Terms		**Column B- Definitions**
1. Anorexia Nervosa		a. Eating disorder in which a person eats things not usually considered food.
2. Bulimia Nervosa		b. Over-consumption of food in a short amount of time.
3. Body Dysmorphia		c. How you see yourself
4. Diabulimia		d. Distorted body image, restrictive food intake
5. Orthorexia		e. How you value yourself
6. Pica		f. conscious or unconscious strategies used to reduce unpleasant emotions
7. Body Image		g. Purging their food intake
8. Self Esteem		h. The person purposefully restricts insulin in order to lose weight.
9. Coping		i. Obsession with perceived imperfection
10. Binge Eating		j. Unhealthy fixation with only eating healthy foods

LIVEWORKSHEETS