

## Healthy habits and Eating Disorders Comprehension Questions

Score: \_\_\_\_\_



**Instructions: In pairs, solve the following questionnaire by answering the multiple choice and true and false questions about eating disorders and healthy habits.**

### Eating Disorders Comprehension Questions

1. What are some common Eating Disorders mentioned in the reading?
  - a. Diabetes
  - b. Anemia
  - c. Anorexia nervosa, bulimia nervosa, binge eating disorder
  - d. Asthma
  
2. How do people with anorexia nervosa may try to lose weight according to the reading?
  - a. Eating large amounts of food.
  - b. Excessive exercise and purging
  - c. Engaging in meditation.
  - d. Ingesting weight gain supplements
  
3. What behavior characterizes binge eating as described in the reading?
  - a. Eating small portions of food.
  - b. Drinking plenty of water
  - c. Eating large amounts of food in a short time.
  - d. Skipping meals

4. How does bulimia nervosa differ from binge eating disorder?
- a. Bulimia involves excessive exercise.
  - b. Binge eating disorder leads to extreme weight loss.
  - c. Binge eating disorder doesn't involve bingeing or purging behaviors.
  - d. Bulimia includes compensatory behaviors after binge eating.

5. What are some impacts of Eating Disorders on individuals' lives?

- a. Enhanced self-esteem
- b. Improved work performance
- c. Healthier relationships
- d. Risk for chronic medical problems

True or false statements

**True or false statements: Based on the readings and resources seen in class, answer true or false according to the sentences.**

1. Lunch time is not a healthy habit. True\_\_\_\_\_False\_\_\_\_\_
2. It is important to drink plenty of water because our bodies are composed mostly of water.  
True\_\_\_\_\_False\_\_\_\_\_
3. Getting enough sleep is not important for our health. True\_\_\_\_\_False\_\_\_\_\_
4. Going outside and being active is recommended to balance screen time.  
True\_\_\_\_\_False\_\_\_\_\_
5. Junk food is not mentioned as a beneficial activity for personal growth.  
True\_\_\_\_\_False\_\_\_\_\_