KidsHealth in the Classroom



Health Problems Series

Eating Disorders

Name: **Date:**

Quiz

Instructions: Answer each question.

1. People with binge-eating disorder:
   a. Focus on eating only healthy foods.
   b. Don't try to compensate by purging food.
   c. Schedule times to overeat.

2. People with anorexia:
   a. have an intense fear of being fat
   b. feel better when they've reached their goal weight
   c. eat huge amounts of food, but don't gain weight

3. People with bulimia:
   a. don't participate in sports
   b. quickly begin to look very different
   c. may use laxatives or diuretics to lose weight

4. True or false: People with eating disorders often hide their extreme eating behaviors from others.

5. True or false: Eating disorders are common among teens.

6. True or false: Self-esteem is not something a person can improve.

7. True or false: There are lots of ways to help a friend who has an eating disorder.

8. True or false: You can tell by looking at a person if he or she has an eating disorder.

9. True or false: People with eating disorders can become withdrawn and less social.

10. True or false: Eating disorders are treated with medication because they're purely physical problems.

© 2016 The Nemours Foundation/KidsHealth. Reproduction permitted for individual classroom use.