



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question. *Circle the letter of your answer.*

- Which of these statements is true?
  - Women can get both anorexia and bulimia, but men can't get anorexia.
  - Both women and men can develop an eating disorder, but they're more common in women.
  - ~~Both women and men can develop anorexia and bulimia, but men don't have body image problems.~~
- People with anorexia:
  - have an intense fear of being fat
  - ~~feel better when they've reached their goal weight~~
  - eat huge amounts of food but don't gain weight
- People with bulimia:
  - don't participate in sports
  - ~~usually weigh less than they look~~
  - may use laxatives or diuretics to lose weight
- People who weigh at least \_\_\_ less than the healthy weight for their height may not have enough body fat to keep their organs and other body parts healthy.
  - 15%
  - ~~20%~~
  - 35%
- According to doctors, the best confirmation that a person's weight is healthy is:
  - ~~how much they exercise~~
  - body mass index (BMI)
  - whether a person feels comfortable and confident with his or her weight
- A person with a healthy weight has a BMI of about:
  - 18 to 27 for women or 19 to 27 for men
  - 18 to 24 for women or 19 to 24 for men
  - ~~17 to 24 for women or 19 to 27 for men~~

- ~~Both anorexia and bulimia can lead to:~~
- ~~feelings of guilt and depression~~
  - ~~weight gain~~
  - ~~all of these things~~

~~What's your opinion?~~ *Yes or No*  
If a person thinks that he or she has an eating disorder, should that person tell an adult at school? ~~What adult should they talk to?~~

*Yes or No*

What adult in your school might someone talk to about an eating disorder?

*Teacher or \_\_\_\_\_*