



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

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

**Quiz** *Circle the letter of the answer.*

Instructions: Answer each question.

1. Which of these statements is true?
  - a. Women can get both anorexia and bulimia, but men can't get anorexia.
  - b. Both women and men can develop an eating disorder, but they're more common in women.
  - c. Both women and men can develop anorexia and bulimia, but men don't have body-image problems.
  
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. 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.
  - a. 15%
  - b. 25%
  - c. 35%
  
5. According to doctors, the best confirmation that a person's weight is healthy is:
  - a. how much the person eats and exercises
  - b. body mass index (BMI)
  - c. whether a person feels comfortable and confident with his or her weight
  
6. A person with a healthy weight has a BMI of about:
  - a. 18 to 27 for women or 19 to 27 for men
  - b. 18 to 24 for women or 19 to 24 for men
  - c. 17 to 24 for women or 18 to 27 for men
  
7. Both anorexia and bulimia can lead to:
  - a. feelings of guilt and depression
  - b. drug use
  - c. all of these things

**What's your opinion?** (not for credit - no right or wrong answer)

1. If a person thinks that he or she has an eating disorder, should that person tell an adult at school? *How about if a person thinks that a friend may have an eating disorder?*

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