



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

Circle Your Answer

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.

Yes / No

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

Yes / No

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

Yes / No

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%

Yes / No

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

Yes / No

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

Yes / No

7. ~~_____ can lead to:~~
 - a. feelings of guilt and depression
 - b. _____
 - c. _____

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?~~

Yes / No

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