Quiz Answer Key

1. A person with **bulimia** eats a huge amount of food, then tries to get rid of it by throwing up or taking laxatives and exercising a lot to burn the calories.

2. A person with **anorexia** is afraid of gaining weight and thinks his or her body is too fat, even if the person is really thin.

3. **True** or false: Someone with an eating disorder stay away from social activities like parties or going out to dinner.

4. Which one is not a cause of an eating disorder:
   a) Stress
   b) Dental cavities
   c) Depression
   d) Low self-esteem

5. True or **false**: If you have low self-esteem, there’s nothing you can do about it.