



Quiz Answer Key

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 True or false: People with eating disorders can become withdrawn and less social.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