

Name \_\_\_\_\_ Class \_\_\_\_\_

## EATING DISORDERS

1. Bulimia means to eat a lot of food and then purge, or get rid of the food by vomiting or taking laxatives. TRUE FALSE
2. Anorexia means starving yourself. TRUE FALSE
3. Compulsive overeating means eating all the time. TRUE FALSE
4. Anorexia is the oldest form of an eating disorder. TRUE FALSE
5. Anorexics never stop getting hungry. TRUE FALSE
6. Name the types of eating disorders.
  - a.
  - b.
  - c.
7. One common problem with all eating disorders is that people do not see themselves the way they actually are. TRUE FALSE
8. Bulimia can cause the stomach to tear and the throat to bleed. TRUE FALSE
9. Bulimia causes the enamel on the teeth to erode and cavities to form on the backs of the teeth. TRUE FALSE
10. Vomiting and laxative abuse strip the body of potassium and cause heart irregularities. TRUE FALSE
11. Many deaths of bulimics are caused by heart attacks. TRUE FALSE
12. A compulsive overeater is defensive (sarcastic, angry, or the class clown). TRUE FALSE
13. Compulsive overeaters usually do not practice proper personal hygiene habits. TRUE FALSE
14. Compulsive overeaters may have joint pain, weight onset diabetes and respiratory and cardiac distress. TRUE FALSE
15. Which of the following are symptoms of severe anorexia:
  - a. Hair becomes dry and brittle and begins to fall out.
  - b. Thinking is confused.
  - c. Skin becomes leathery.
  - d. Menstruation stops.
  - e. The person is cold all the time.
  - f. The body begins to grow fine, downy hair that is seen on newborns.

EATING DISORDERS-----EATING DISORDERS CONTINUED  
33 POINTS POSSIBLE

16. The treatment for all eating disorders is the same. TRUE FALSE
17. Which of the following are treatments for eating disorders?
- a. Being placed in the hospital.
  - b. Working with the hospital staff, but living at home.
  - c. Private therapy.
  - d. Family therapy.
  - e. Joining self-help groups such as Overeaters Anonymous or Anorexic/Bulimic Anonymous.
18. The most important factor that contributes to eating disorders is a person's supersensitive personality. TRUE FALSE
19. Social and cultural pressures contribute to eating disorders.  
TRUE FALSE
20. Eating disorders are life threatening. TRUE FALSE
21. People who have a tremendous need for love, approval and validation and a sense of self may become involved in eating disorders. TRUE FALSE

## EATING DISORDERS--KEY

1. Bulimia means to eat a lot of food and then purge, or get rid of the food by vomiting or taking laxatives. TRUE
2. Anorexia means starving yourself. TRUE
3. Compulsive overeating means eating all the time. TRUE
4. Anorexia is the oldest form of an eating disorder. TRUE
5. Anorexics never stop getting hungry. TRUE
6. Name the types of eating disorders.  
a. ANOREXIA    b. BULIMIA    c. COMPULSIVE OVEREATING
7. One common problem with all eating disorders is that people do not see themselves the way they actually are. TRUE
8. Bulimia can cause the stomach to tear and the throat to bleed. TRUE
9. Bulimia causes the enamel on the teeth to erode and cavities to form on the backs of the teeth. TRUE
10. Vomiting and laxative abuse strip the body of potassium and cause heart irregularities. TRUE
11. Many deaths of bulimics are caused by heart attacks. TRUE
12. A compulsive overeater is defensive (sarcastic, angry, or the class clown). TRUE
13. Compulsive overeaters usually do not practice proper personal hygiene habits. TRUE
14. Compulsive overeaters may have joint pain, weight onset diabetes and respiratory and cardiac distress. TRUE
15. Which of the following are symptoms of severe anorexia:
  - a. HAIR BECOMES DRY AND BRITTLE AND BEGINS TO FALL OUT.
  - b. THINKING IS CONFUSED.
  - c. SKIN BECOMES LEATHERY.
  - d. MENSTRUATION STOPS.
  - e. THE PERSON IS COLD ALL THE TIME.
  - f. THE BODY BEGINS TO GROW FINE, DOWNY HAIR THAT IS SEEN ON NEWBORNS.
16. The treatment for all eating disorders is the same. TRUE
17. Which of the following are treatments for eating disorders?
  - a. BEING PLACED IN THE HOSPITAL.
  - b. WORKING WITH THE HOSPITAL STAFF, BUT LIVING AT HOME.
  - c. PRIVATE THERAPY.
  - d. FAMILY THERAPY.
  - e. JOINING SELF-HELP GROUPS SUCH AS OVEREATERS ANONYMOUS OR ANOREXIC/BULIMIC ANONYMOUS.
18. The most important factor that contributes to eating disorders is a person's supersensitive personality. TRUE
19. Social and cultural pressures contribute to eating disorders. TRUE
20. Eating disorders are life threatening. TRUE
21. People who have a tremendous need for love, approval and validation and a sense of self may become involved in eating disorders. TRUE

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Class \_\_\_\_\_

### EVERYONE IS DIFFERENT

Use magazines and/or catalogs to make collages entitled, "Everyone is Different-Different is Good!". You should make the collage from a variety of pictures of people with different shapes.

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**RESEARCH**

Visit the local hospital education department or write to the following organizations for information dealing with eating disorders. Write a report on the information you learn.

National Association of Anorexia Nervosa and Associated Disorders, Inc.  
(ANAD) (708) 831-3438, P.O. Box 7, Highland Park, IL 60035

Anorexia Nervosa and Related Eating Disorders, Inc. (503) 344-1144  
P.O. Box 5102, Eugene, OR 97405

American Anorexia/Bulimia Association, Inc. (212) 734-1114  
418 East 76th St., New York, NY 10021

National Anorexic Aid Society, Inc. (614) 436-1112  
1925 East Dublin-Granville Road, Columbus, OH 43229

Center for the Study of Anorexia and Bulimia. (212) 595-3449  
1 West 91st Street, New York, NY 10024

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### PERSONAL GOALS

Set three personal goals for developing and maintaining a healthy lifestyle and body.

1. My goal is \_\_\_\_\_
2. How I will achieve this goal
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
3. When will I have achieved this goal \_\_\_\_\_

1. My goal is \_\_\_\_\_
2. How I will achieve this goal
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
3. When will I have achieved this goal \_\_\_\_\_

1. My goal is \_\_\_\_\_
2. How I will achieve this goal
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
3. When will I have achieved this goal \_\_\_\_\_