Name _____

Understanding Eating Disorders: A Closer Look at This Health Challenge

Open-Ended Response Questions

1. Explain why eating disorders can affect anyone, regardless of age, gender, or background. Provide an example.

2. Share some strategies that individuals can use to promote a healthy body image and prevent the development of eating disorders.

3. Discuss the potential long-term consequences of untreated eating disorders on both physical and mental health.

4. Imagine you have a friend who is showing signs of binge-eating disorder. How would you approach them and offer support?

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