

Name _____

Understanding Eating Disorders: A Closer Look at This Health Challenge

Short Answer Key

1. Anorexia nervosa is characterized by a distorted body image and a relentless pursuit of thinness, often involving severe food restriction.
2. Two common types of eating disorders discussed in the passage are anorexia nervosa and bulimia nervosa.
3. Signs that someone might be struggling with an eating disorder include drastic weight changes, obsession with food and body size, extreme dieting or fasting, and avoidance of social situations involving food.
4. Early intervention is important to prevent the worsening of physical and mental health conditions associated with eating disorders.
5. The key components of treatment for eating disorders often include therapy, medical care, and nutritional counseling.

