

Name \_\_\_\_\_

## Exploring the World of Eating Disorders: What Are the Most Common Types?

### Short Answer Key

1. Binge-eating disorder is characterized by recurring episodes of consuming large amounts of food in a short time, often with a feeling of loss of control.
2. Orthorexia nervosa differs by focusing on eating only foods considered healthy or pure, excluding entire food groups, and becoming anxious about diet quality.
3. Common physical consequences of eating disorders include malnutrition, heart problems, bone loss, and digestive issues.
4. Early intervention is important to prevent the worsening of physical and mental health conditions associated with eating disorders.
5. Professionals who can provide help and support to individuals with eating disorders include healthcare professionals, therapists, and support groups.

