

Name _____

Recognizing the Signs: How to Tell if Someone Has an Eating Disorder

Multiple Choice Questions

1. What are some physical signs that someone may have an eating disorder?
 - a) Increased energy levels
 - b) Weight gain
 - c) Hair loss and brittle nails
 - d) Social activity participation

2. Which of the following is NOT a behavioral sign of an eating disorder?
 - a) Excessive exercise
 - b) Social withdrawal
 - c) Open discussions about food
 - d) Secretive behavior

3. What type of eating disorder involves frequent episodes of consuming large amounts of food in a short time?
 - a) Anorexia nervosa
 - b) Bulimia nervosa
 - c) Binge-eating disorder
 - d) Restrictive eating disorder

4. What are some emotional signs that someone may have an eating disorder?
 - a) Emotional stability and contentment
 - b) Preoccupation with food and body
 - c) Lack of mood swings
 - d) No signs of anxiety or depression

5. Why is it important to be aware of the signs of eating disorders?
 - a) To criticize and judge people with eating disorders
 - b) To offer support and help individuals seek treatment
 - c) To encourage unhealthy eating behaviors
 - d) To ignore the issue and avoid confrontation

