

Name _____

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

Short Answer Key

1. (Answers may include: extreme weight loss, dizziness, hair loss, etc.)
2. Someone with an eating disorder might engage in secretive behavior to hide their eating habits or purging rituals from others.
3. (Answers may include: mood swings, irritability, constant talk about food and dieting, etc.)
4. (Answers may include: peer pressure, media influence, family dynamics, etc.)
5. If you suspect someone you know has an eating disorder, it's important to approach them with care and encourage them to seek help from a healthcare provider or therapist who specializes in eating disorders.

