

Name _____

The Dangers of Eating Disorders: A Journey to Wellness

Multiple Choice Questions

1. What is the most common type of eating disorder?
 - a) Anorexia nervosa
 - b) Bulimia nervosa
 - c) Binge-eating disorder
 - d) Obesity

2. Which eating disorder involves a cycle of binge-eating and purging?
 - a) Anorexia nervosa
 - b) Bulimia nervosa
 - c) Binge-eating disorder
 - d) Obesity

3. What is a common danger associated with anorexia nervosa?
 - a) Tooth decay
 - b) Electrolyte imbalance
 - c) Obesity
 - d) Muscle gain

4. Which of the following is NOT a danger of bulimia nervosa?
 - a) Electrolyte imbalance
 - b) Tooth decay
 - c) Bone weakening
 - d) Gastrointestinal problems

5. What is one of the common risks that apply to all eating disorders?
 - a) Athletic performance improvement
 - b) Improved social relationships
 - c) Suicidal thoughts
 - d) Strong family support

