



## Quiz Answer Key

1. A person with bulimia eats a huge amount of food, then tries to get rid of it by throwing up or taking laxatives and exercising a lot to burn the calories.
2. A person with anorexia is afraid of gaining weight and thinks his or her body is too fat, even if the person is really thin.
3. True or false: Someone with an eating disorder stay away from social activities like parties or going out to dinner.
4. Which one is not a cause of an eating disorder:
  - a) Stress
  - b) Dental cavities
  - c) Depression
  - d) Low self-esteem
5. True or false: If you have low self-esteem, there's nothing you can do about it.