

Eating Disorders

Class 4

21. The common eating disorder characterized by an individual regurgitating their food, rechewing it, and either swallowing it again or spitting it out is:
- A. Laxative Abuse
 - B. Anorexia Nervosa
 - C. Bulimia Nervosa
 - D. Rumination Disorder
22. _____ describes an obsession with proper or overly healthy eating.
- A. Anorexia Nervosa
 - B. Orthorexia
 - C. Compulsive Exercise
 - D. Bulimia Nervosa
23. People with anorexia have a distorted body image and see themselves as fat even when they are very thin.
- A. True
 - B. False
24. People with avoidant/restrictive food intake disorder (ARFID) do not eat because they are turned off by the smell, taste, texture, or color of food.
- A. True
 - B. False
25. _____ can lead to weight-related health problems such as diabetes, fatty liver, or sleep apnea.
- A. Bulimia
 - B. Anorexia
 - C. Binge Eating
 - D. ARFID

26. The eating disorder that involves eating items not typically thought of as food such as hair, dirt, and paint chips is known as

- A. Other Specified Feeding or Eating Disorders (OSFED)
- B. Pica
- C. Orthorexia
- D. Severe and Enduring Eating Disorders (SEED)

27. Which of the following IS NOT a symptom of an eating disorder?

- A. Extreme Weight Change
- B. Insomnia
- C. Dental Cavities
- D. Improved Self-esteem

28. Males are more likely to suffer from bulimia as compared to girls.

- A. True
- B. False

29. People with ARFID are more likely to have autism spectrum disorder or attention deficit hyperactivity disorder.

- A. True
- B. False

30. Purging by vomiting or laxatives depletes the body of important chemicals called _____.

- A. Carbohydrates
- B. Calories
- C. Electrolytes
- D. Estrogen

Answers

1. D
2. B
3. A
4. A
5. C
6. B
7. D
8. B
9. A
10. C