

Check Your Knowledge

Directions: Read each of the following statements. Circle the letter **T** if the statement is completely true; circle the letter **F** if the statement is partly or completely false.

- T** **F** 1. Teens may develop unusual eating behaviors as a way to become independent and rebel against authority, such as parents and teachers.
- T** **F** 2. Eating a lot of food in a short time is called bingeing.
- T** **F** 3. Insisting that your body is fat, even when you're very thin, is a symptom of anorexia nervosa.
- T** **F** 4. Being teased by friends about being fat or needing to diet can trigger an eating disorder.
- T** **F** 5. Thinking about food all the time is a symptom of eating disorders.
- T** **F** 6. Feeling depressed often is a symptom of eating disorders.
- T** **F** 7. Losing too much weight due to starvation is a symptom of anorexia nervosa.
- T** **F** 8. Most weight-loss diets provide normal ways to eat for a lifetime.
- T** **F** 9. Forcing yourself to vomit is one of the common behaviors of anorexia nervosa.
- T** **F** 10. Only females are affected by bulimia.
- T** **F** 11. Diet pills are a good way to help people lose weight and keep it off.
- T** **F** 12. People can become addicted to diet pills.
- T** **F** 13. People with eating disorders have low self-esteem.
- T** **F** 14. Most people with anorexia nervosa deny that their eating behavior is a serious problem.
- T** **F** 15. People with eating disorders believe that a thin body will bring them happiness and success.