

# Eating Disorders

Q1 Write 'True' or 'False' for each of these statements:

- a) People with anorexia and bulimia believe they are overweight, even though they're often dangerously underweight.
- b) The best way to tackle anorexia is just to sit down with the person and make them eat a big tasty meal.
- c) Anorexia and bulimia are digestive problems.
- d) Problems with anorexia and bulimia often start when people are depressed or worried.

Q2 Which of these can be caused by anorexia?

*flaky toenails*

*periods stop*

*dry hair*

*dry skin*

*hairy skin*

*always cold*

*sex hormone levels drop*

*red, painful rash*

*constant sneezing*

Q3 Bulimia is a vicious circle. Put these stages of the cycle in order:

Uses laxatives or vomiting to get rid of binge food.

"Binges" — overeats.

Feels guilty about overeating.

Gets desperate for food.

Goes back to strict dieting.

Diets very strictly. Possibly doesn't eat at all.

Q4 Which of these are side-effects of bulimia?

sore throat

rapid hair growth

zinc deficiency

cramp

tooth decay

damage to vocal chords

DISCUSSION QUESTION

Q5 Kerry thinks her friend May is bulimic and needs help.

Decide on the best advice to give Kerry for how to help May.