Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period\_\_\_\_

**Eating Disorders, Healthy Weight Management, and Vegetarianism Quiz**

Please fill in the answers below.

1. **Define** Anorexia-
2. **Define** Bulimia-
3. List **4 SIGNS or SYMPTOMS** of an eating disorder.

1.

2.

3.

4.

1. What are **3 POTENTIAL CAUSES** for an eating disorder?

1.

2.

3.

1. What are **2 HEALTH CONCERNS** related to an eating disorder?

1.

2.

 6**. List the differences between** the types of vegetarians.

 Pesco- Vegetarian-

 Partial Vegetarian-

Lacto-ovo-Vegetarian-

Lacto-Vegetarian-

**Diet and Healthy Weight Management-**

1. Please define **BMR** and tell how it influences a person’s body performance and functioning.
2. Define **BMI** and what is considered over weight for males and females?
3. **Define** **electrolytes** and discuss their role in the body.
4. What are **4 HEALTHY WAYS** to manage a person’s weight?

1.

2.

3.

4.