

Nutrition / Bio 1400  
Chapter 14 Study Guide  
Eating Disorders

- 1 How is eating different between humans and most animals?
- 2 How may marketing influence our opinion of the ideal body image and influence our diet?
- 3 Some people turn to food as a source of comfort or as a calming influence. How can this be explained in terms of our biochemistry?
- 4 What may happen if food is used as a “goal”?
- 5 What are the two main types of eating disorders?
- 6 When do eating disorders typically develop?
- 7 What does anorexia mean?
- 8 What does bulimia mean?
- 9 What gender is most likely to have eating disorders?
- 10 Why do we believe eating disorders have a genetic component?
- 11 What should a friend do if they believe they know someone with an eating disorder?
- 12 When was anorexia nervosa first mentioned in medical literature?
- 13 Is anorexia nervosa a serious disease? Explain
- 14 What are the typical profile of a person with anorexia nervosa?
- 15 How might someone with anorexia nervosa approach exercise?
- 16 How many calories may someone with A. N. consume?
- 17 Is anorexia nervosa an emotional state or a physical state? Explain
- 18 What is the typical BMI for someone with anorexia nervosa?
- 19 What are the predictable effects of semi starvation?
- 20 What is the first goal of nutritional therapy for someone with anorexia nervosa?

- 21 What is cognitive behavior therapy?
- 22 What are the characteristic behavior of bulimia nervosa?
- 23 Who is most likely to exhibit the behavior of bulimia nervosa?
- 24 What type of behavior alternates with the binge/purge episodes?
- 25 Do people who exhibit BN enjoy food?
- 26 How many calories might a BN consume? When?
- 27 Does purging eliminate the calories consumed during the binge? Explain
- 28 How do BN people feel after an episode?
- 29 What is the danger associated with BN?
- 30 How might you recognize someone who is engaged in this BN behavior?
- 31 What is the goal of an intervention?
- 32 How does the eating routine differ between BN and AN?
- 33 What are two other eating disorders discussed in the book?
- 34 What are the three characteristics seen in the female athlete triad?