**Health Bellwork 3** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Body mass index measures your body size in relation to your

 A) age and height.

 B) weight and height.

 C) ideal weight.

 D) gender and weight.

Which kind of quick weight loss plan works best?

 A) Liquid diets

 B) Diet pills

 C) Fad diets

 D) None of the above

Which eating disorder is characterized by starvation?

 A) Anorexia nervosa

 B) Bulimia nervosa

 C) Binge eating

 D) All of the above

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