Foundations 1E Lesson 5.4 Quiz Answers

Title: Lesson 5.4 Quiz

Topic: L5.4LO14: Explain what body image is.

1. Body image is the image you project to others and how you actually look.

a. true

\*b. false

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Topic: L5.4LO15: Explain why having a positive body image is important.

2. Which person has a positive body image?

a. Kyleigh looks in the mirror and sees a girl who is overweight even though she is very thin. She fears that she won’t have friends if she’s “too fat.”

b. Ahmet feels like people are noticing that he is short, and he feels embarrassed that he is not taller for his age. He feels that he has to work hard to make people like him.

c. Lina thinks her eyebrows are too thick and her arms and legs have too much hair on them. She’s not comfortable wearing shorts or tank tops in the summer.

\*d. Tomas has started exercising more to be healthier, but he isn’t worried that other people think badly of him or don’t like him because he is a little overweight.

Title: Lesson 5.4 Quiz

Topic: L5.4LO16: Compare and contrast common eating disorders.

3. What eating disorder involves severe restriction of eating and unhealthy weight loss?

a. bulimia

\*b. anorexia

c. binge eating

d. orthorexia

Title: Lesson 5.4 Quiz

Topic: L5.4LO17: Describe how media, including social media, influence body image.

4. Which of the following is NOT true about body shaming?

a. It is a form of bullying.

b. It is common on social media.

c. It involves making cruel comments about someone’s body.

\*d. It only happens on social media.

Title: Lesson 5.4 Quiz

Topic: L5.4LO18: Identify five ways to improve your body image.

5. A good way to improve your body image is to

a. eat whatever you want and not worry about it

b. body shame others to make yourself feel better

\*c. focus on what your body can do, not on how it looks

d. be very critical of how you look all the time