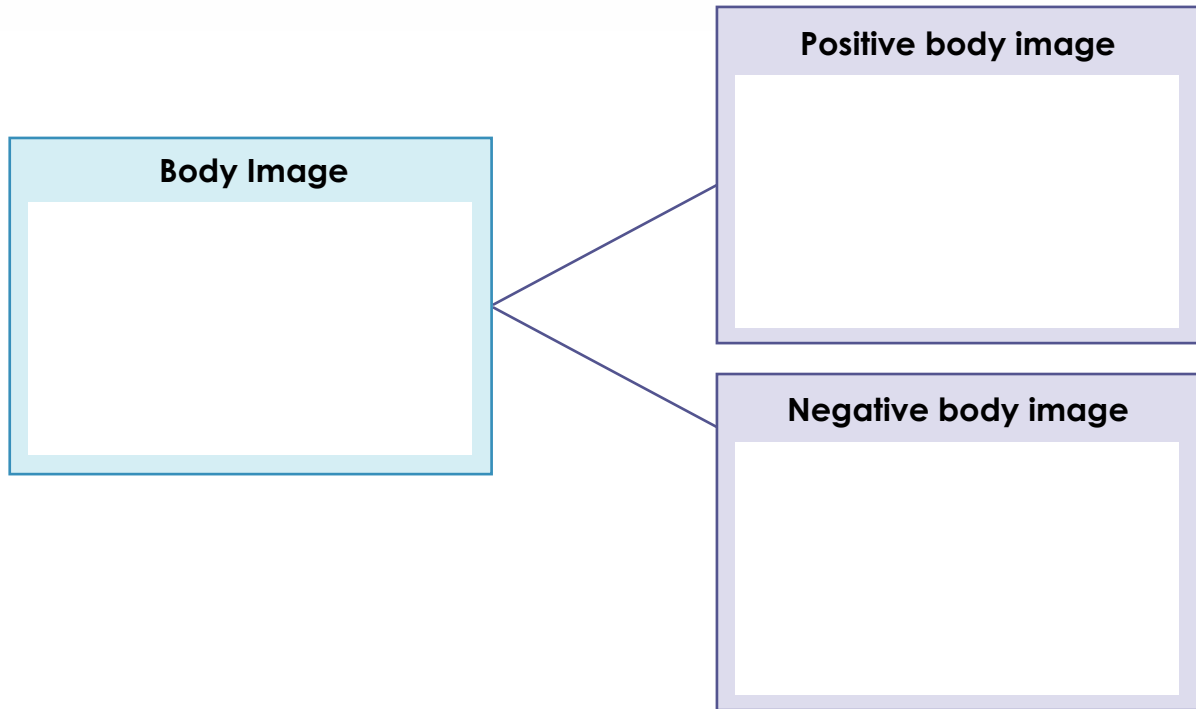


### What Is Body Image?

1. Fill in the following boxes with definitions of each term.



### Weight Prejudice

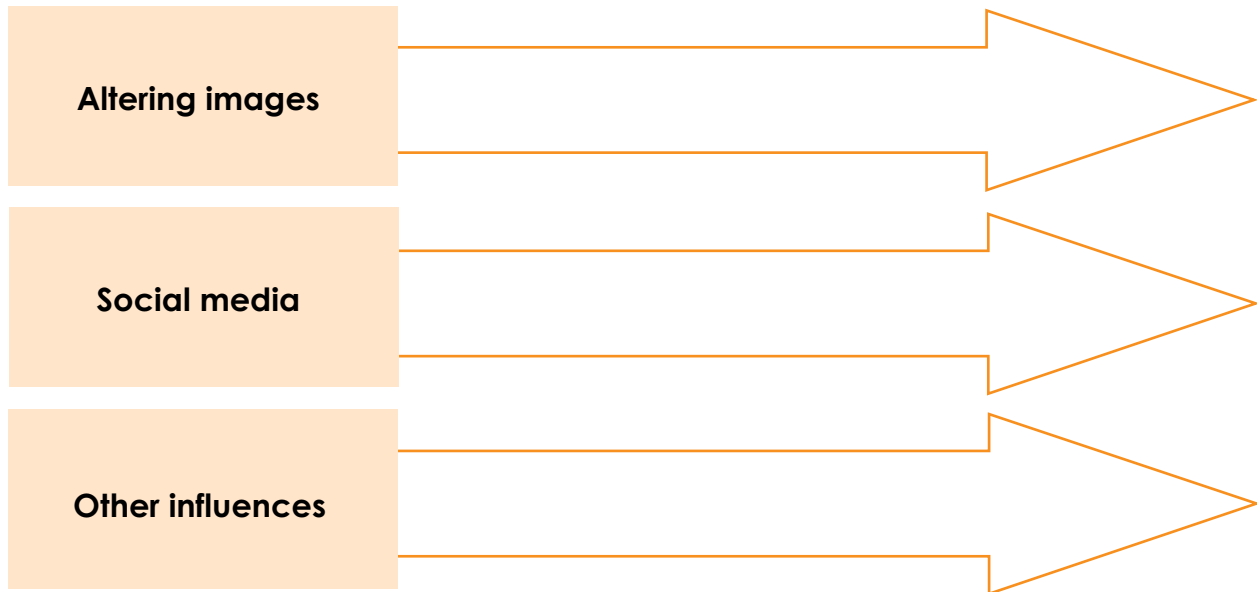
2. What is weight prejudice?

3. What is one example of weight prejudice?

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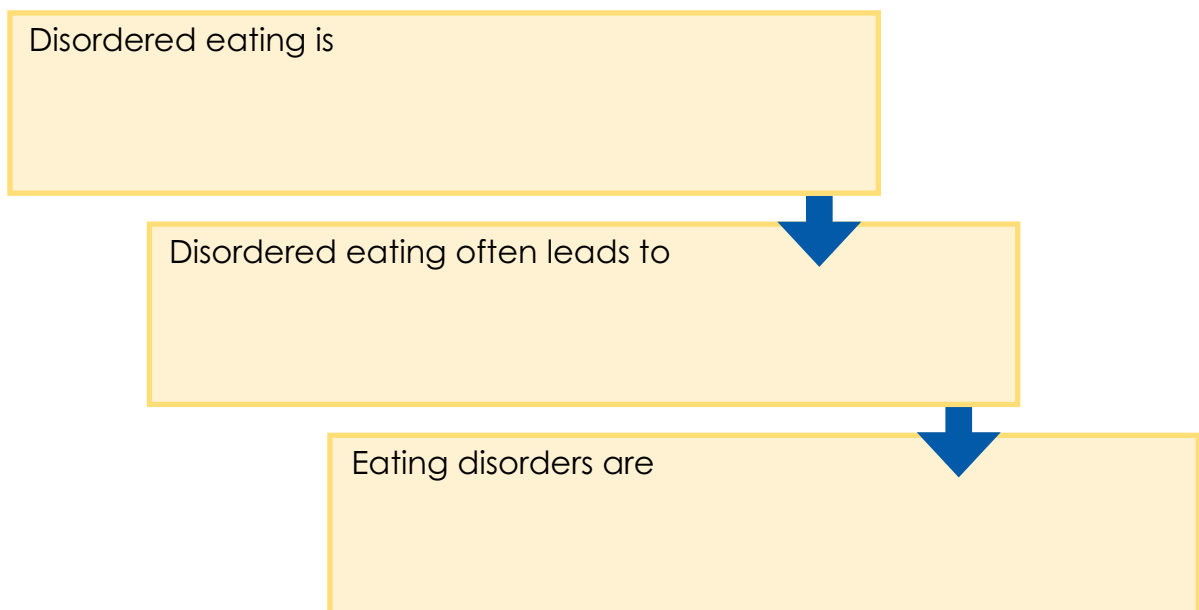
### Media Influences on Body Image

4. Complete the following diagram by explaining how altered images, social media, and other influences play a role in body image.



### Disordered Eating and Eating Disorders

5. What is the difference between disordered eating and eating disorders? Complete the following chart to differentiate the two.



6. Identify and describe five eating disorders in the table.

| Eating disorder | Description |
|-----------------|-------------|
|                 |             |
|                 |             |
|                 |             |
|                 |             |
|                 |             |

### Improving Your Body Image

7. Complete the following diagram by writing one tip for improving body image in each box.

