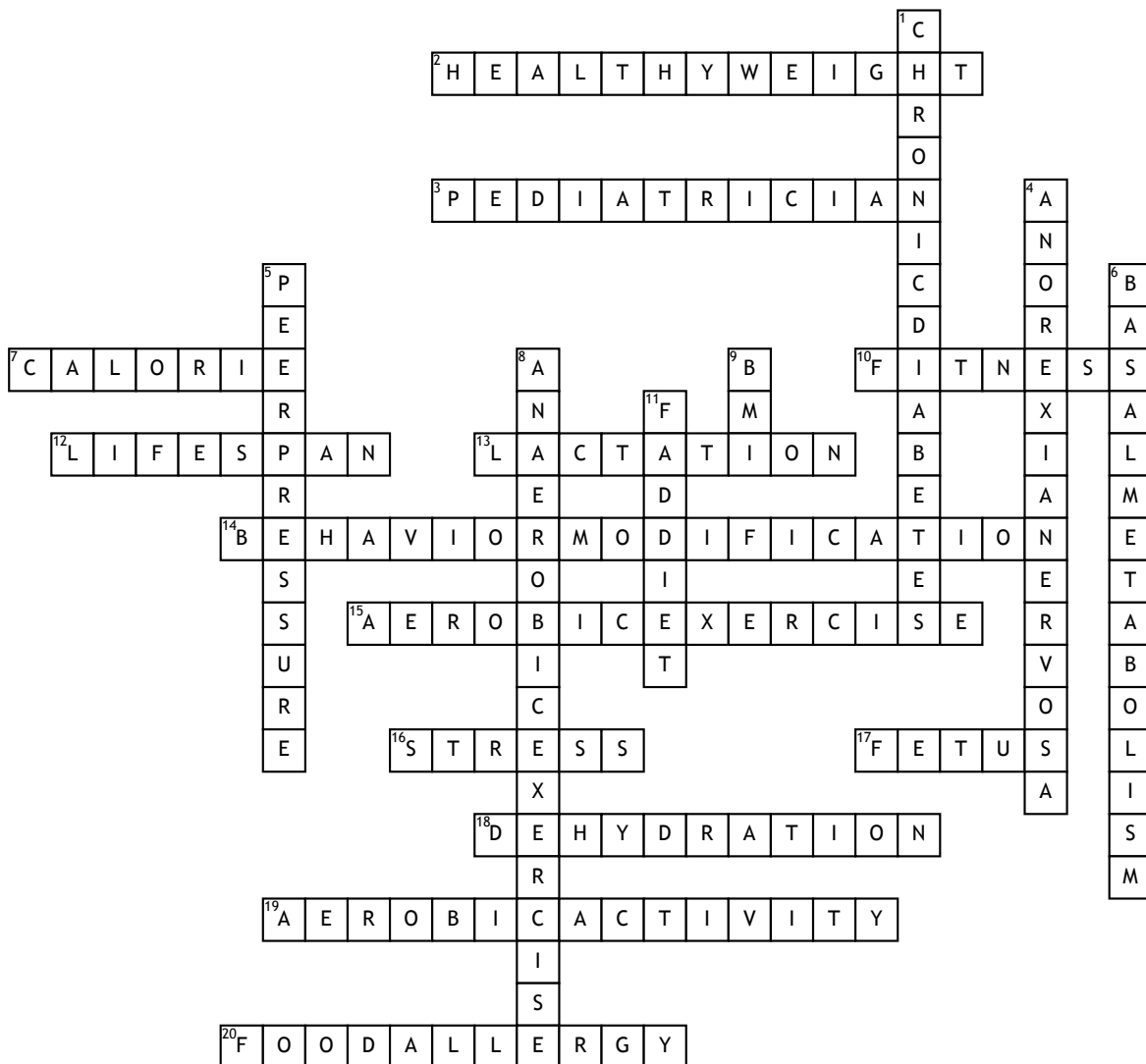


Name: _____

Date: _____

life cycle nutrition



Across

2. a body mass index of 18.5 to 24.9 in an adult
3. baby doctor
7. the unit used to measure the amount of energy value in foods
10. the body's ability to meet physical demands
12. stages of human growth from birth through maturity
13. producing breast milk
14. making gradual changes to your eating habits and activities in order to lose out

15. a vigorous activity that causes the heart rate to increase for at least 20 minutes
16. physical or mental tension caused by a reaction to situation
17. unborn baby
18. abnormal loss of body fluids
19. a physical activity that speeds a person's heart rate and breathing
20. a reaction to the body's immune system when exposed to protein in foods

Down

1. severe condition in which the body cannot control blood sugar levels

4. an eating disorder where the person starves themselves
5. influence of people in the same age group
6. just enough energy our body needs to stay alive and carry on vital processes
8. running a 100 meter dash or lifting weights are short intense bursts of burning energy
9. a calculation of a person's weight and height to determine overweight or obesity
11. a diet that is popular for a short period of time