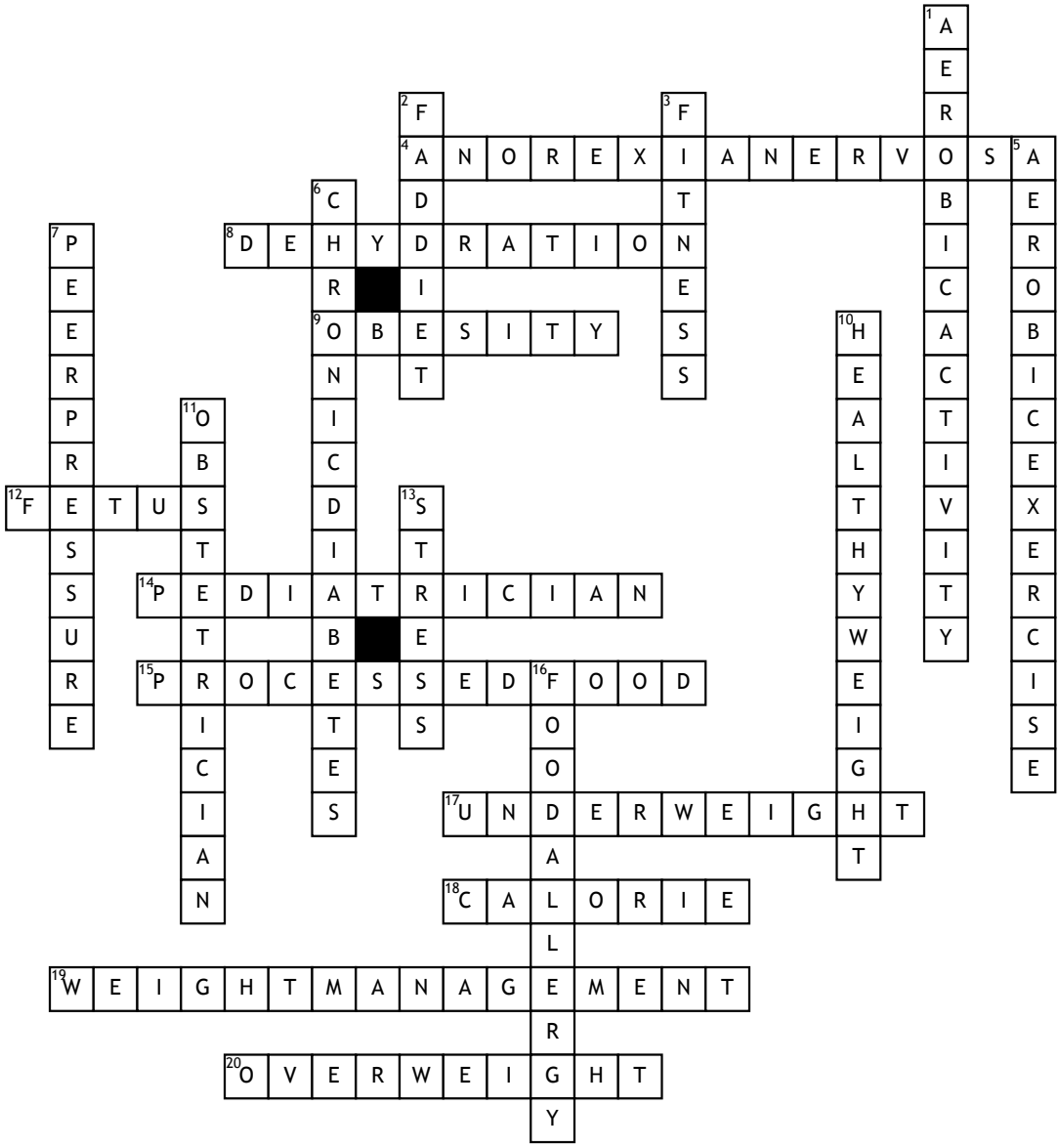
Name: _____ Date: _____

Life cycle Nutrition foods 1



Across

4. An eating disorder where the person starves themselves

8. Abnormal loss of body fluids

9. A condition in which there is excessive fat in the body an the BMI is 30 or more

12. Unborn baby

14. Baby Doctor

15. Foods that have been canned, frozen, dried, cooked, or fortified

17. A condition of being 10% under your normal weight or a BMI

18. The unit to measure the amount of energy value in foods

19. Using healthy food choices and exercise to maintain a healthy weight

20. A condition where a person is 10% or above normal weight or BMI is 25 thru 29.9

Down

1. A physical activity that speeds a person's heart rate and breathing

2. A diet that is popular for a short period of time

3. The body's ability to meet physical demands

5. A vigorous activity that causes the heart rate to increase for at least 20 minutes

6. Severe condition in which the body cannot control blood sugar levels

7. Influence of people in the same age group

10. A body mass index of 18.5 to 2.9 in an adult

11. Doctors who specialize in the care of pregnant women and child birth

13. Physical or mental tension causes by a reaction to a situation

16. A reaction to the body's immune system when exposed to protein in foods