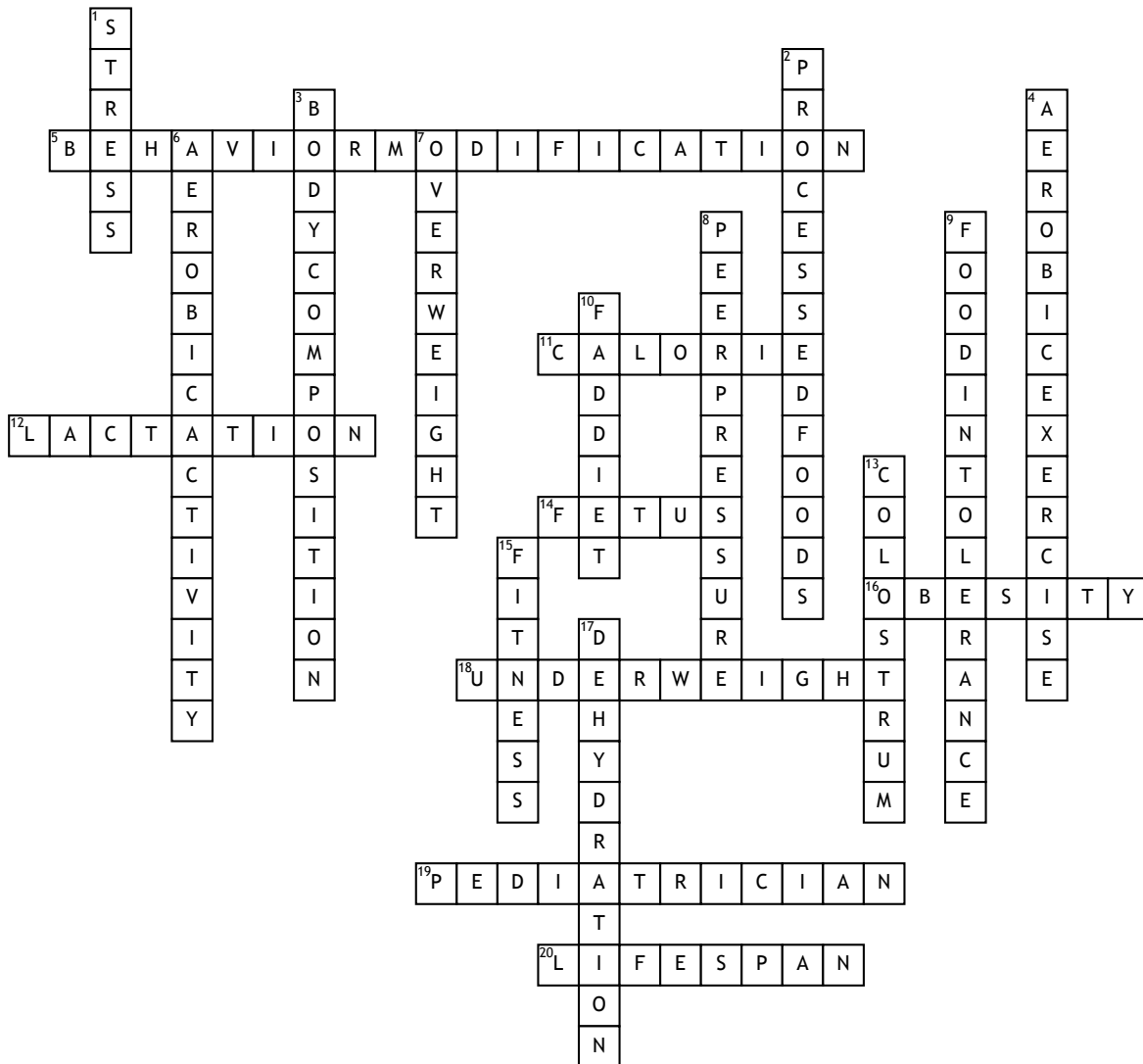


# Life Cycle Nutrition Key Terms



## Across

5. Making gradual changes to your eating habits and activities in order to loose out
11. The unit used to measure the amount of energy value of food
12. Producing breast milk ( breast feeding)
14. Unborn baby
16. A condition in which there is excessive fat in the body and the BMI is 30 or more
18. A condition of being 10% under your normal weight or a BMI of less than 18.5
19. Baby doctor

20. Stages of human growth from birth through maturity

## Down

1. Physical or mental tension caused by a reaction to a situation
2. Food that has been canned,frozen,dried,cooked or fortified
3. Proportions of bone, muscle,fat and tissue that make up body weight
4. a vigorous activity that causes the heart rate to increase for at least 20 minutes
6. A physical activity that speeds a person's heart rate and breathing
7. A condition where a person is 10% or above normal weight or BMI is 25 thru 29.9
8. Influence of people in the same age group
9. A negative physical reaction to food that does not involve the body's immune system
10. A diet that is popular for a short period of time
13. A thick yellowish fluid which has antibodies in breast milk and it will protect the body from infection
15. The body's ability to meet physical demands
17. Abnormal loss of body fluids