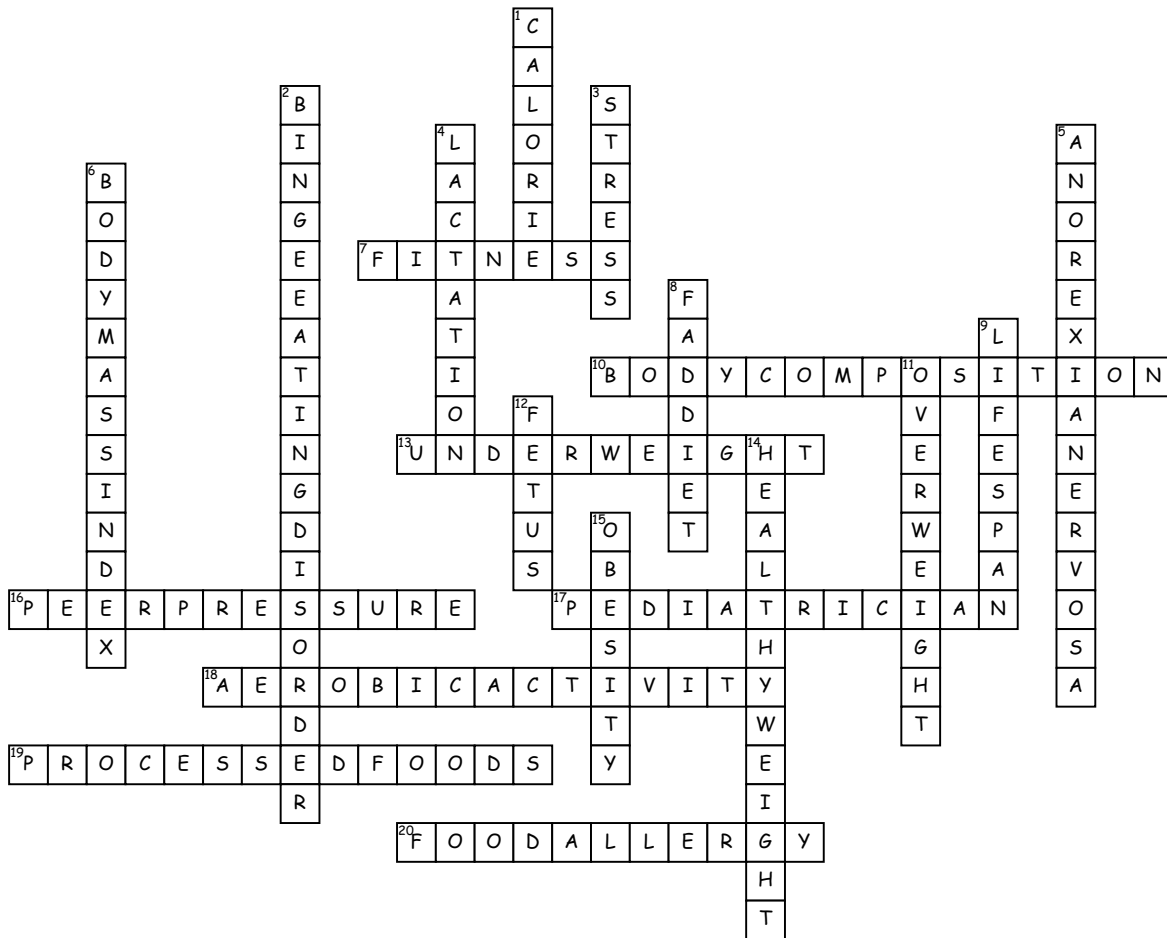


nutrients



Across

7. the body's ability to meet physical demands

10. proportions of bone muscle fat and tissue that make up body weight

13. a condition of being 10% under your normal weight or BMI OF less than 18.5

16. influence of people in same age group

17. baby doctor

18. a physical activity that speeds a persons heart rate and breathing

19. foods that have been canned frozen dried cooked or fortified

20. a reaction to the body's immune system when exposed to protein foods

Down

1. the unit used to measure the amount of energy value in foods

2. an eating disorder where there is a large repeated episodes of uncontrolled eating amounts of food

3. physical or mental tension causes by reaction to a situation

4. producing breast milk

5. an eating disorder where the person starves themselves to death

6. a calculation of a persons weight and height to determine overweight or obesity

8. a diet that is popular for a short period of time

9. stages of human growth from birth to maturity

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

12. unborn baby

14. BMI of 18.5 to 24.9 in an adult

15. a condition in which there is excessive fat in the body and BMI is 30 or more