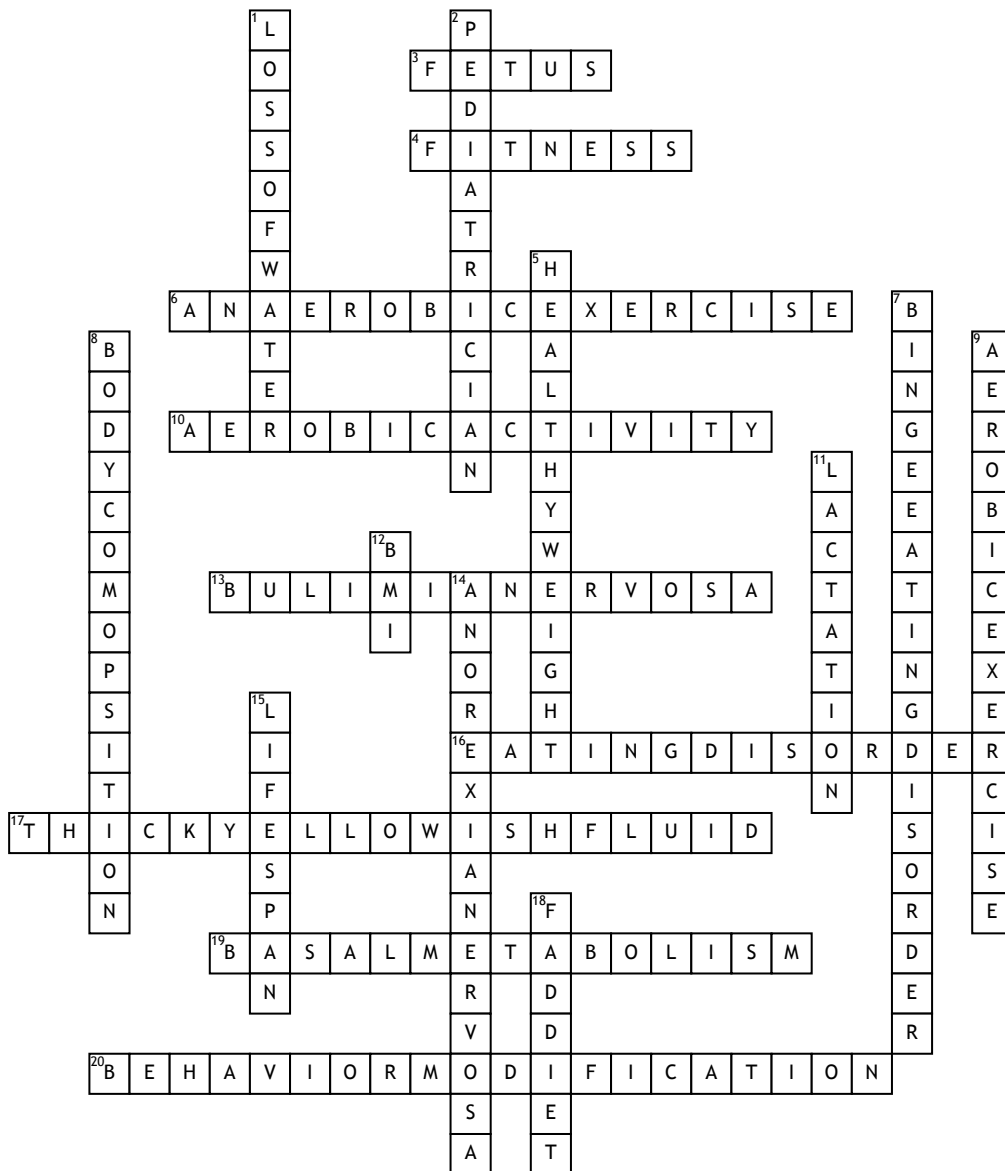


Name: _____

Date: _____

foods



Across

3. unborn baby
 4. body's ability to meet physical demands
 6. a short, intense burst of burning energy
 10. a physical activity that speeds up heart rate
 13. repeated binges followed by inappropriate behavior to prevent gain
 16. abnormal eating behaviors
 17. colostrum

19. enough energy our body needs to stay alive and carry vital processes

20. making changes to eating habits and activity habits to lose

Down

1. dehydration
 2. baby doctor
 5. body mass index 18.5-24.9
 7. eating disorder where large amounts of food is eaten
 8. proportions of fat muscle and bone that make up the body

9. a vigorous activities that causes heart rate for 20 min
 11. producing breast milk
 12. calculation of height and weight to find out obesity
 14. an eating disorder where a person starves themselves
 15. stages of growth to maturity
 18. diet that is popular for a short time