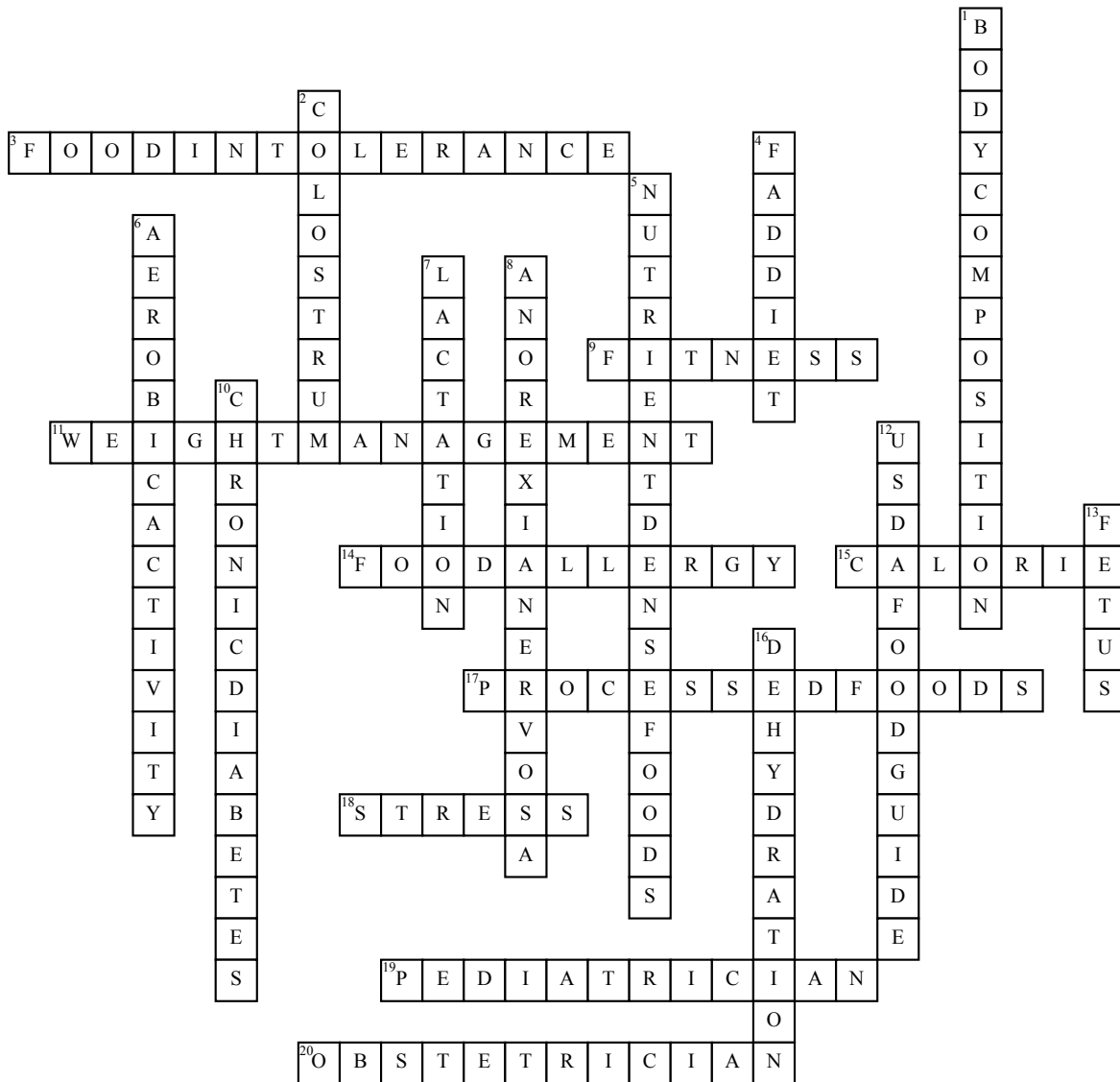


Name: _____

Date: _____

Guide to good food



Across

3. Negative physical reaction to food that does not involve the body immune system

9. The body's ability to meet physical demands

11. using healthy food choices and exercise to maintain a healthy weight

14. a reaction to the body immune system when exposed to protein in foods

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

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

18. physical or mental tension caused by a reaction to a situation

19. baby doctor

20. doctors who specialize in the care of pregnant women and babies at birth

Down

1. Proportions of bone, muscle, fat and tissue that makes up body weight

2. Thick yellow fluid that has antibodies in breast milk and will protect body from infection

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

5. Foods that have more vitamins and minerals compared to the number of calories it supplies

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

7. Producing breast milk

8. An eating disorder where the person starves themselves

10. severe condition in which the body can not control blood sugar levels

12. recommended number of daily servings for each food group

13. unborn baby

16. Abnormal loss of body fluids