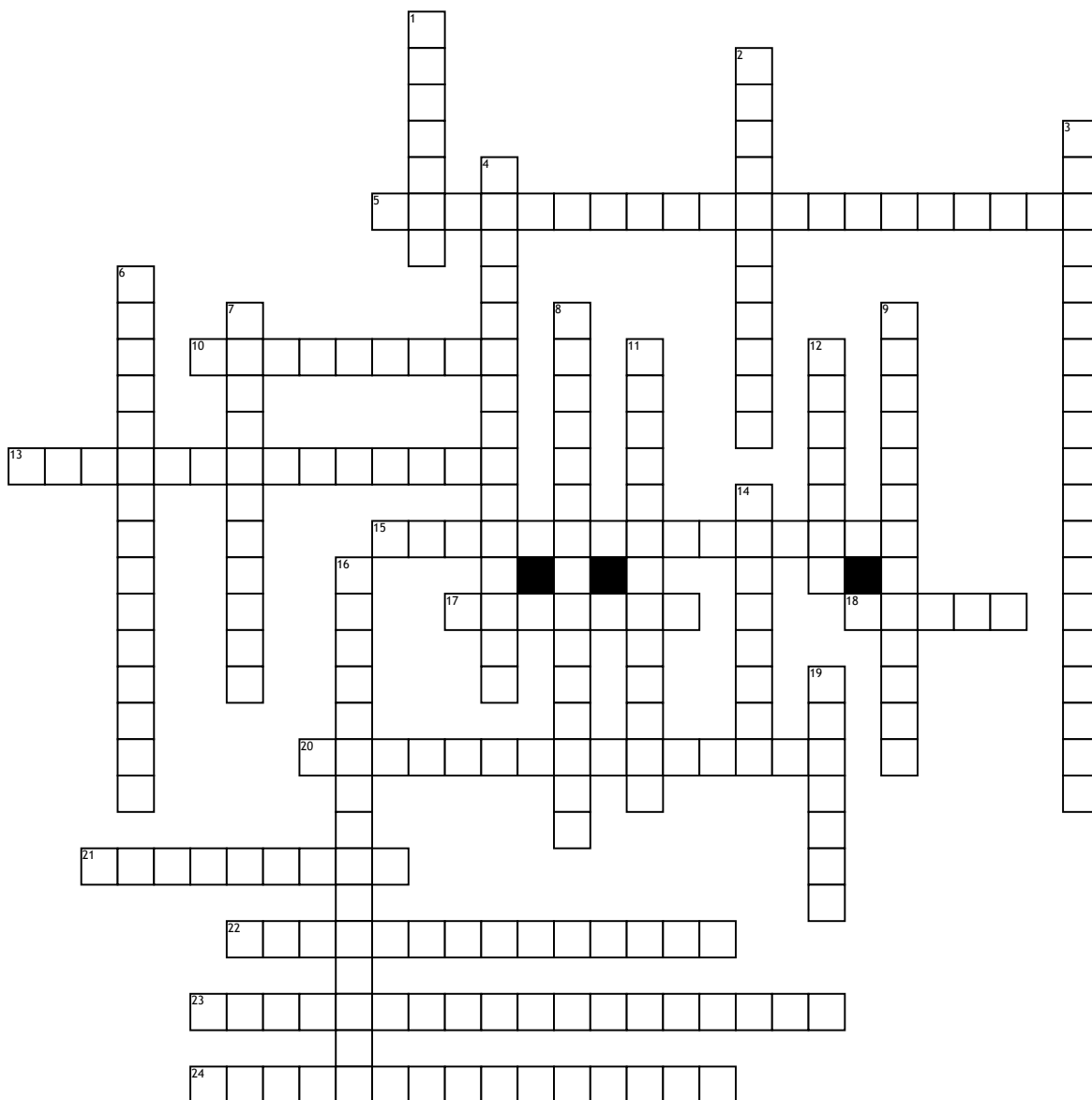


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Foods Vocab



## Across

5. making gradual changes to your eating habits and activities  
 10. A yellowish fluid with antibodies that protect the body from infection  
 13. Repeated bingeing and innapropriate behavior to prevent weight gain  
 15. A Vigorous activity that causes the heart rate to increase at least 20 minutes  
 17. the bodys ability to meet physical demands  
 18. An unborn baby  
 20. A negative reaction in food not caused by the bodys immune system  
 21. producing breast milk

22. Abnormal eating behavior that harms one physically or mentally  
 23. foods that have more vitamins and mineral than the calories it supplies  
 24. Severe condition in which the body cannot control blood sugar levels  
**Down**  
 1. A diet that is popular for a short period of time  
 2. abnormal loss of body fluids  
 3. An eating disorder where large amounts of food is consumed  
 4. Just enough energy our body needs to stay alive  
 6. A physical activity that speeds up a person's breathing and heart rate

7. A reaction in the body's immune system when exposed to proteins  
 8. an eating disorder which the person starves themselves  
 9. A body mass index of 18.5 to 24.9 in an adult  
 11. A calculation of a person weight and height  
 12. The unit used to measure the amount of energy value in foods  
 14. Stages of human growth  
 16. proportions of bone,muscle, fat and tissue that makes up body weight  
 19. A condition where there is excessive fat in the body