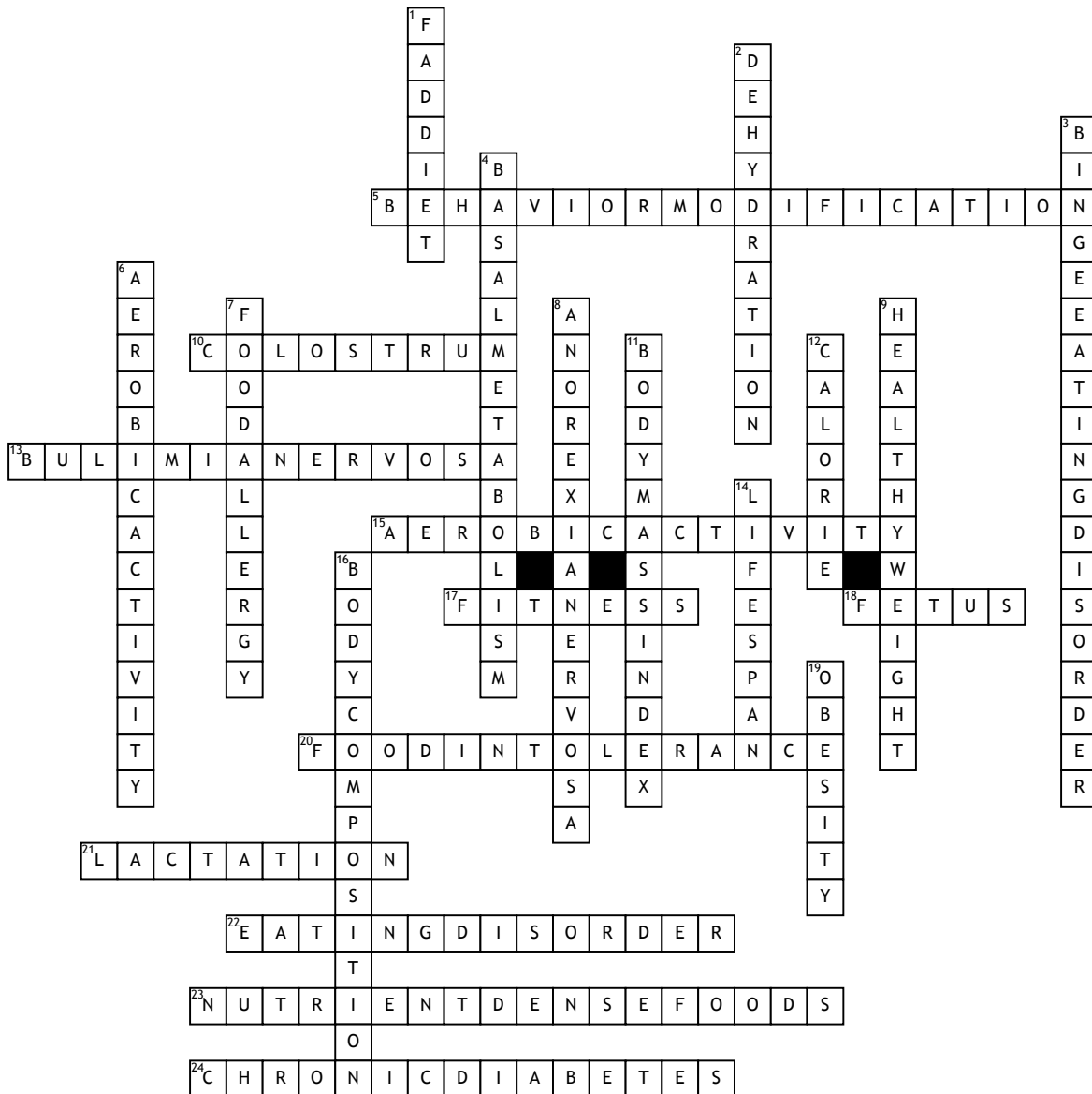


Name: _____

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