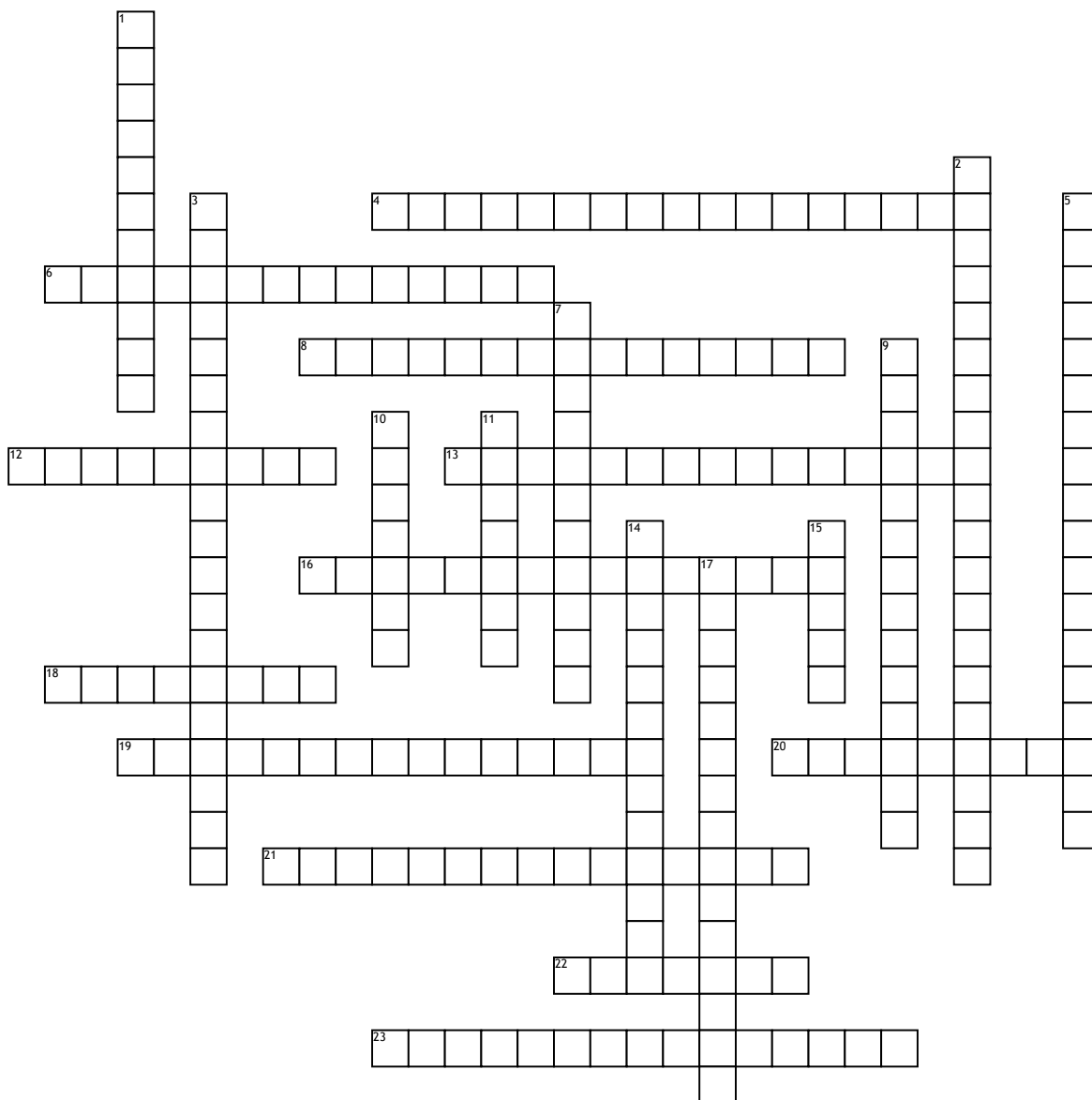


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Foods 1



## Across

4. A short, intense burst of energy such as lifting weights.  
 6. The overeating or starvation of a person due to a psychological condition.  
 8. A negative physical reaction to certain foods that does not involve the immune system.  
 12. A body function where a female produces breast milk for her offspring.  
 13. The minimal amount of energy needed for the body to function.  
 16. A type of exercise that causes the vital signs to increase for at least 20 minutes.  
 18. The stages of a human life from birth to death.  
 19. An exercise that increases a person's vital signs.

20. A thick, yellowish fluid found in breast milk; it has antibodies that can protect the baby from infection.  
 21. The proportions of tissue, fat, muscle, and bone that make up the total body weight.  
 22. The ability of the body to meet its physical demands.  
 23. A psychological disorder where a person deliberately starves themselves.

## Down

1. The lack of water in the body due to someone not consuming enough fluids.  
 2. Changing your diet gradually by adding and subtracting new foods over time.  
 3. An eating disorder where a person overeats regularly.

5. The mathematical calculation of a person's height and weight to determine whether a person is underweight or overweight.  
 7. A negative reaction to a food by the body's immune system.  
 9. An eating disorder where a person overeats, then takes drugs or regurgitates the food to prevent weight gain.  
 10. A unit used to measure the amount of energy found in foods.  
 11. A diet that a person stays on for a short period of time.  
 14. A BMI of 18.5-24.9 in a normal adult.  
 15. A baby that is still in the uterus of a female.  
 17. A long lasting condition where the body cannot control blood sugar levels due to the kidneys not functioning properly.