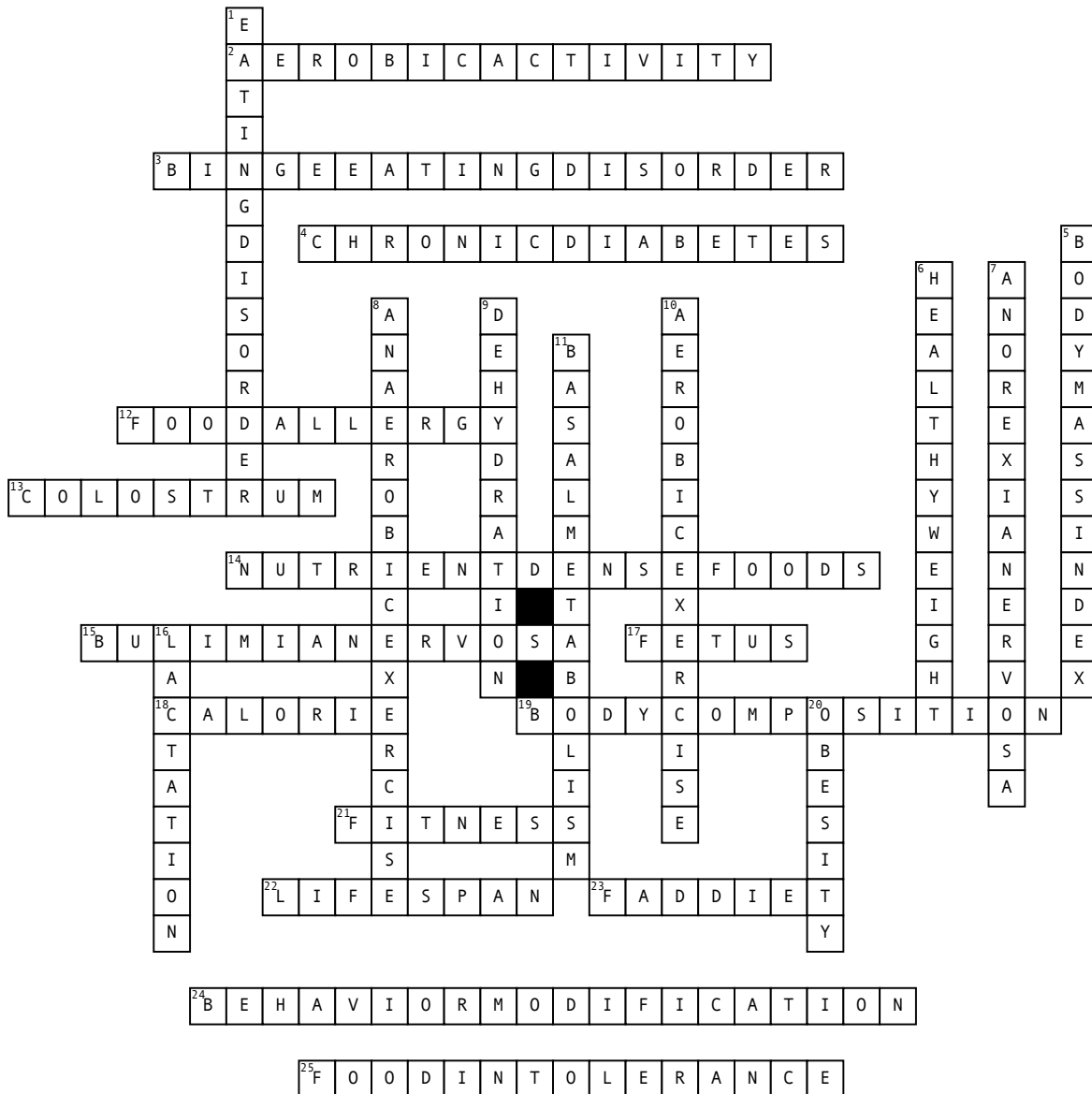


# Nutrition is Fun



## Across

2. speed's a person's heart rate and breathing
3. repeated episodes of uncontrolled eating
4. body can't control blood sugar levels
12. reaction to something you can't eat
13. protect body from infection (thick & yellow)
14. more vitamins and minerals compared to calories
15. prevent weight gain
17. unborn baby

18. measure energy value in food

19. proportions that make up body weight

21. meet physical demands

22. stages of hum growth

23. popular for short amount of time

24. making changes to your eating habits/activities

25. something to body doesn't like

## Down

1. abnormal eating behavior

5. calculation of person's weight and height to determine if overweight

6. BMI is 18.5-24.9

7. person starves themselves

8. short-intense burst of burning energy

9. lack of water

10. increases heart rate for a minimum of 20 mins

11. enough energy to stay alive and carry vital processes

16. breast-feeding

20. overweight