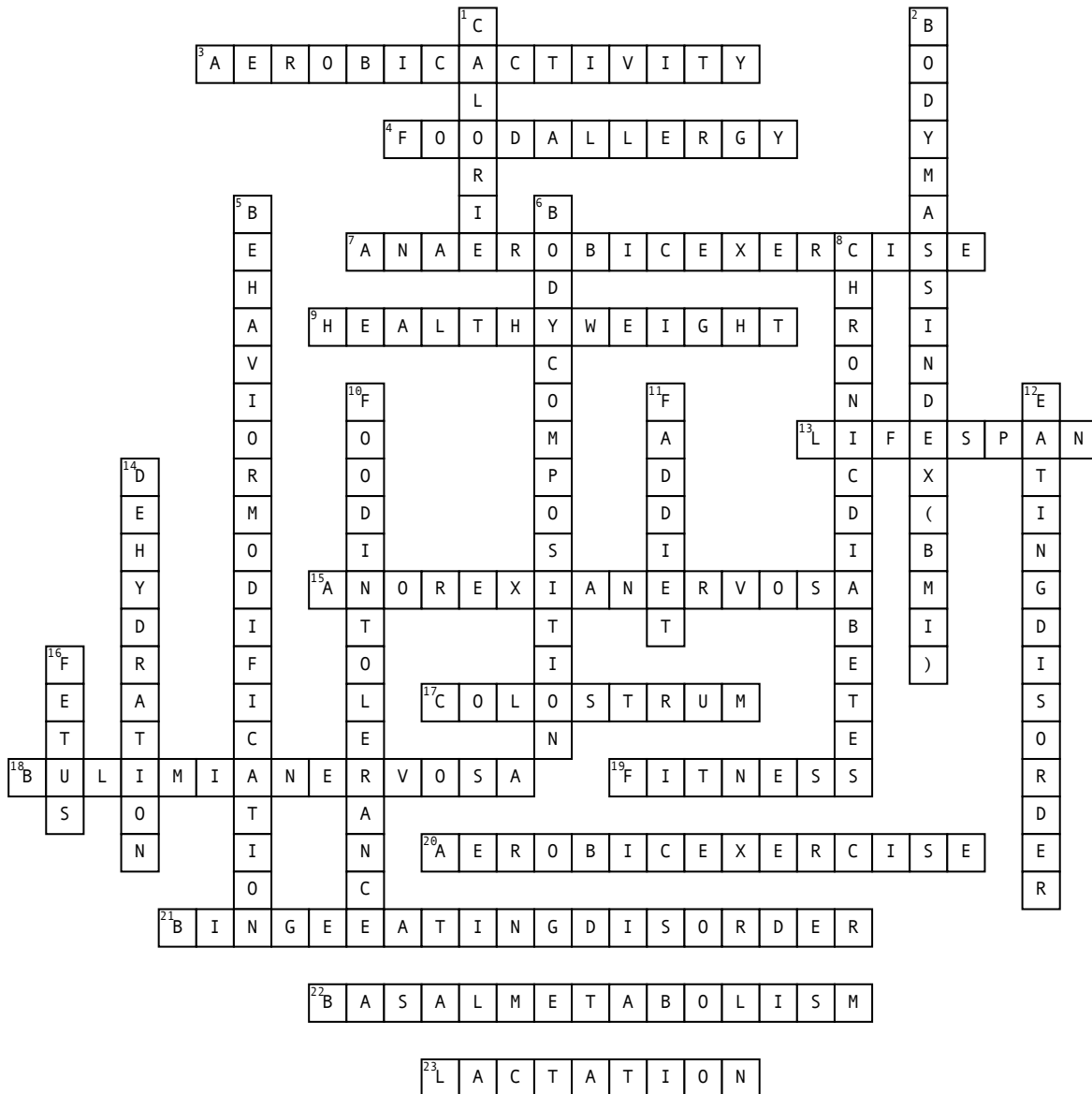


# Foods 1 Terms Crossword



## Across

3. Physical activity that speeds up your heart rate and breathing.

4. A reaction to the body's immune system when the body is exposed to proteins.

7. Short intense burst of burning energy.

9. A single person's body mass index (BMI) that is 18.5 - 24.9 in adults.

13. Each stage of human growth which is from birth through your life of maturity.

15. Eating disorder where someone starves themselves.

17. A thick yellowish fluid that has antibodies which are in breast milk which protect the body from infection.

18. Binge eating which then followed by inappropriate behaviors to prevent gaining weight.

19. The body's ability to meet a physical demand.

20. Vigorous activity that makes the heart rate increase for 20 minutes.

21. An eating disorder, that involves eating food uncontrollably.

22. The minimum amount of energy our body needs to stay alive.

23. To produce breast milk or breast-feeding.

## Down

1. A unit that is used to measure the amount of energy in foods.

2. The calculation of someone's weight based on their height and weight which then determine if they are overweight or obese.

5. Making changes to your eating habits and activities.

6. The proportions of bone, muscle, fat, and tissue that make up your weight.

8. Condition where the body can't control it's blood sugar levels.;

10. Negative physical reactions to foods that don't involve your body's immune system.

11. A popular diet.

12. A non normal eating habit that harms one physically and mentally.

14. To have an abnormal loss of bodily fluids.

16. An unborn baby.