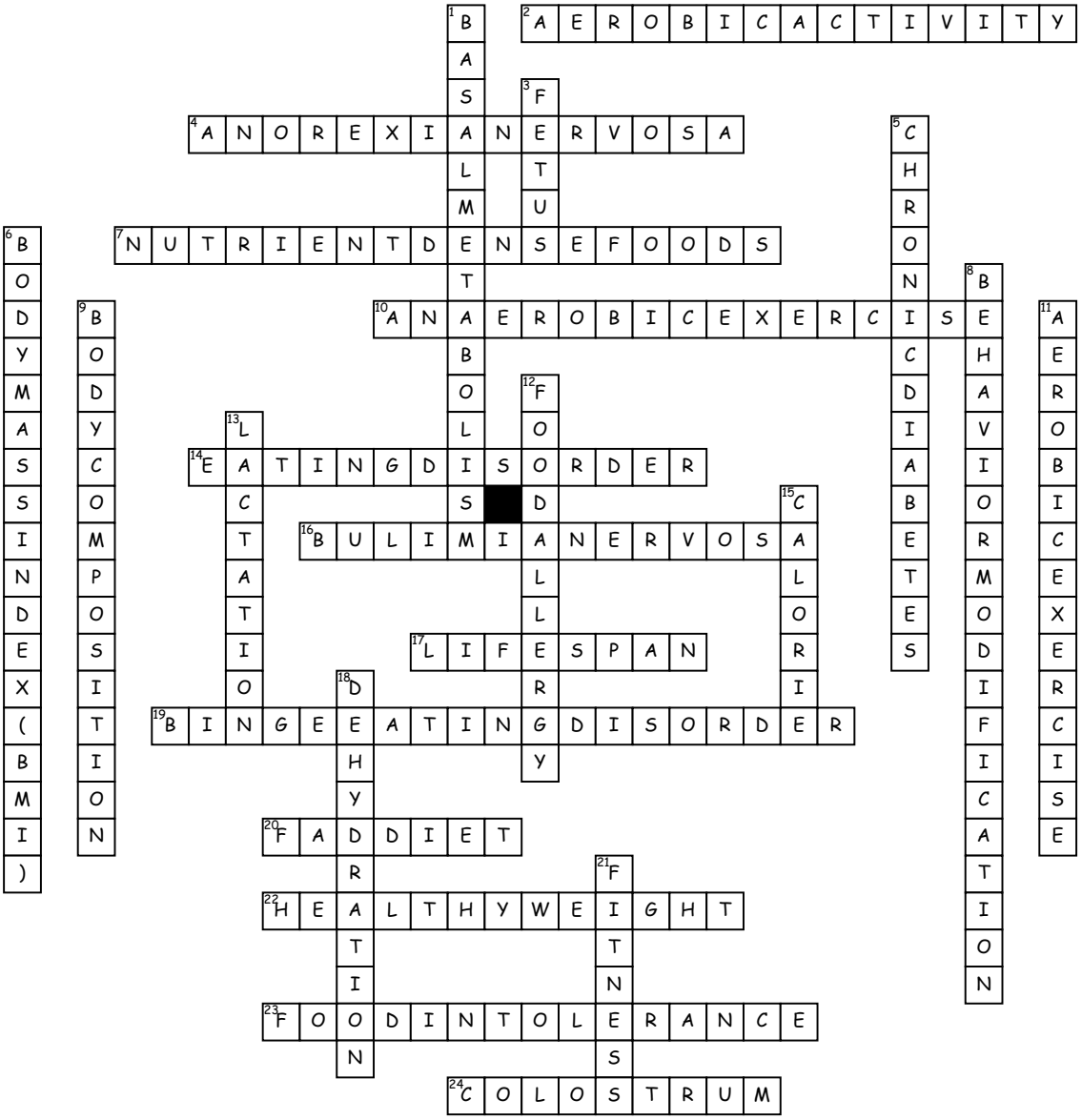
Name: _____ Date: _____

Nutrition Terms



Across

2. Activity that speeds person breathing

4. eating disorder where the person starves themselves

7. foods that have more vitamins and minerals

10. Short intense burst of burning energy

14. eating behavior that harms one emotionally and mentally

16. Repeated binges and inappropriate behaviors to prevent weight gain

17. Stages of growth from birth to maternity

19. eating disorder where a person has large episodes of uncontrolled eating amounts of food

20. diet that is popular for short period of time

22. body mass index of 18.5 to 24.9 in an adult

23. negative physical reaction to food

24. thick yellowish fluid that will protect the body from infections

Down

1. Just enough energy out body needs to stay alive

3. Unborn baby

5. condition where the body cannot control blood sugar levels

6. Calculation of a person's weight and height

8. Making gradual changes to your eating habits

9. Proportions of bone, muscle, fat and tissue

11. Vigorous activity that causes heart rate to increase

12. reaction to the body's immune system when exposed to proteins in foods

13. producing breast milk

15. unit used to measure amount of energy value in foods

18. Loss of body fluids

21. Body's ability to meet physical demands