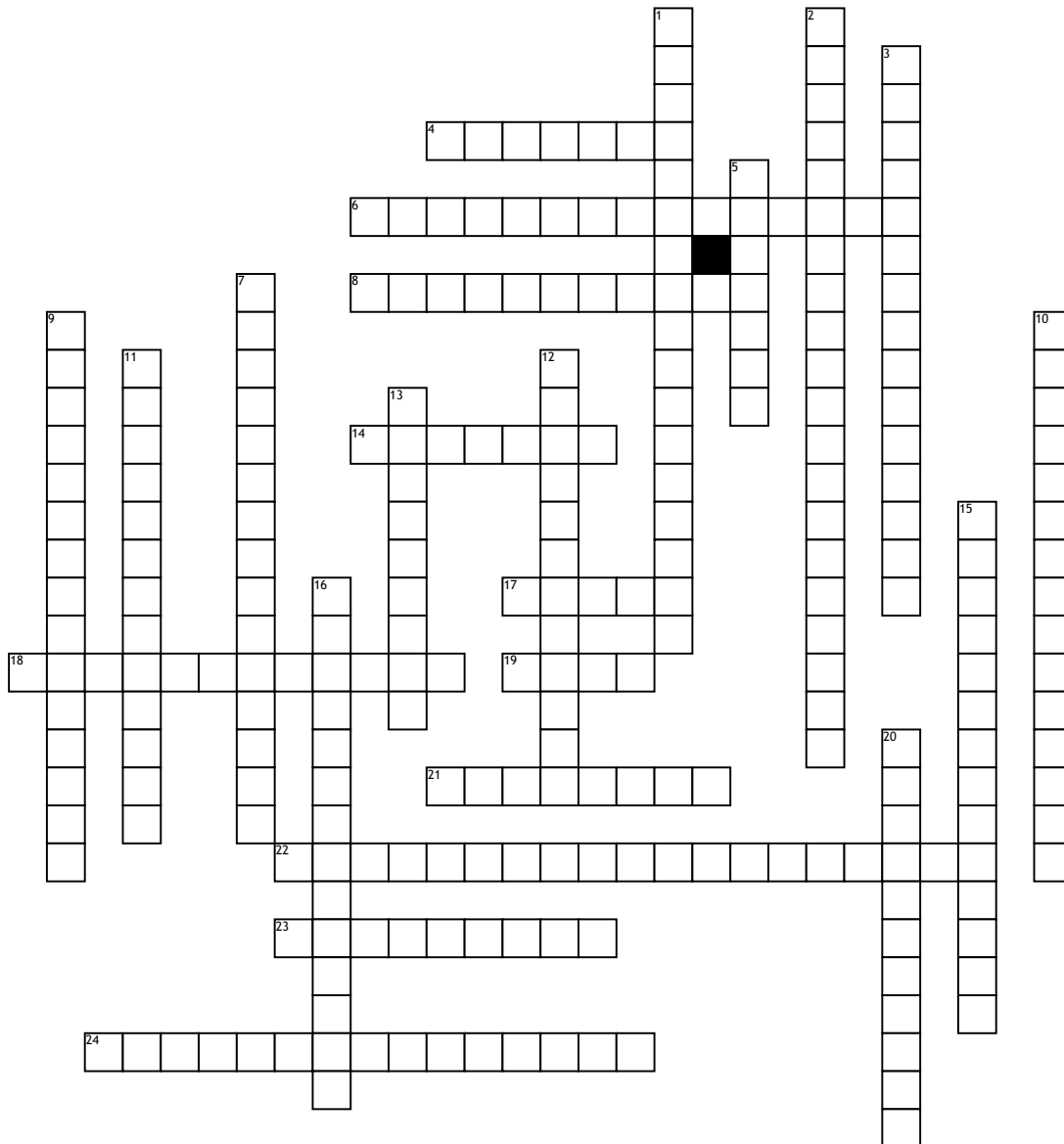


Name: _____

Date: _____

Life Cycle Nutrition



Across

- 4. measure the amount of energy value in foods
- 6. bone, muscle, fat and tissue makes up the body weight
- 8. loss of water
- 14. diet that is popular for a short period of time
- 17. Unborn baby
- 18. Baby doctor
- 19. number of daily serving for each of its food groups
- 21. human growth from birth of maturity

- 22. large repeated episodes of uncontrolled eating amounts of food

- 23. thick yellowish fluid that will protect the body from infection
- 24. enough energy in our body needs to stay alive

Down

- 1. short-intense burst of burning energy
- 2. gradual changes to your eating habits and activities
- 3. the body cannot control blood sugar levels
- 5. body to meet physical demands

- 7. causes the heart rate to increase for at least 20 minutes
- 9. a person starves themselves
- 10. speeds a person's heart rate and breathing
- 11. calculations to determine overweight or obesity
- 12. Influence by same age group
- 13. produce breast milk
- 15. repeated binges to prevent weight gain
- 16. eating behavior that harms one physically or mentally
- 20. a reaction from the body's immune system protein enters