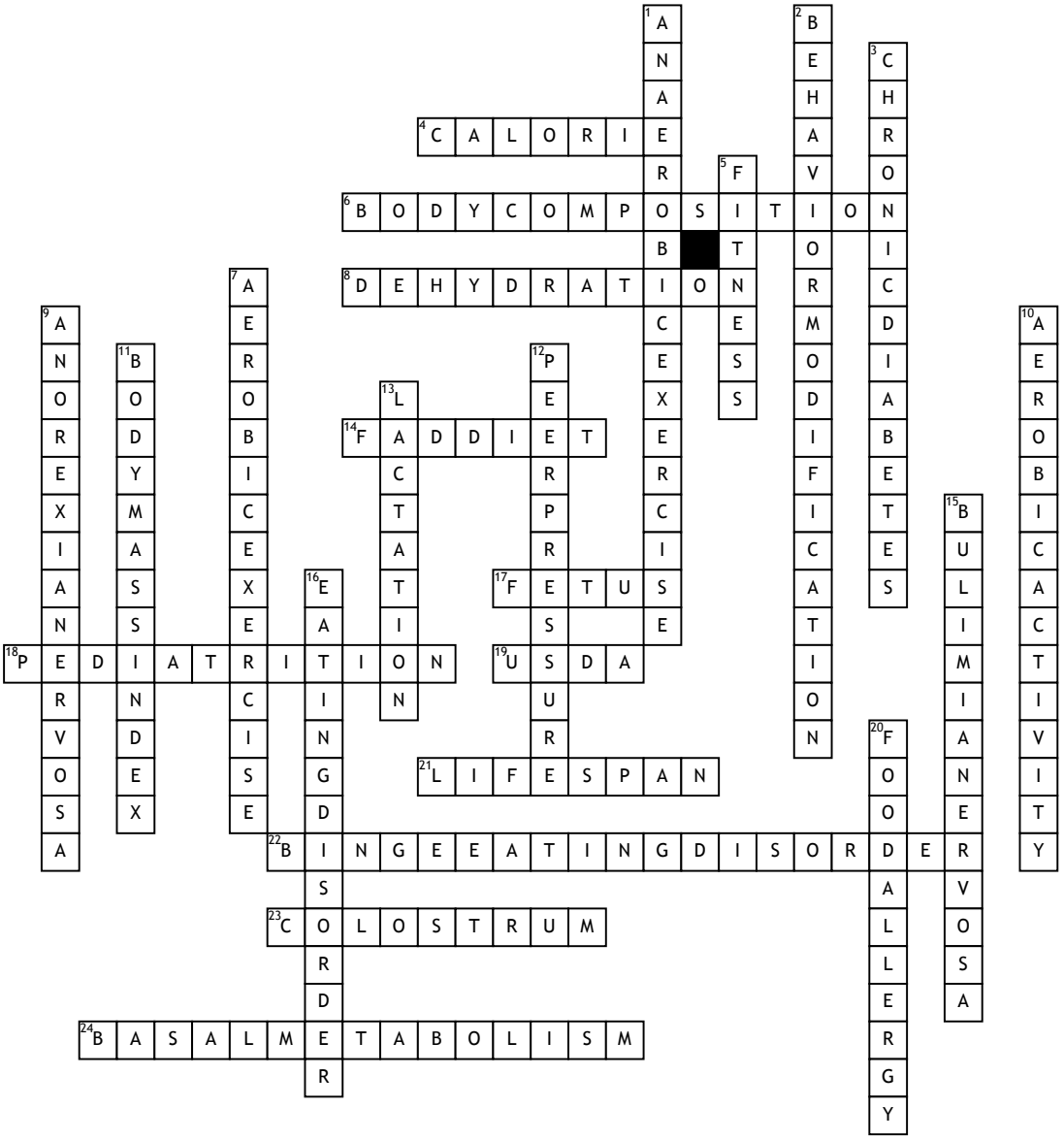
Name: _____ Date: _____

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 saving 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