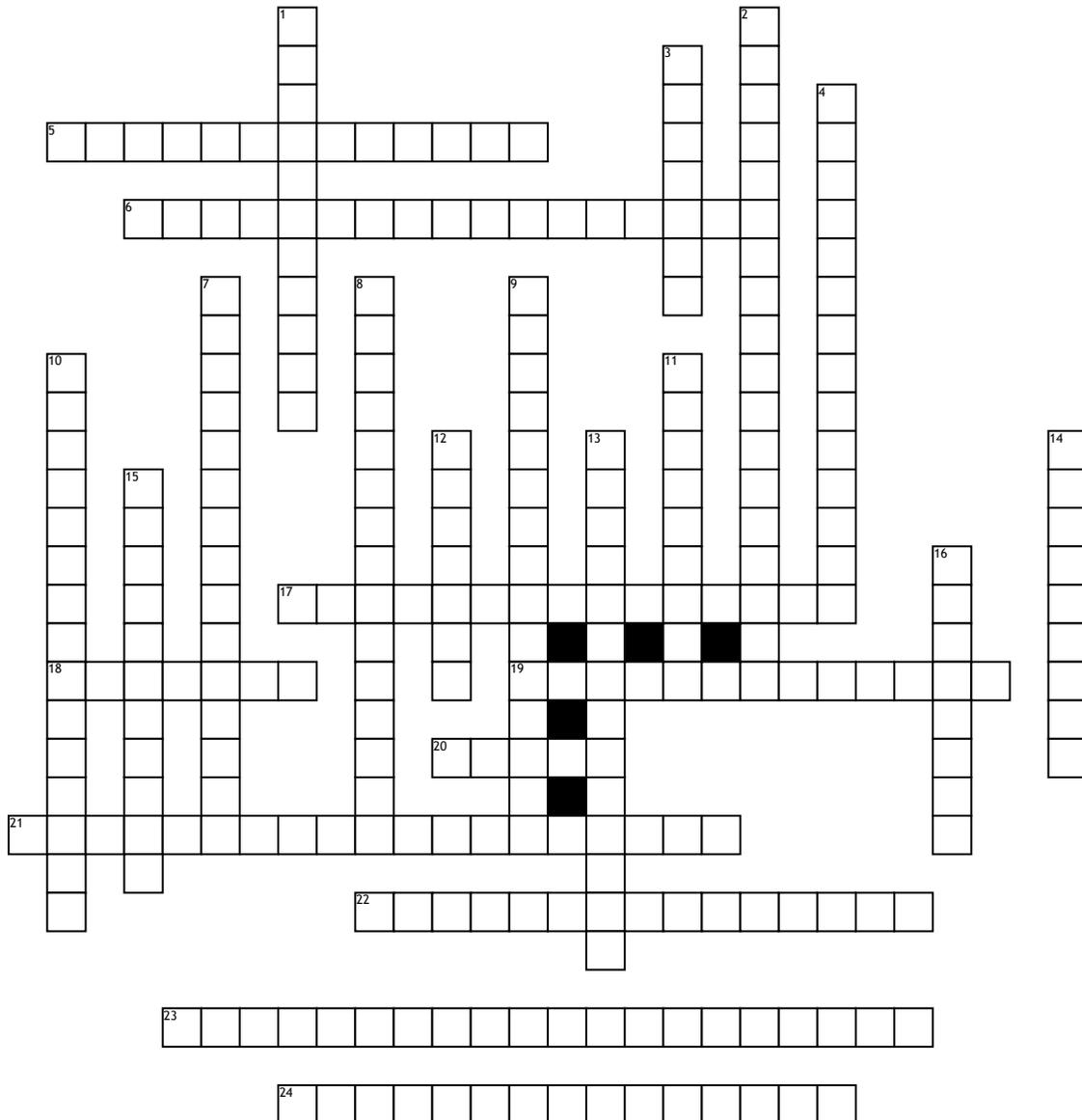


Know the Body



Across

- 5. Healthy body mass index
- 6. Short and intense exercise that requires a burst of energy
- 17. Disorder when the person refuse to eat
- 18. It measures energy values in food
- 19. Height and weight determines if the person is overweight or obese
- 20. A life that has not left the mother's body
- 21. Disorder when the person eats too much
- 22. The body has enough energy to stay alive and function properly

23. Slow changes of food eaten and activities

24. Exercise that causes heart rate to increase for 20 minutes

Down

- 1. Not enough water in the body
- 2. The food contains more vitamins and minerals than calories
- 3. Diet that is trending for a short period of time
- 4. Disorder when the person force themselves to vomit after eating
- 7. Body's negative reaction to food
- 8. Amount of bone, fat, and tissue that makes up body weight

9. The body cannot maintain its blood sugar levels

10. The activity increases heart rate and breathing

11. Yellowish fluid that have antibodies in breast milk to protect the body from infection

12. Body's ability to be physically active

13. Unusual eating habits that harms the body physically or mentally

14. How does a mother feed her newborn baby?

15. Immune system's reaction to being exposed to a protein in food

16. Another word for the "Circle of Life"