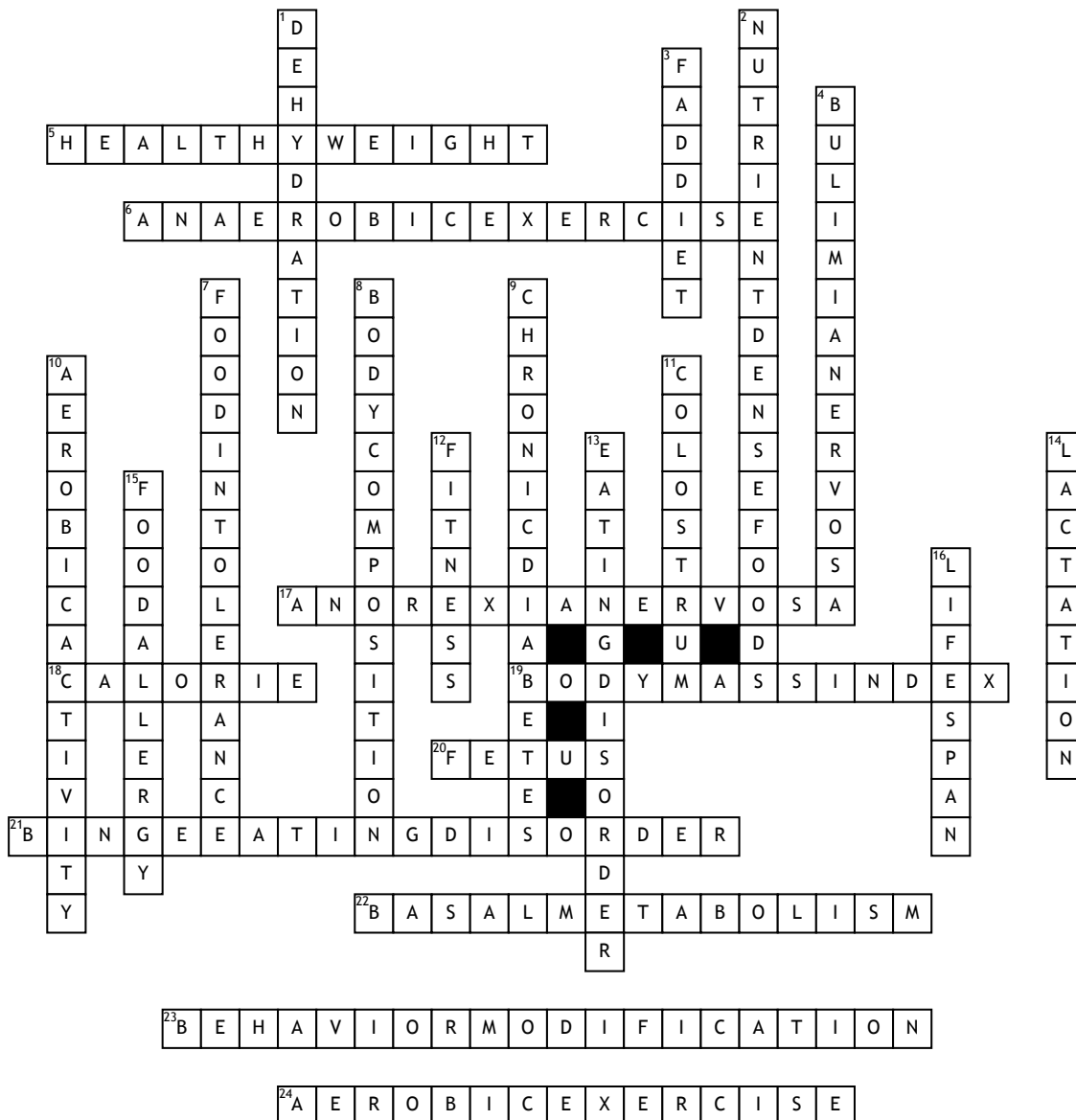


Name: _____ Date: _____ Period: _____

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 refuses to eat
18. It measures energy values in food
19. Height and weight determine 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 forces 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 has antibodies in breast milk to protect the body from infection

12. Body's ability to be physically active

13. Unusual eating habits that harm 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"