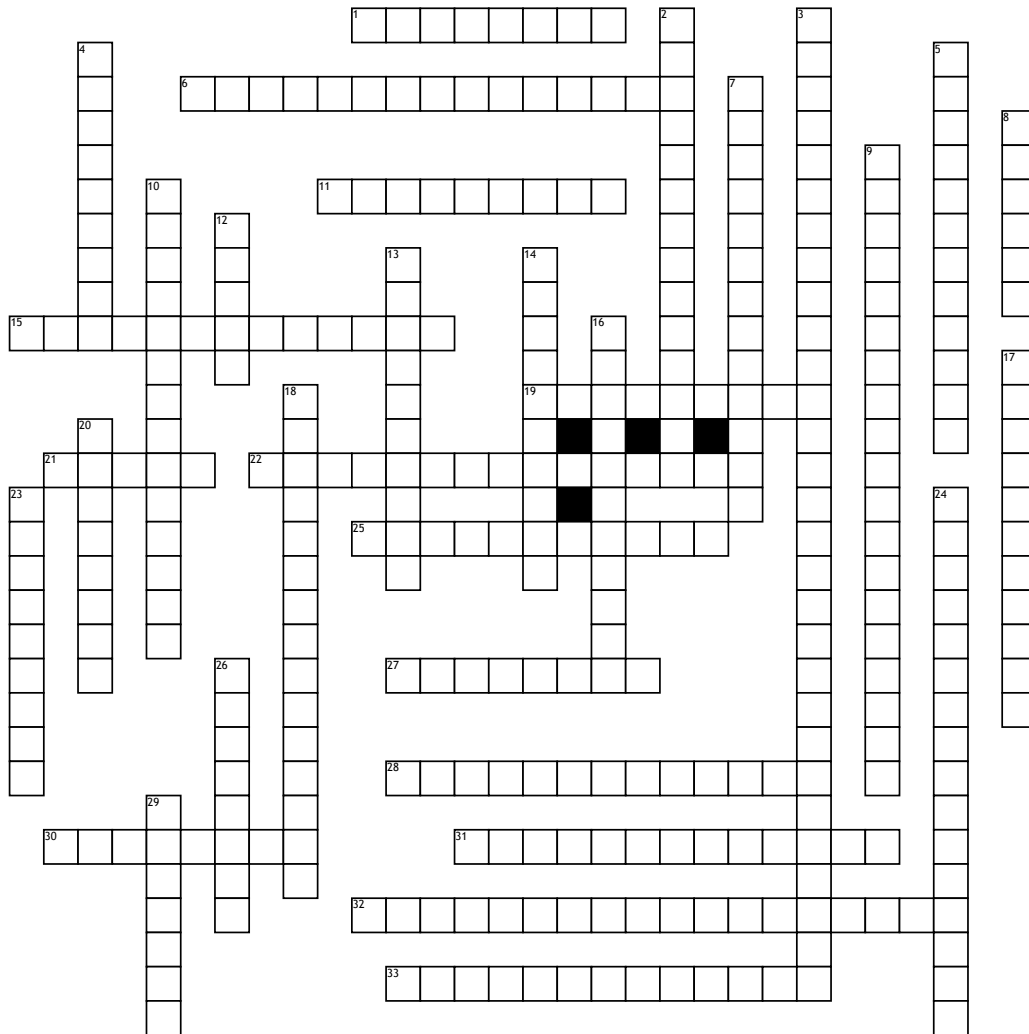


Health



Across

- 1. weight-loss plans that tend to be popular for only a short time
- 6. extreme harmful eating behaviors that can cause serious illness or even death
- 11. the process by which your body takes in and uses food
- 15. a measure of body weight relative to height
- 19. the way you see your body
- 21. a tough complex carbohydrate that the body cannot digest
- 22. negative reaction to food that doesn't involve the immune system
- 25. waxy fatlike substance
- 27. the psychological desire for food
- 28. a high ratio of nutrients to calories
- 30. compounds found in food that help regulate many body processes
- 31. a repeated pattern of losing and regaining body weight
- 32. the spreading of pathogens from one food to another
- 33. substances added to a food to produce a desired effect

Down

- 2. treating a substance with heat to kill or slow the growth of pathogens
- 3. a set of recommendations about smart eating and physical activity
- 4. an interactive guide to healthful eating and active living
- 5. a condition in which the bones become fragile and break easily
- 7. starches and sugars found in foods, provide main source of energy
- 8. the natural physical drive to eat
- 9. an eating disorder in which people overeat compulsively
- 10. an eating disorder that involves cycles of overeating and purging or attempts to rid the body of food
- 12. having an excess of body fat
- 13. heavier than the standard weight range for your height
- 14. the process by which the body breaks down substances and gets energy from food
- 16. below the standard weight range for your height

- 17. a condition in which the body's immune system reacts to substances in some foods
- 18. an eating disorder in which an irrational fear of weight gain leads people to starve themselves
- 20. elements found in food that are used by the body
- 23. substances in food that your body needs to grow, to repair itself, and to supply you with energy
- 24. food poisoning
- 26. nutrients the body uses to build and maintain its cells and tissues
- 29. unit of heat used to measure the energy your body uses and the energy it receives from food

Word Bank

body image
eating disorders
nutrients
fiber
calorie
cholesterol
carbohydrates
hunger
bulimia nervosa

food intolerance
underweight
weight cycling
food additives
appetite
osteoporosis
pasteurization
obese

anorexia nervosa
vitamins
cross-contamination
MyPyramid
fad diets
binge eating disorder
overweight
proteins

metabolism
foodborne illness
minerals
nutrition
Dietary Guidelines for Americans
nutrient-dense
body mass index
food allergy