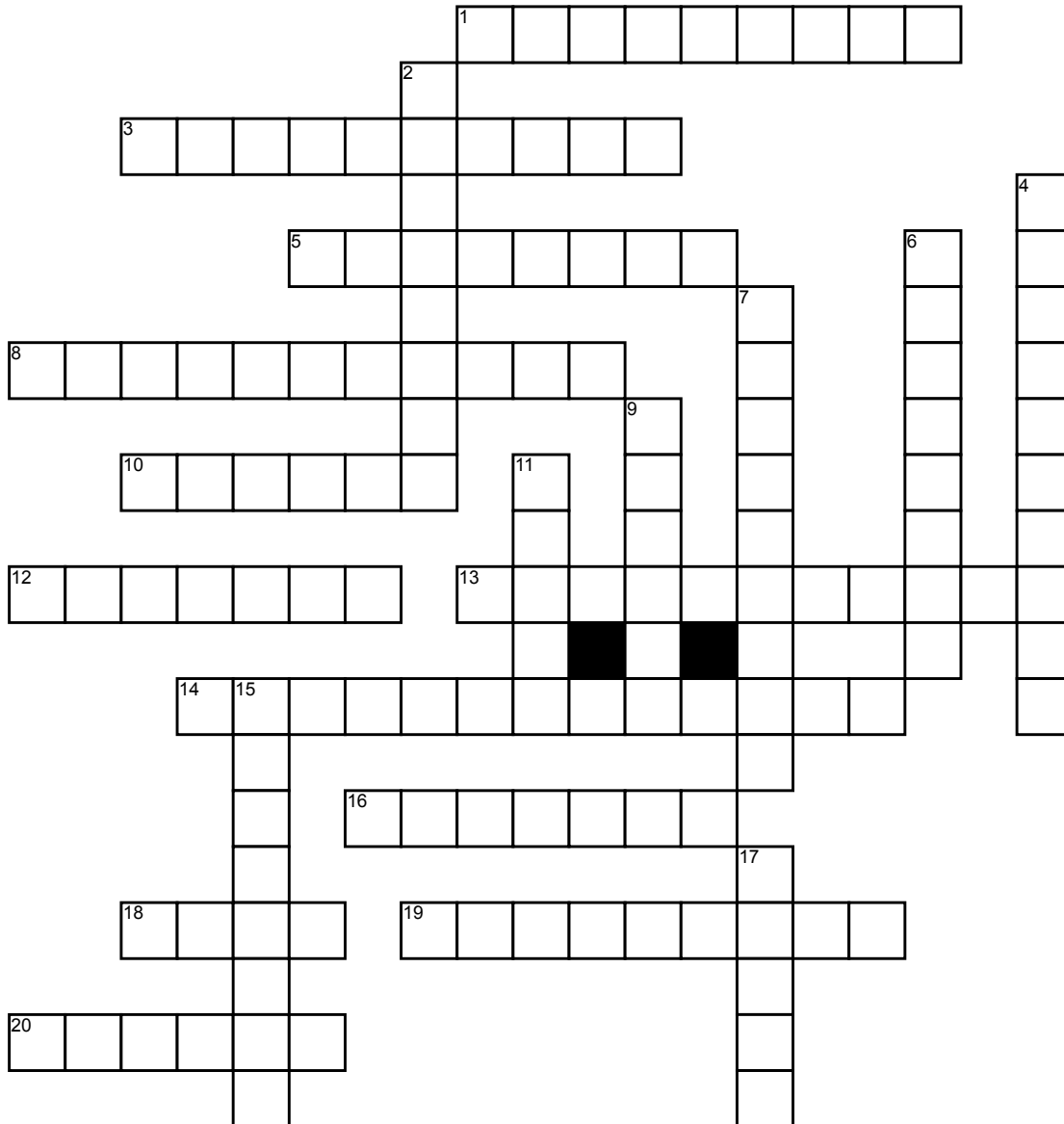


Nutrition



Across

- 1. The way you see your body
- 3. Food group that contains broccoli, green peas, lima beans, and lettuce.
- 5. Food group that contains pork chops, ribs, eggs, turkey, and hamburger.
- 8. Weighing less than is healthy for a person of your gender, height, age, and body type.
- 10. Food group that contains rice, pancakes, waffles, crackers, and granola.
- 12. A nutrient that helps build strong bones and teeth.
- 13. Eating disorder in which a person repeatedly eats too much food at one time

- 14. A nutrient that consists of simple and complex types.
- 16. Eating disorder which a person repeatedly eats large amounts of food and then purges.
- 18. A nutrient broken down into trans, saturated, and unsaturated.
- 19. The study of nutrients and how the body uses them.
- 20. Food group that contains bananas, grapes, apples, and blueberries.

Down

- 2. A unit of heat that measures the energy available in food
- 4. Weighing more than is healthy for a person of your gender, height, age, and body type

- 6. Eating disorder in which a strong fear of weight gain leads people to starve themselves on purpose
- 7. Substances in food that your body needs to function.
- 9. The body's physical need for food
- 11. Food group that contains cheddar cheese, milk, pudding, and ice cream.
- 15. The emotional desire for food
- 17. A nutrient that makes you use the restroom and its a substance your body cannot digest.