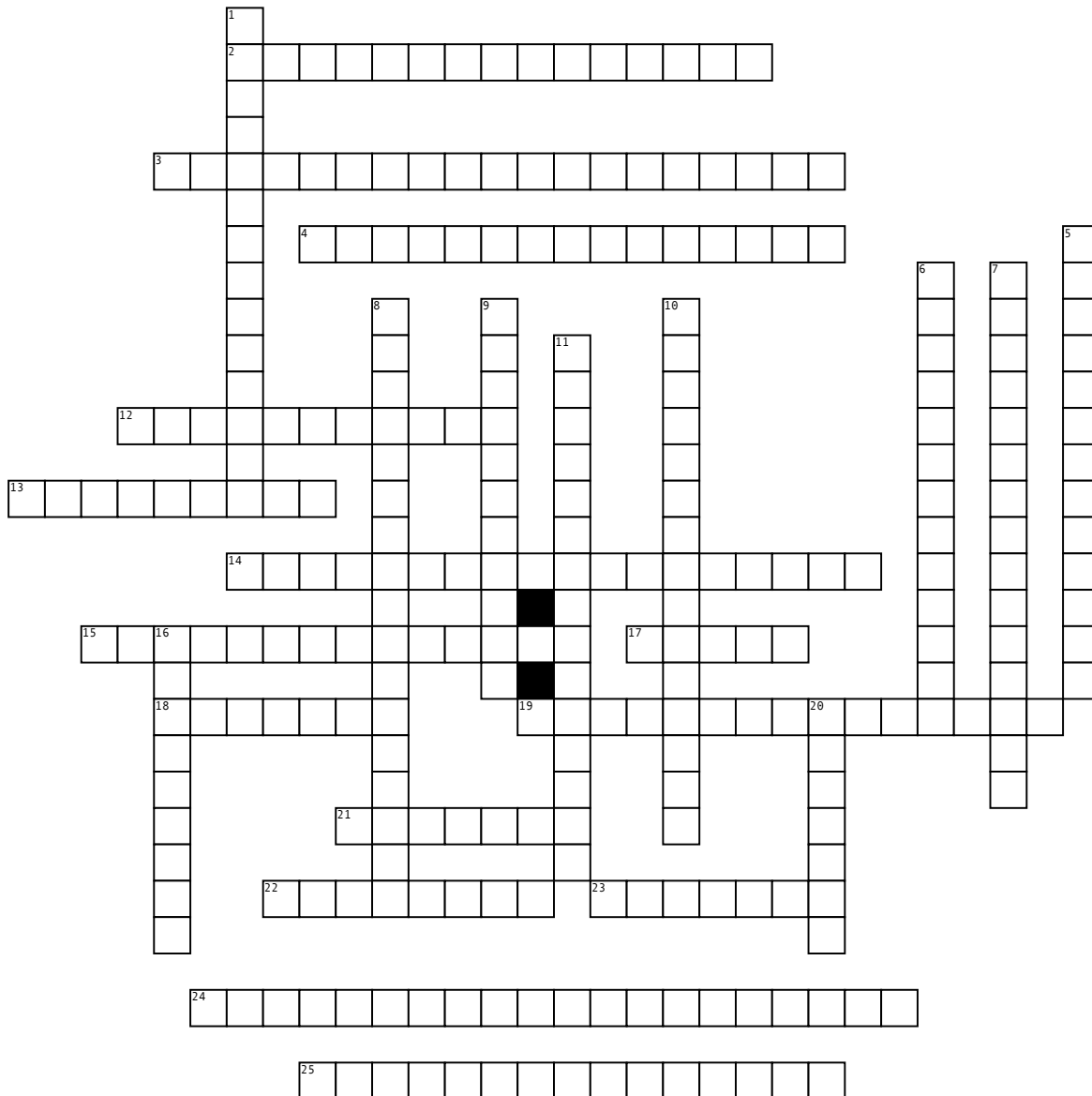


Nutrition is Fun



Across

2. speed's a person's heart rate and breathing
 3. repeated episodes of uncontrolled eating
 4. body can't control blood sugar levels
 12. reaction to something you can't eat
 13. protect body from infection (thick & yellow)
 14. more vitamins and minerals compared to calories
 15. prevent weight gain
 17. unborn baby

18. measure energy value in food

19. proportions that make up body weight
 21. meet physical demands
 22. stages of hum growth
 23. popular for short amount of time
 24. making changes to your eating habits/activities
 25. something to body doesn't like

Down

1. abnormal eating behavior

5. calculation of person's weight and height to determine if overweight
 6. BMI is 18.5-24.9
 7. person starves themselves
 8. short-intense burst of burning energy
 9. lack of water
 10. increases heart rate for a minimum of 20 mins
 11. enough energy to stay alive and carry vital processes
 16. breast-feeding
 20. overweight