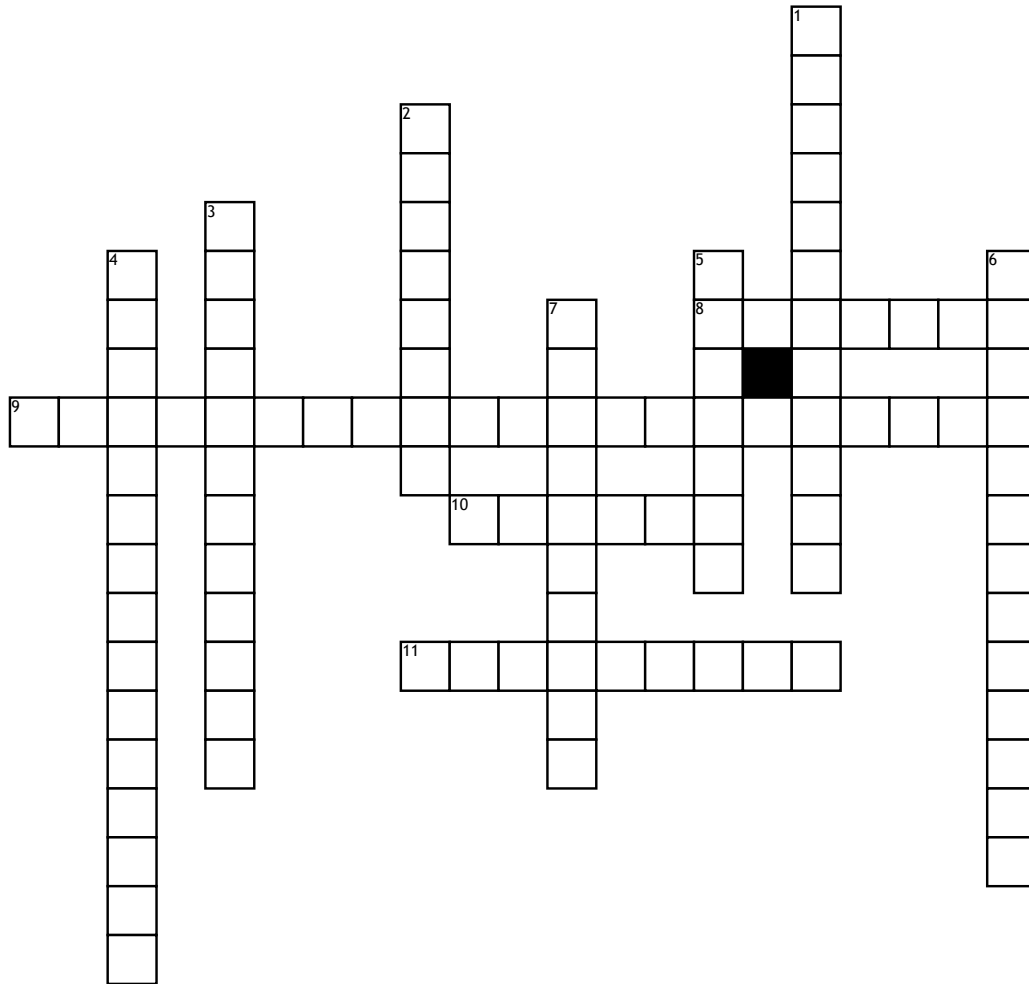


Name: _____

Date: _____

childhood nutrition and obesity vocabulary



Across

8. A disorder involving excessive body fat that increases the risk of health problems.

9. Heart conditions that include diseased vessels, structural problems, and blood clots.

10. A condition in which the blood doesn't have enough healthy red blood cells.

11. a type of lifestyle with little or no physical activity.

Down

1. A condition in which the force of the blood against the artery walls is too high.

2. any bodily activity that enhances or maintains physical fitness and overall health and wellness

3. a healthy balance of foods each day

4. Apple Avocado Toast Banana Peanut butter Celery

5. when a child will only eat one food item, or a very small group of food items, meal after meal.

6. A chronic condition that affects the way the body processes blood sugar

7. confidence in one's own worth or abilities; self-respect.

Word Bank

type2diabetes

hypertension

portionsizes

exercise

selfesteem

sedentary

foodjag

cardiovascular

nutritious snack

obesity

anemia