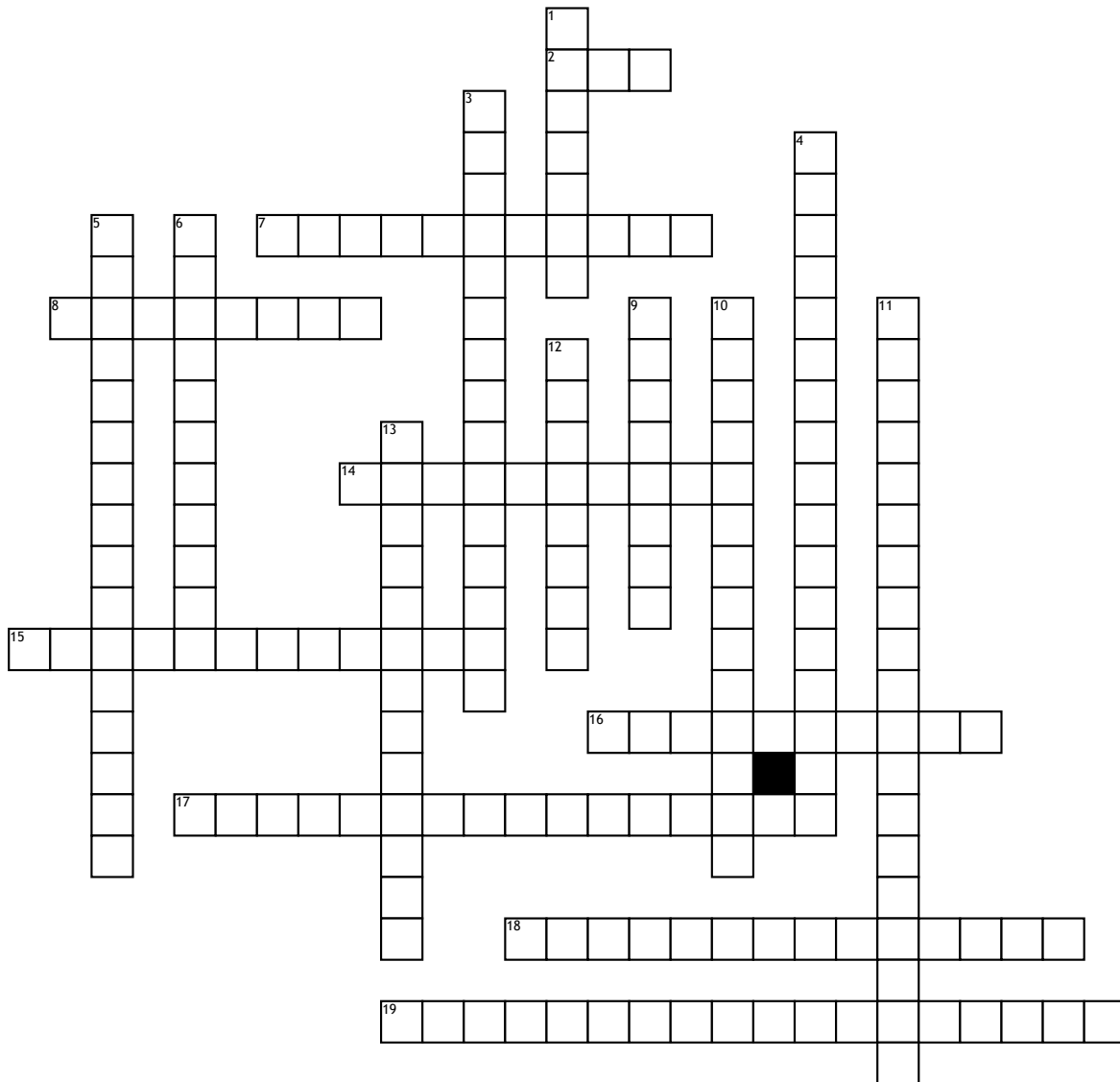


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# health crossword



## Across

2. ratio that allows you to assess your body weight

7. restoring lost body fluids

8. weight loss diets only popular for a certain period of time

14. someone who does not eat any thing based off of an animal

15. minerals that maintain the body's balance

16. when your obese you are

17. chemical substance from plants

18. when you purge your food

19. a variety of low calorie nutrient dense food

## Down

1. having an excess amount of the body fat

3. disorder in which severe fear of becoming obese

4. non food form of one or more nutrients

5. body building drugs to build body mass

6. less than the standard weight range

9. popular weight loss diets only for a period of time

10. extreme harmful eating behavior

11. Compulsive overeating

12. very large amount

13. repeated pattern of loss and regaining body weight