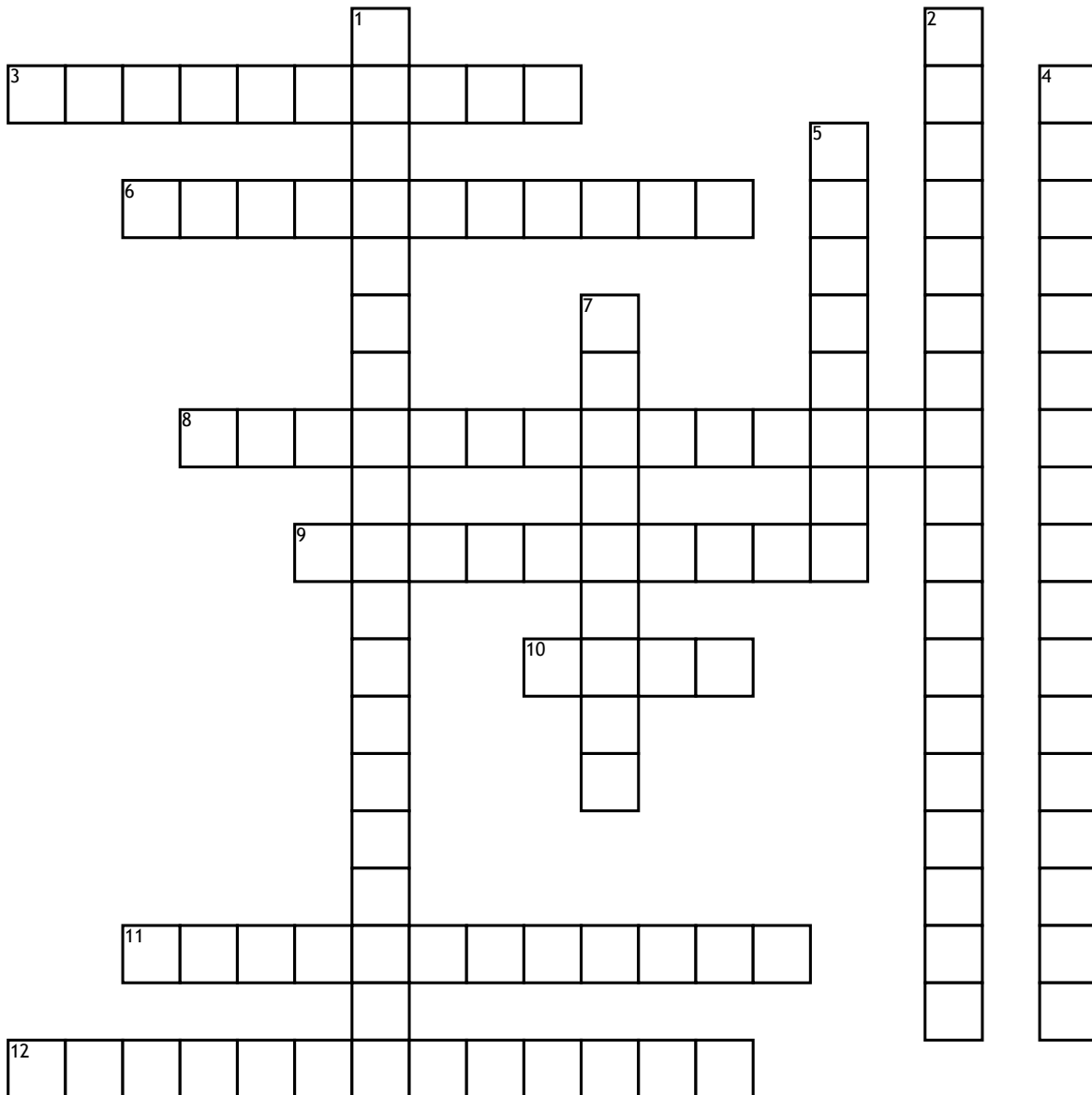


nutrition



Across

- 3. when someone is over an average or normal weight
- 6. keeping track of child's growth
- 8. when a person is not eating enough of the foods with the correct nutrients.
- 9. a lack of something

- 10. when a person restricts themselves to food to lose weight or medical reasons.
- 11. lack of nutrition.
- 12. measurement to see if your underweight or overweight

Down

- 1. complete set of nutrient recommendations

- 2. average calories a person needs
- 4. how much food a person can have a day
- 5. someone who is very overweight
- 7. obtaining the food necessary for health and growth