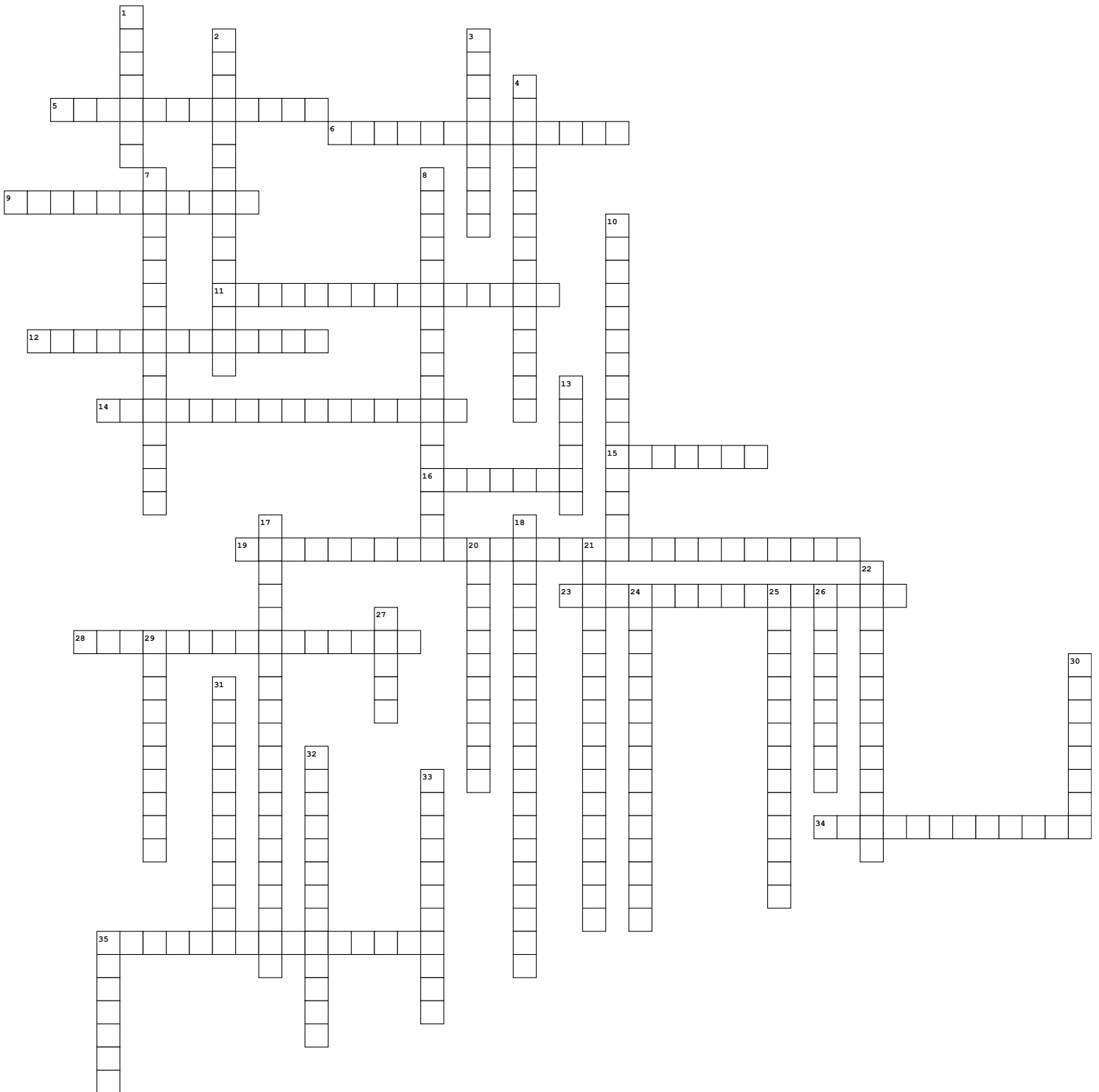


# Nutrition Quest



## Across

- 5. influence on making you do something
- 6. changes to the food caused by a process
- 9. Person who is skinny from not eating food
- 11. Eating disorder in which a person is scared of fat

## Down

- 1. energy put into the body from foods
- 2. Fat from your waist to your hip
- 3. body intake
- 4. what your body consumes

- 12.** Ratio to weight to height
- 14.** Controlling your weight
- 15.** a overweight person
- 16.** Exercise for the body
- 19.** amount of nutrients needed
- 23.** minimum amount of energy to maintain body process
- 28.** long term diabetes
- 34.** Physician who cares for infants
- 35.** adverse physical reaction

- 7.** Activity that keeps you healthy
- 8.** Foods with nutrients
- 10.** condition marked by emotions
- 13.** a physical or mental tension
- 17.** process of making gradual permanent changes to the body
- 18.** when a person eats larges amount in a short period of time
- 20.** lack of water in the body
- 21.** Vigorous activity that causes intense burst of activity
- 22.** Diet for what a person needs
- 24.** Vigorous activity that increase heart and breathing rate
- 25.** a eating disorder or binge
- 26.** Production of breast milk
- 27.** unborn baby
- 29.** Person that suffers from obesity
- 30.** how long something lives
- 31.** care for a women during pregnancy
- 32.** a healthy maintained weight
- 33.** Allergic to a food
- 35.** popular weight loss method