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Adrian Mora

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| **Across****3.** making gradual changes to your eating habits and activities in order to loose out **4.** the body agility to meet physical demands**10.** an eating disorder where the person starves themselves **13.** the unit used to measure the amount of energy value in foods**14.** foods that have been canned ,frozen ,dried ,cooked, of fortified **17.** a diet that is popular for a short period of time **18.** repeated binges followed by inappropriate behaviors to prevent weight gain**19.** unborn baby**20.** proportions of bone ,muscle, fat and tissue that make up body weight **21.** running a 100 meter dash or lifting weights are examples of a short intense burst of energy  | **Down****1.** a thick yellowish fluid which has antibodies in breast milk and it will protect the body from infection**2.**  abnormal eating behavior that harms the body**5.** an eating disorder where there is large repeated episodes of uncontrolled eating amounts of food **6.** A physical activity that speeds a persons heart rate and breathing **7.** severe condition in which the body cannot control blood sugar levels**8.** a vigorous activity that causes the heart rate to increase for at least 20 minutes**9.** a reaction to the body's immune system when exposed to protein in foods **11.** abnormal loss of body fluids **12.** just enough energy our body needs to stay alive and carry on vital processes **15.** a calcium of a persons weight and height to determine overweight or obesity **16.** physical or mental tension causes by a reaction to a situation  |