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| **Across****4.** A short, intense burst of energy such as lifting weights.**6.** The overeating or starvation of a person due to a psychological condition.**8.** A negative physical reaction to certain foods that does not involve the immune system.**12.** A body function where a female produces breast milk for her offspring.**13.** The minimal amount of energy needed for the body to function.**16.** A type of exercise that causes the vital signs to increase for at least 20 minutes.**18.** The stages of a human life from birth to death.**19.** An exercise that increases a person's vital signs.**20.** A thick, yellowish fluid found in breast milk; it has antibodies that can protect the baby from infection.**21.** The proportions of tissue, fat, muscle, and bone that make up the total body weight.**22.** The ability of the body to meet its physical demands.**23.** A psychological disorder where a person deliberately starves themselves. | **Down****1.** The lack of water in the body due to someone not consuming enough fluids.**2.** Changing your diet gradually by adding and subtracting new foods over time.**3.** An eating disorder where a person overeats regularly.**5.** The mathematical calculation of a person's height and weight to determine whether a person is underweight or overweight.**7.** A negative reaction to a food by the body's immune system.**9.** An eating disorder where a person overeats, then takes drugs or regurgitates the food to prevent weight gain.**10.** A unit used to measure the amount of energy found in foods.**11.** A diet that a person stays on for a short period of time.**14.** A BMI of 18.5-24.9 in a normal adult.**15.** A baby that is still in the uterus of a female.**17.** A long lasting condition where the body cannot control blood sugar levels due to the kidneys not functioning properly. |