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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. |