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Foods 1 Terms Crossword

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| **Across**  **3.** Physical activity that speeds up your heart rate and breathing.  **4.** A reaction to the body's immune system when the body is exposed to proteins.  **7.** Short intense burst of burning energy.  **9.** A single person's body mass index (BMI) that is 18.5 - 24.9 in adults.  **13.** Each stage of human growth which is from birth through your life of maturity.  **15.** Eating disorder where someone starves themselves.  **17.** A thick yellowish fluid that has antibodies which are in breast milk which protect the body from infection.  **18.** Binge eating which then followed by inappropriate behaviors to prevent gaining weight.  **19.** The body's ability to meet a physical demand.  **20.** Vigorous activity that makes the heart rate increase for 20 minutes.  **21.** An eating disorder, that involves eating food uncontrollably.  **22.** The minimum amount of energy our body needs to stay alive.  **23.** To produce breast milk or breast-feeding. | **Down**  **1.** A unit that is used to measure the amount of energy in foods.  **2.** The calculation of someone's weight based on their height and weight which then determine if they are overweight or obese.  **5.** Making changes to your eating habits and activities.  **6.** The proportions of bone, muscle, fat, and tissue that make up your weight.  **8.** Condition where the body can't control it's blood sugar levels.;  **10.** Negative physical reactions to foods that don't involve your body's immune system.  **11.** A popular diet.  **12.** A non normal eating habit that harms one physically and mentally.  **14.** To have an abnormal loss of bodily fluids.  **16.** An unborn baby. |