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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. |