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LESSON 1: INTRO TO HEALTH

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| **Across****5.** The act or process of nourishing or being nourished**6.** Eating style in which only plant food is consumed**7.** The unit used to measure energy**8.** A feeling of fullness**9.** Eating style in which both plant and animal foods are consumed**10.** The complete, physical, mental, and social well-being | **Down****1.** Any form of body movement**2.** Bad nutrition. Too little or too much nutrient intake**3.** The need for food**4.** Diet of which different foods are used for the same purpose |