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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 |