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Life Cycle Nutrition

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| **Across**  **4.** measure the amount of energy value in foods  **6.** bone,muscle,fat and tissue makes up the body weight  **8.** loss of water  **14.** diet that is popular for a short period of time  **17.** Unborn baby  **18.** Baby doctor  **19.** number of daily saving for each of its food groups  **21.** human growth from birth of maturity  **22.** large repeated episodes of uncontrolled eating amounts of food  **23.** thick yellowish fluid that will protect the body from infection  **24.** enough energy in our body needs to stay alive | **Down**  **1.** short-intense burst of burning energy  **2.** gradual changes to your eating habits and activities  **3.** the body cannot control blood sugar levels  **5.** body to meet physical demands  **7.** causes the heart rate to increase for at least 20 minutes  **9.** a person starves themselves  **10.** speeds a person's heart rate and breathing  **11.** calculations to determine overweight or obesity  **12.** Influence by same age group  **13.** produce breast milk  **15.** repeated binges to prevent weight gain  **16.** eating behavior that harms one physically or mentally  **20.** a reaction from the body's immune system protein enters |