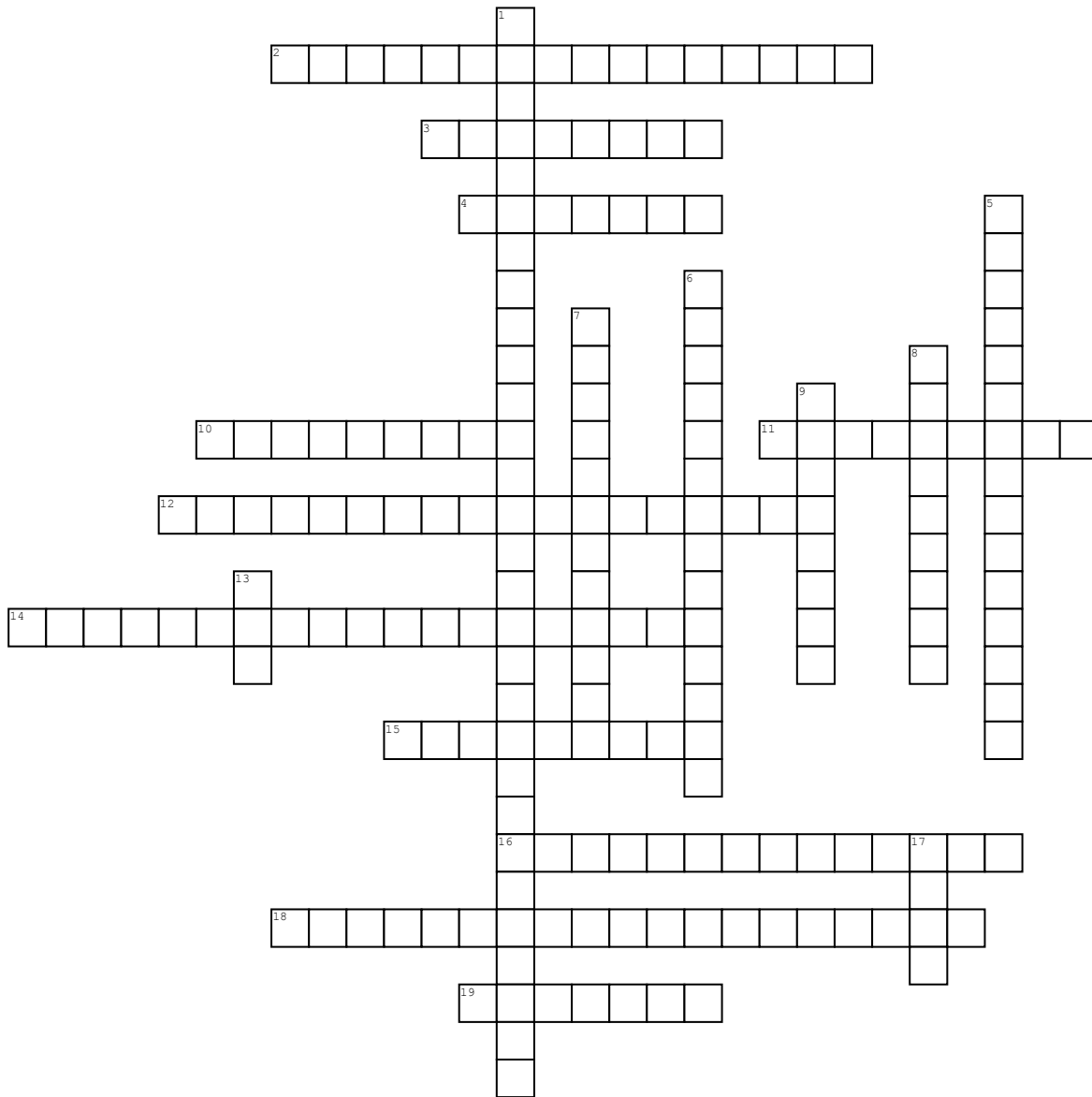


Chapter 5/6 Vocab



Across

2. A tool that shows you what foods and how much you should eat.
3. _____ are organic compounds that control many bodily functions.
4. Nutrients used for building, repairing, and maintaining tissue.
10. The way you see and imagine your body.
11. The process in which food is broken into tiny bits.
12. An estimate on how much you should weigh based on how tall you are and your body frame.

14. When a person has difficulty controlling how much food he/she eats.
15. The substances found in food that your body needs to properly function.
16. An _____ in which a person has an unhealthy concern with their body weight.
18. A _____ is found on the outside of food packages.
19. Eating plans that promise quick weight loss.

Down

1. The _____ are a set of suggestions that help you develop a healthy lifestyle.

5. An eating disorder which includes self starvation and extreme weight loss.
6. An eating disorder in which someone binge eats and then purges to lose the weight.
7. A chemical composed of one or more simple sugars.
8. The best 7th grade health teacher.
9. Elements that are essential to good health.
13. Nutrients that store energy and some vitamins are called _____.
17. A _____ is a pattern of eating.