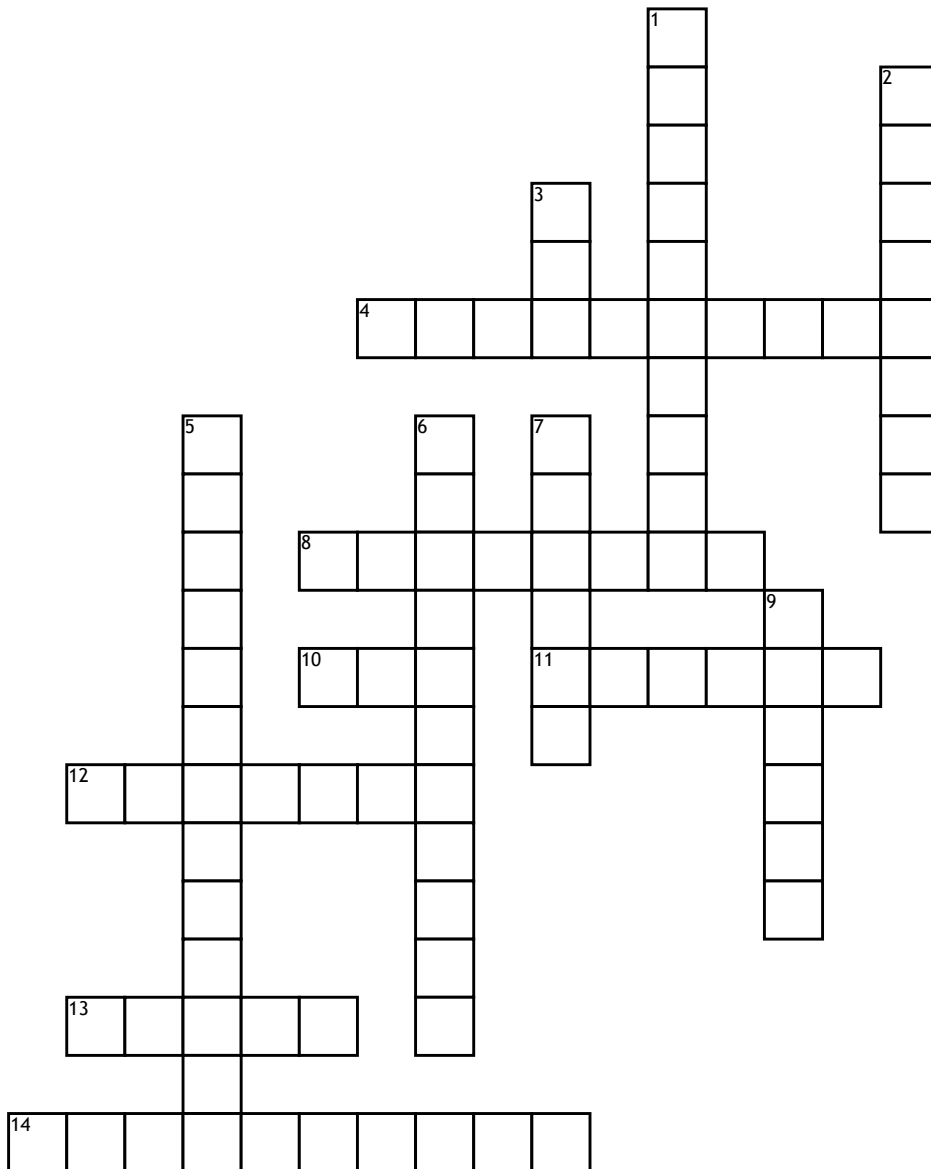


Name: _____

Date: _____

Choosing Foods Wisely



Across

4. A person heavier than the standard persons' weight

8. Popular diets, that exclude nutrients are

10. Age, Muscle mass, and activity level affect our?

11. Feeling for the need of nutrients is ?

12. The amount of energy in our food is a ?

13. When adults have a BMI over 30

14. By burning more calories than we take in, we...

Down

1. High blood pressure, diabetes, and heart disease are risks of being ...?

2. Emotional based desire for food is our ?

3. The rate our body uses energy at rest is our ?

5. BMI greater than 40, or equal to is considered...

6. Heart irregularities, and anemia are risks of being ...?

7. Body comp, hereditary, and activity determines our ?

9. BMI is the ratio of our height to ...?