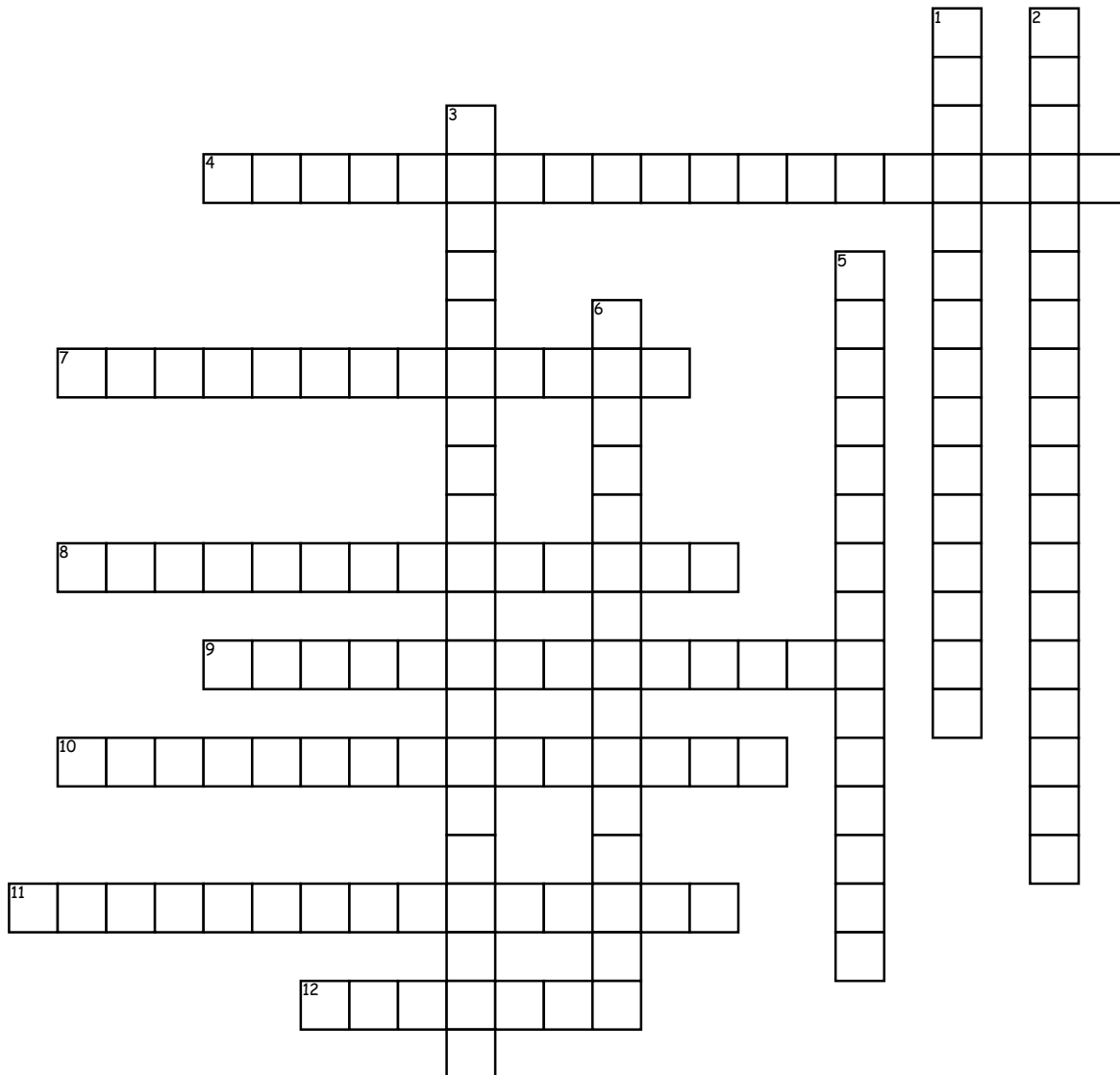


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Foods1



## Across

4. A disorder that makes you eat uncontrollably

7. Helps determine if they are overweight or obesity

8. Tissue and other things make up the body weight

9. Inappropriate behaviors to help prevent weight gain

10. When the body can't control blood sugar levels

11. An activity that makes your heart rate go fast

12. Measures the amount of energy value in foods

## Down

1. When people starve themselves

2. When lifting weights you feel a short intense burst of burning energy

3. Changes to your eating habits and activities in order to lose out

5. Enough energy to stay alive to carry vital processes

6. Activity that makes the heart go fast for at least 20 minutes