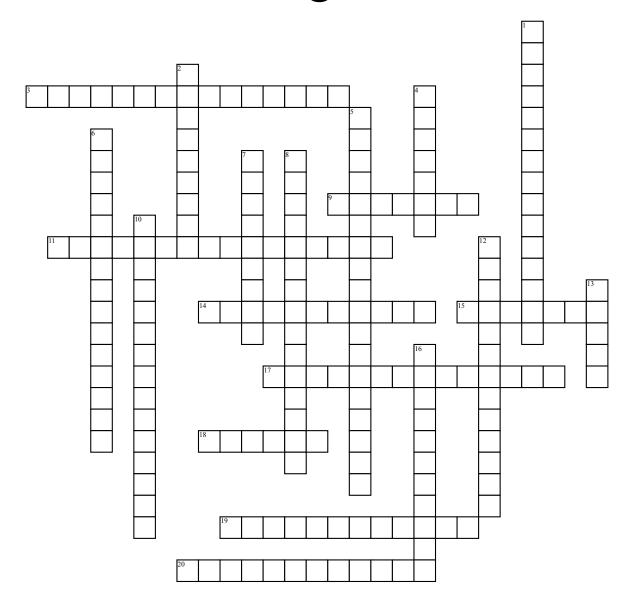
Name:	Date:
-------	-------

Guide to good food



Across

- **3.** Negative physical reaction to food that does not involve the body immune system
- **9.** The bodys ability to meet physical demands
- 11. using healthy food choices and exercise to maintain a healthy weight
- **14.** a reaction to the body immune system when exposed to protein in foods
- **15.** The unit used to measure the amount of energy value in foods
- **17.** Foods that have been canned, frozen, dried, cooked, or fortified

- **18.** physical or mental tension causes by a reaction to a situation
- 19. baby doctor
- **20.** doctors who specialzie in the care of preganat women and babys at birth

Down

- **1.** Proportions of bone,muscle,fat and tissue that makes up body weight
- **2.** Thick yellow fluid that has antibodies in breast milk and will protect body from infection
- **4.** A diet that is popular for a short period of time

- **5.** Foods that have more vitamins and minerals compared to the number of calories it supplies
- **6.** A physical activity that speeds a persons heart rate and breathing
- 7. Producing breast milk
- **8.** An eating disorder where the person starves themselves
- **10.** severe condition in which the body can not control blood sugar levels
- 12. recommended number of daily savings for each food groups
- 13. unborn baby
- **16.** Abnormal loss of body fluids