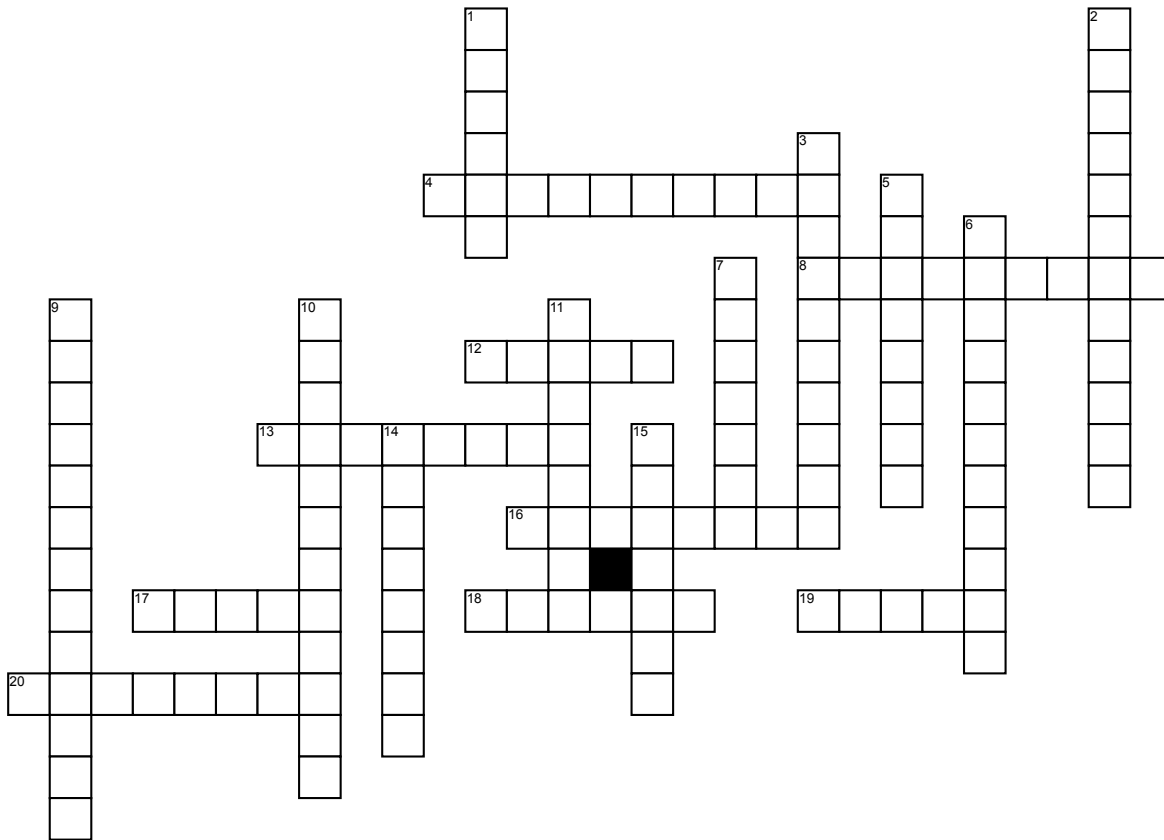


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health



## Across

- 4.** The process when your body gets energy from food  
**8.** The process by which the body takes in and uses food  
**12.** A fatty substance that does not dissolve in water  
**13.** A very large amount of a dietary supplement  
**16.** Substances that the body can manufacture but are needed for forming healthy bones and teeth  
**17.** An indigestible complex carbohydrate

- 18.** A condition when the blood to carry oxygen is reduced.  
**19.** Someone who eats only foods of plant origins  
**20.** Units of heat that measure the energy and the energy that food supplies to the body

## Down

- 1.** A natural drive that protects you from starvation  
**2.** Minerals that help the body's fluid maintain balance  
**3.** You need to eat 9 of them  
**5.** Compounds that help regulate vital body processes

- 6.** A disorder of over eating  
**7.** A disorder in which they over eat and purge it back up  
**9.** The starches and sugars present in foods  
**10.** A condition in which there is the progressive loss of bone tissue  
**11.** A desire to eat  
**14.** A disorder in which you starve yourself because your worries about being obese  
**15.** Having an excess amount of body fat