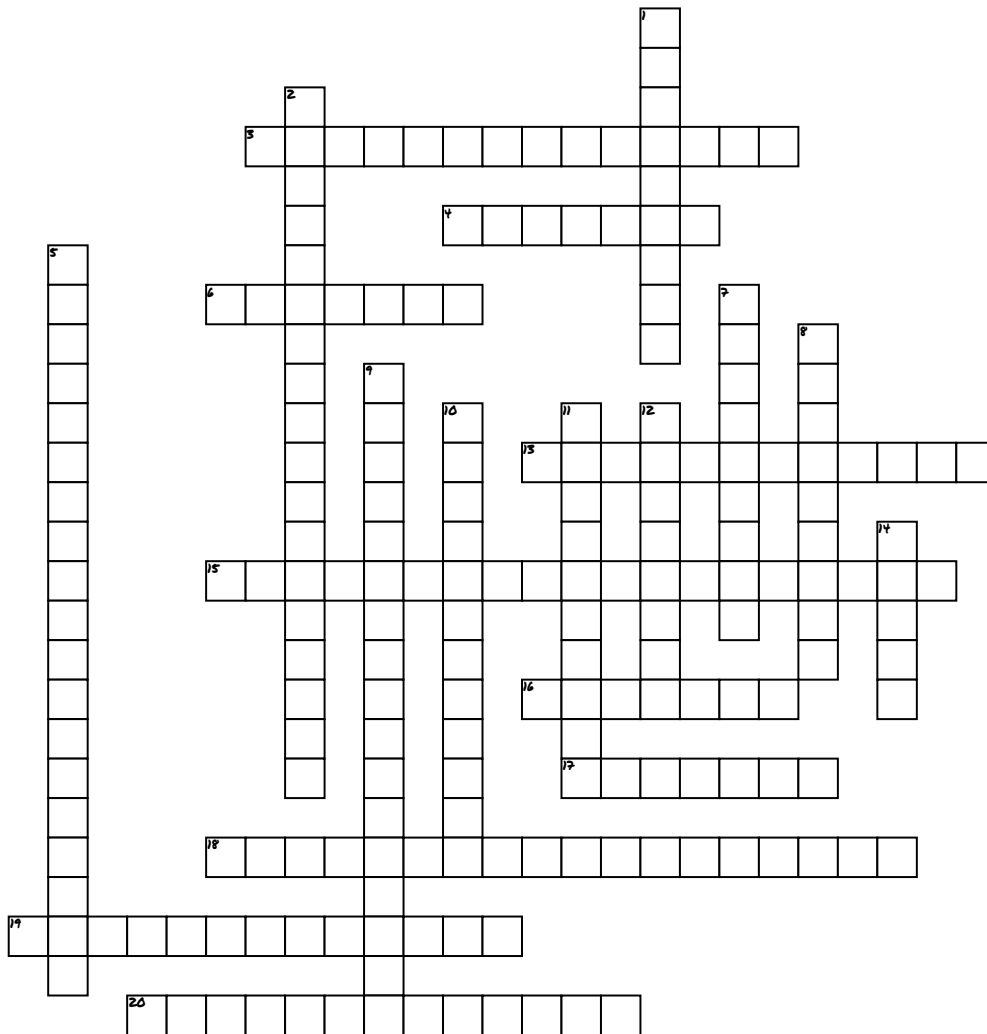


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# HEALTH CROSSWORD PUZZLE



## ACROSS

3. ANY OF A RANGE OF PSYCHOLOGICAL DISORDERS CHARACTERIZED BY ABNORMAL OR DISTURBED EATING HABITS
4. THE CONDITION OF BEING GROSSLY FAT OR OVERWEIGHT.
6. AN EMOTIONAL DISORDER INVOLVING DISTORTION OF BODY IMAGE AND AN OBSESSIVE DESIRE TO LOSE WEIGHT, IN WHICH BOUTS OF EXTREME OVEREATING ARE FOLLOWED BY DEPRESSION AND SELF-INDUCED VOMITING, PURGING, OR FASTING.
13. IS A COMPONENT OF BODY COMPOSITION, CALCULATED BY SUBTRACTING BODY FAT WEIGHT FROM TOTAL BODY WEIGHT: TOTAL BODY WEIGHT IS LEAN PLUS FAT.
15. VITAMINS THAT ARE ABLE TO BE DISSOLVED IN WATER.
16. ANY OF A GROUP OF ORGANIC COMPOUNDS WHICH ARE ESSENTIAL FOR NORMAL GROWTH AND NUTRITION AND ARE REQUIRED IN SMALL QUANTITIES IN THE DIET BECAUSE THEY CANNOT BE SYNTHESIZED BY THE BODY.

17. AN INORGANIC SUBSTANCE NEEDED BY THE HUMAN BODY FOR GOOD HEALTH.

18. THE NUMBER OF CALORIES YOUR BODY NEEDS TO ACCOMPLISH ITS MOST BASIC (BASAL) LIFE-SUSTAINING FUNCTIONS.

19. THE PRACTICE OF ABSTAINING FROM THE CONSUMPTION OF MEAT

20. A WEIGHT-TO-HEIGHT RATIO, CALCULATED BY DIVIDING ONE'S WEIGHT IN KILOGRAMS BY THE SQUARE OF ONE'S HEIGHT IN METERS AND USED AS AN INDICATOR OF OBESITY AND UNDERWEIGHT.

## DOWN

1. THE PROCESS OF PROVIDING OR OBTAINING THE FOOD NECESSARY FOR HEALTH AND GROWTH.

2. ABSORBED ALONG WITH FATS IN THE DIET AND CAN BE STORED IN THE BODY'S FATTY TISSUE.

5. A SEVERE, LIFE-THREATENING, AND TREATABLE EATING DISORDER CHARACTERIZED BY RECURRENT EPISODES OF EATING LARGE QUANTITIES OF FOOD

7. A SIMPLE ORGANIC COMPOUND CONTAINING BOTH A CARBOXYL ( $-\text{COOH}$ ) AND AN AMINO ( $-\text{NH}_2$ ) GROUP.

8. THE SUBJECTIVE PICTURE OR MENTAL IMAGE OF ONE'S OWN BODY.

9. A SET OF GUIDELINES OR QUALITATIVE STATEMENTS FOR MAKING FOOD CHOICES THAT WILL HELP A PERSON OR A POPULATION LEAD A HEALTHY LIFE.

10. ANY OF A LARGE GROUP OF ORGANIC COMPOUNDS OCCURRING IN FOODS AND LIVING TISSUES AND INCLUDING SUGARS, STARCH.

11. THE CHEMICAL PROCESSES THAT OCCUR WITHIN A LIVING ORGANISM IN ORDER TO MAINTAIN LIFE.

12. LACK OR LOSS OF APPETITE FOR FOOD

14. ANY OF A CLASS OF ORGANIC COMPOUNDS THAT ARE FATTY ACIDS OR THEIR DERIVATIVES AND ARE INSOLUBLE IN WATER BUT SOLUBLE IN ORGANIC SOLVENTS. THEY INCLUDE MANY NATURAL OILS, WAXES, AND STEROIDS.

## WORD BANK

CARBOHYDRATE

BASAL METABOLIC RATE

BODY MASS INDEX

NUTRITION

ANOREXIA

EATING DISORDER

METABOLISM

BINGE EATING DISORDER

OBESITY

FAT SOLUBLE VITAMINS

VEGETARIANISM

VITAMIN

LEAN BODY MASS

DIETARY GUIDELINES

LIPID

MINERAL

WATER SOLUBLE VITAMIN

AMINO ACID

BODY IMAGE

BULIMIA