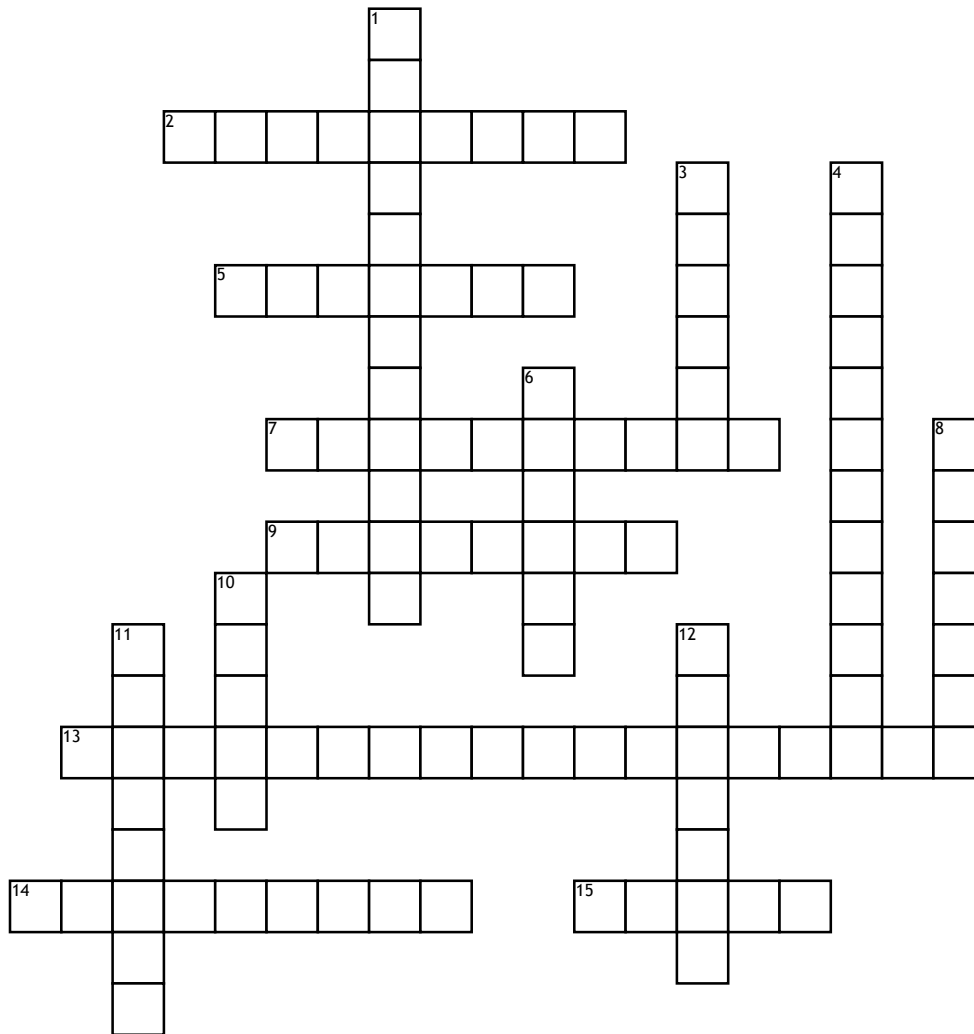


Name: _____

Date: _____

Health ~ Diets



Across

- 2. when all else fails, last resort _____ surgery
- 5. another word for cleansing your body
- 7. process in the body that turns the food into energy is called _____
- 9. daily _____ is a key component to maintaining weight loss

13. a person with digestive condition has

- 14. the process of the body using food to sustain life
- 15. what fills an important place?

Down

- 1. a food with lots of protein
- 3. fruits contain natural _____

4. another word for high blood pressure is

- 6. too much _____ increases your blood pressure
- 8. _____ intake should be logged daily
- 10. a food with lots of carbohydrates
- 11. high sugar levels cause _____
- 12. over eating causes _____

Word Bank

- | | | | |
|-----------|---------------------|----------|---------------|
| sugars | calorie | water | metabolism |
| diabetes | hypertension | exercise | peanut butter |
| bariatric | lactose-intolerance | fasting | pasta |
| nutrition | sodium | obesity | |