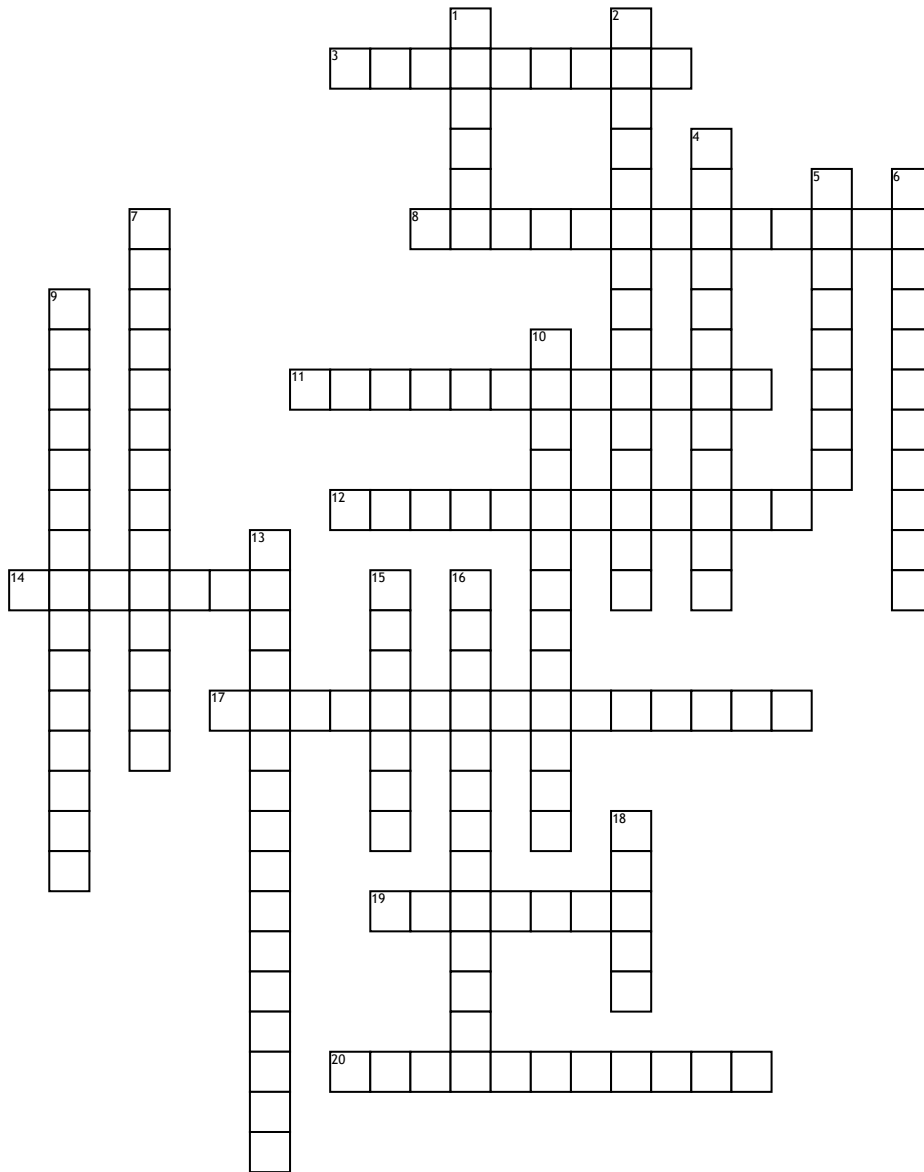


Name: \_\_\_\_\_

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

# Life Cycle Nutrition Crossword



## Across

3. producing breast milk
8. A recommended number of daily servings for each food group
11. Influence of people in the same age group
12. Doctors who specialize in the care of pregnant women and child birth
14. The unit used to measure the amount of energy value in foods
17. severe condition in which the body cannot control blood sugar levels

19. A diet that is popular for a short period of time

20. A reaction to the body's immune system when exposed to protein in foods

## Down

1. Physical or mental tension caused by a reaction to a situation
2. Portions of bone, muscle, fat and tissue that make up the body
4. Baby doctor
5. Stages of human growth from birth through maturity
6. Abnormal loss of body fluids

7. Abnormal eating behavior that harms one physically or mentally

9. An eating disorder where the person starves themselves

10. A body mass index 18.5 to 24.9 in an adult

13. Using healthy food choices and exercise to maintain a healthy weight

15. the body's ability to meet physical demands

16. Foods that have been canned, frozen, dried, cooked, or fortified

18. Unborn baby