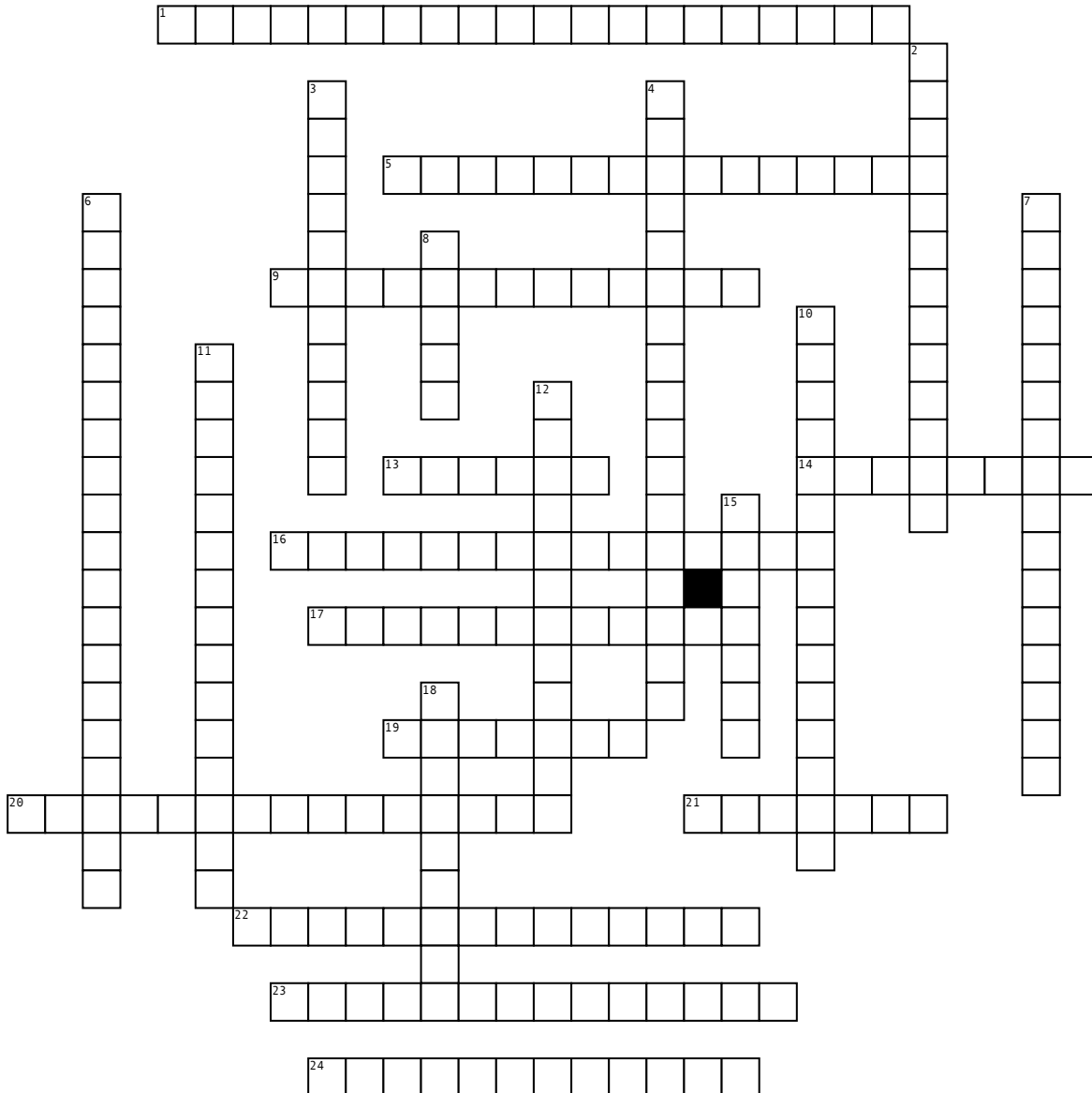


# Life Cycle Nutrition Key Terms



**Across**

- 1. Weight Management
- 5. Increase heart and lung activity while toning muscles.
- 9. foods that are packaged, frozen, etc.
- 13. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- 14. Length of time from which a person functions
- 16. Causes you to be quickly out of breath
- 17. Baby Doctor
- 19. targeted at people who want to lose weight quickly without exercise.

- 20. Percentages of fat, bone, and tissue that make up body weight
  - 21. condition of being grossly fat or overweight
  - 22. Inappropriate behaviors to prevent weight gain like self vomiting
  - 23. any of a range of psychological disorders characterized by abnormal or disturbed eating habits
  - 24. influence from members of ones peer group
- Down**
- 2. Measure of body fat based on height and weight
  - 3. cause a person to lose a large amount of water

- 4. Short exertion, high intensity movement
- 6. Lack of control once one begins to eat
- 7. long term approach to a healthy lifestyle
- 8. Unborn baby
- 10. Minimum amount of energy required to maintain vital functions
- 11. Self-starvation and excessive weight loss
- 12. Care of pregnant women and child birth
- 15. condition of being physically fit and healthy
- 18. Producing breast milk