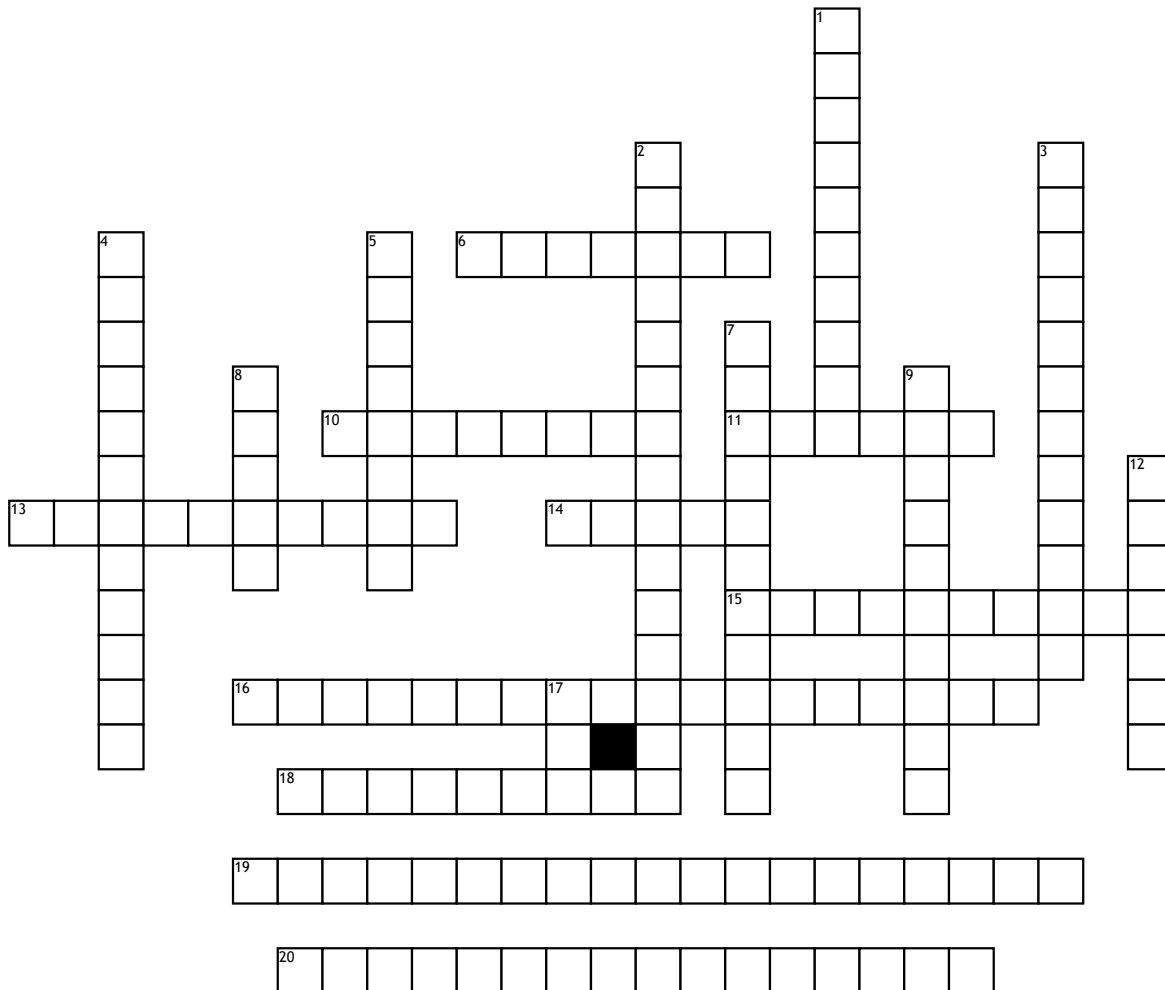


Name: _____

Date: _____

Nutrition



Across

6. Binge then purge
10. causes heart disease and strokes
11. protects you from starvation
13. nutrition facts
14. another word for fat
15. long chains that make protein
16. Vitamin A, D, E, and K

18. substance in food that body needs to grow
19. compulsive overeating
20. sold as natural nutrition aids

Down

1. whole wheat bread is a type of
2. all 9 amino acids
3. decrease in bone density; producing porous and fragile bones

4. replenish the body
5. needed to form healthy bones
7. not drinking enough water
8. don't eat anything produced by an animal
9. process which your body gets energy from food
12. having 30% or more body fat
17. weight, age, height