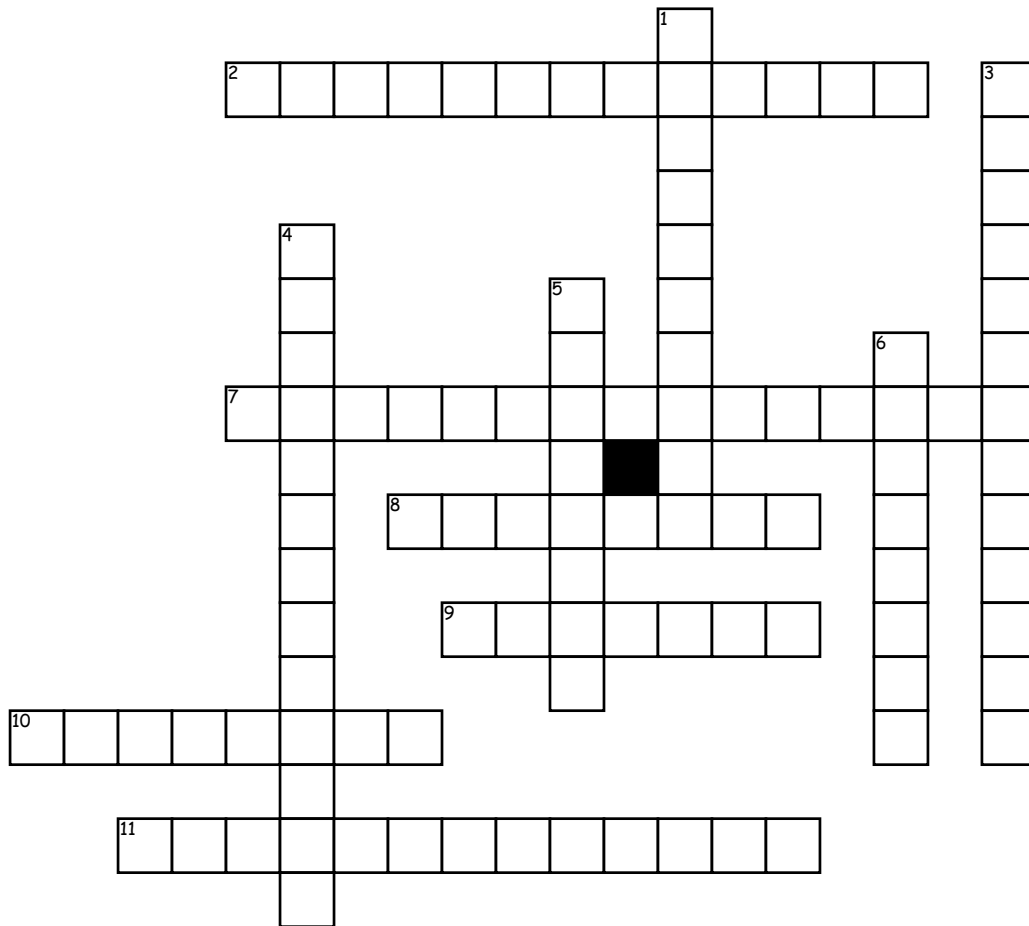


# Nutrition



**Across**

- 2. 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.
- 7. Food that is high in nutrients but relatively low in calories
- 8. An eating disorder characterized by self starvation.
- 9. Condition when a person eats large amounts of food
- 10. An unhealthy substance, also known as trans fatty acid, made through the chemical process of hydrogenation of oils
- 11. calories derived from food containing no nutrients

**Down**

- 1. An eating disorder characterized by frequent and recurrent binge eating episodes with associated negative psychological and social problems
- 3. Proteins that repair cells and tissues
- 4. A type of fat containing a high proportion of fatty acid molecules
- 5. To form healthy bones or teeth
- 6. organic compounds that are essential for normal growth

**Word Bank**

- |                |                 |             |                  |
|----------------|-----------------|-------------|------------------|
| Saturated Fats | Carbohydrates   | Binge Index | Nutrient Density |
| Trans Fat      | Anorexia        | Bulimia     | Vitamins         |
| empty-calories | Body mass index | Minerals    |                  |