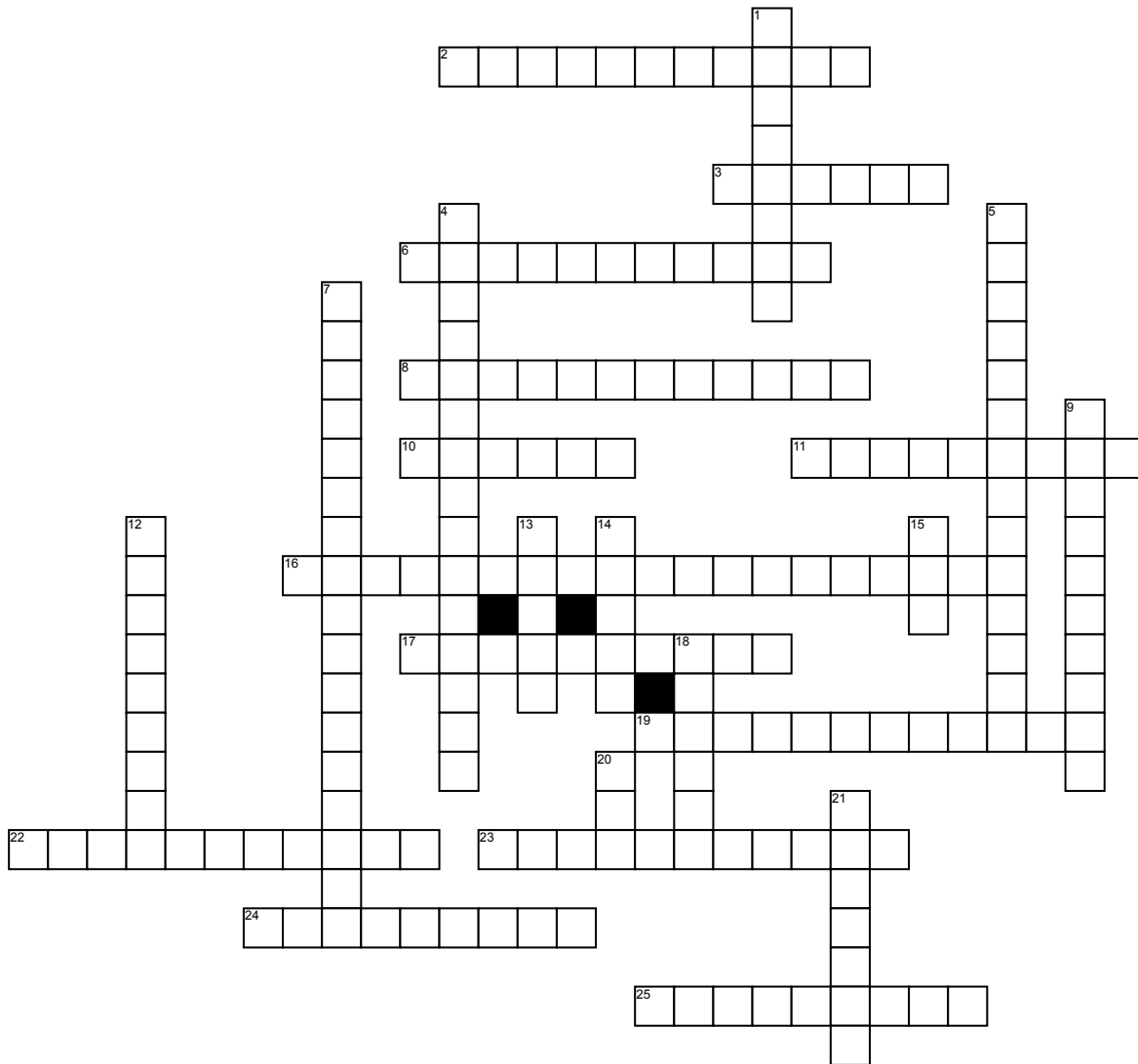


Nutrition



Across

- 2. Food groups consisting of cake, cookies, and candy bars.
- 3. Food group consisting of pears, bananas, and apples
- 6. Fats that are liquid at room temperature
- 8. Food group consisting of beef hot dogs, pork chops and refried beans.
- 10. Fruits, vegetables, milk and milk products are examples of what type of Carbohydrate.
- 11. Fats that are solid at room temperature
- 16. Compulsive overeating
- 17. Weighing more than what is appropriate for your age group
- 19. Nutrient that provides us with energy

- 22. Weighing less than what is appropriate for your age group
- 23. A fatty substance in blood and a fatlike substance in food
- 24. The study of Nutrients and how your body uses them
- 25. Substances found in food that your body needs

Down

- 1. Units of heat that measure energy available in foods
- 4. eating disorder characterized by self starvation leading to extreme weight loss
- 5. Eating disorder characterized by eating large amounts of food and secretly purging
- 7. Weight that is best for your body in a given range.

- 9. Food group consisting of lima beans, lettuce, and green beans.
- 12. The way you feel and see your body
- 13. Food group consisting of milk, pudding, and yogurt.
- 14. Nutrient that makes us use the restroom
- 15. Good Cholesterol
- 18. Food group consisting of crackers, rice, and english muffin
- 20. Bad Cholesterol
- 21. Rice, pasta, dried beans, and starchy vegetables are what type of carbohydrate