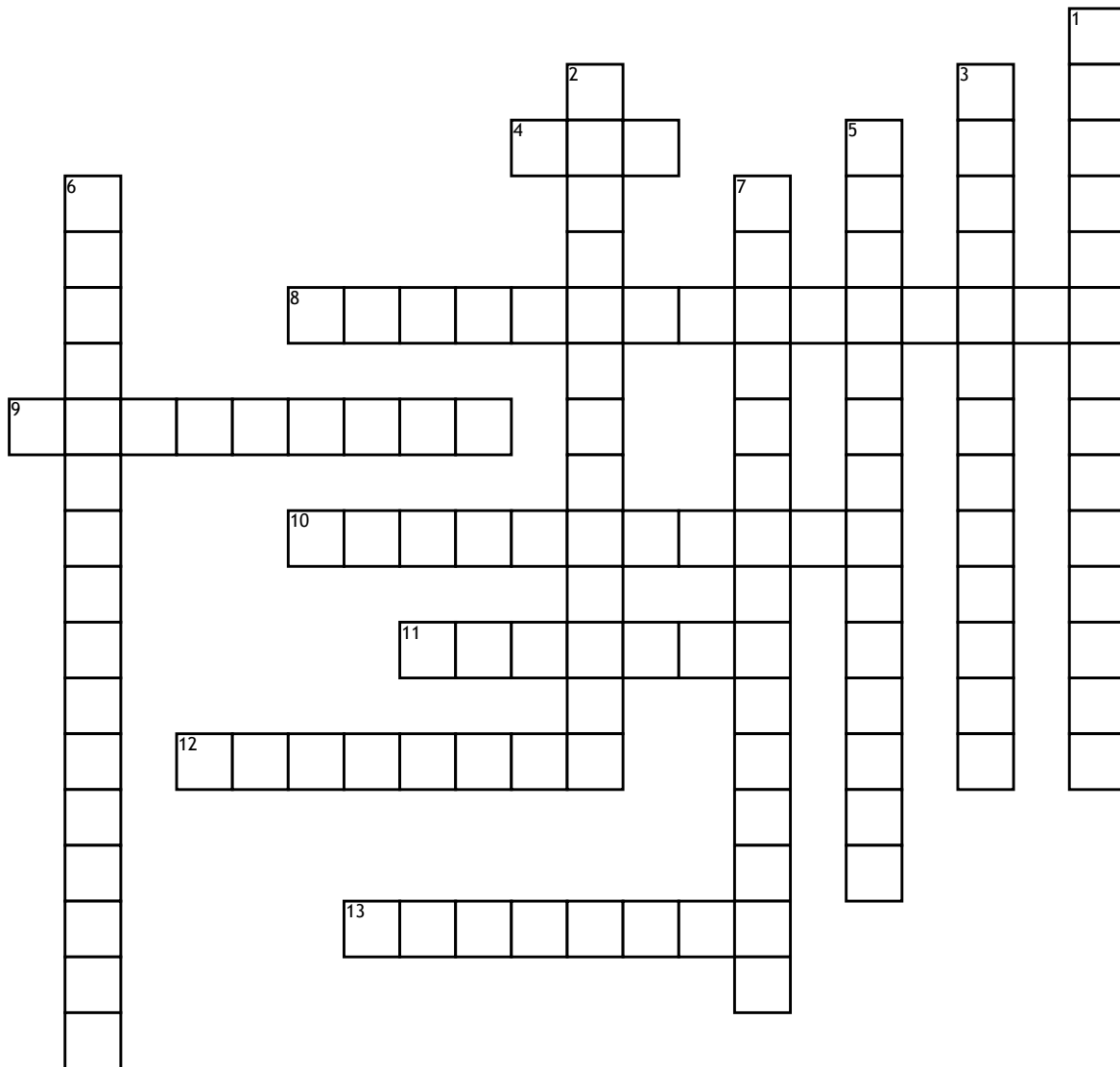


Nutrition



Across

- 4. This nutrient is seen as "bad" by some but is needed for proper brain function and health hair, skin, and nails.
- 8. A ratio of fat, muscle, and bone.
- 9. What you think and you feel about your own body.
- 10. This happens when the body loses too much water.
- 11. This nutrient helps build strong muscles.

- 12. There are 13 of these are they are needed for proper growth and development.
- 13. These are inorganic elements we get from plants that grow in the soil and water we drink.

Down

- 1. Taking in too few nutrients for proper growth and development.
- 2. This nutrient is a major source of energy and is found in grains and breads

- 3. These are foods that are rich in nutrients and have no added sugars or refined starches.
- 5. Eating disorder where one binges and purges (barfs)
- 6. Artificial hormones that are illegal and are used to increase muscle size
- 7. Eating disorder where the person fears gaining weight so they severely restrict their calorie intake